

Dear Families,

Hello! Happy midday of the week!! The sun is supposed to shine today and tomorrow, so today's suggestion is taking that into account.

Today and tomorrow's Suggestion: Mindfulness is something we hear a lot about these days. So, with the sun and the warmth in the next two days, spend some time outdoors, paying attention to the five senses we have been given. Teach your children the importance of being still, quiet, and observant of the sounds, smells, and sights that surround them. Talk to your children about the value of being outside and getting the fresh air and taking in natural Vitamin D from the sun. Explore different places that you can walk and/or hike (being mindful of the social distancing and space still needed for everyone). Simply put, be outdoors since the last month has given us so much weather that has prevented our children the ability to do just that. Discover and explore new ways to seek entertainment and learning beyond the classroom, beyond the screen, and beyond the books. Nature can be one of the best resources to teaching us about life.

As you have heard, we are out through April 24th. Teachers are continuing to work together to plan opportunities for them to share their knowledge and expertise with you and provide resources during this shutdown. The activities teachers are planning this week will be shared the week of April 6th. I will share more details about those resources when we get closer to April 6th. We will recognize the spring break as a time for teachers and students to step away. Teachers, admin, and central office have been working remotely these past two weeks, so next week will be their spring break.

Keep sending the pics and the messages! It is a joy in my day and a joy to share with all of our families. We truly are a family at Discovery and it is showing through all that each and every one of us is doing during this time.

Have a blessed day!

Kristina Maddux