

Dear Families,

I wanted to reach out in support of our families in light of the disturbing events that have occurred here in the Twin Cities in the last week. These have hit close to home and impacted many of us and hope that this message finds you safe and at peace.

We take pride in the fact that our school community is respectful and accepting of all people and hope that you feel this support in your home. We also understand that everyone experiences these events differently and respect each individual's feelings and opinions. These events can be traumatizing to children and we encourage you to engage your student(s) in discourse. We want to offer our support by forwarding you the recommendations and resources listed below. These were shared by district 196 with their families:

- - Be mindful of both the positive and negative impacts of social media during a time of crisis.
- - Encourage students to reach out to family members, a trusted adult or staff member in our school for assistance.
- - Practice self-care. A variety of mental health links and activities are [available on District 196 website](#).
- - Utilize online resources to help process thoughts and feelings:
 - - [How to Talk to Kids About Difficult Subjects](#)
 - [Talking to Children About Violence](#)
 - [Center for Racial Justice and Education](#)

If you find that your student's ability to engage in distance learning has been impacted by these events, please communicate this to their teachers. Through peace and understanding, we shall overcome and build a better society for our students. Please share a message of hope with your children.

Sincerely,

Claud Allaire
Executive Director