



As we near the end of the second week of being essentially confined to our homes with varying degrees of isolation I want to offer my encouragement. I have found this experience to be difficult and stressful in some ways but in others to be enjoyable and a positive experience. Philippians tells us to not be anxious about anything and to rely on our God who will offer us peace.

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

Throughout my life this knowledge has provided me with the confidence and peace I needed to get through a variety of difficult periods. It is my hope that this knowledge brings you this wonderful peace as well.

Below I have provided a link to the Centers for Disease Control & Prevention and their guidance on managing stress & anxiety in our current situation. You will find valuable information on what to watch for, what you can do to support your children and each other as well as well as a wealth of information about managing our current crisis.

Your children, our students, bind us together in a close knit community. We are truly in this together. We love and care for each of you. Please do not hesitate to reach out if there is a way we can support or pray for you specifically.

Jonathan Retz
Principal