



Update from the Lower School Division Head
March 25, 2020

Dear Primary and Lower School Families,

First and foremost, I want to say thank you to everyone. Thank you for your support, patience, trust, and kindness. I recently came across a quote from Helen Keller, “Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.” I hope that even in this difficult time we can all remain optimistic and seek out ways to find joy in the simple things. This past Sunday my heart was overflowing with joy seeing folks driving onto campus to pick up supplies and materials for their children. Even if we could only wave and smile at each other through the car window or give “virtual hugs,” we still found ways to connect with each other. The concept of social distancing is challenging for many of us. It goes against our natural tendencies and leaves us feeling a sense of sadness and sometimes loneliness. I know how much the children miss their friends and their teachers. We miss them too! The videos, live video chats, phone calls, and even emails are all ways we can fill this void and keep our community connected, hopeful, and moving forward.

As we continue forward on this new journey with distance learning, please do not hesitate to reach out with questions or concerns. We are all here to help each other discover this new pathway. If things at home get challenging, or you encounter obstacles along the way, please do not get discouraged. Patience will indeed prove to be a virtue. We are here to support you and your child. No doubt, we will have to work through some kinks and adjust accordingly. Rest assured that these bumps in the road will not deter us from moving forward and finding our groove.

In an effort to stay connected and be a resource to our families, Mrs. Reilly and I are planning to make the Virtual Coffee Hour a weekly event. This will give us an opportunity to be available to address questions and share ongoing updates in a forum that allows us to interact in real-time. Please mark your calendar for every Saturday from 10:00 - 10:40 am for the Primary/Lower School. We will gather online using the same platform we used last week, Google Meet. To make things as simple as possible, the link and dial-in number will remain the same each week for each division.

For the Primary/Lower School Meet, please use the following:

Video Conference meeting ID meet.google.com/azh-meyx-dzv

Dial-in Access Phone Number (+1 402-772-0172 PIN: 665 614 403#)

For those who cannot attend the live session, we will make the recording available on the [Covid-19 updates page](#) on the School's website.

Additionally, we want to continue to stay in touch and know how you and your family are doing. We have invited everyone to share pictures and videos with us via social media. If you are on [Instagram](#) and/or [Facebook](#), please tag us in your posts by using these hashtags: #heronproud and #weareheronstrong. It is a great way for all of us to continue to stay connected.

Lastly, I would like to leave with you some poignant words by Kitty O'Meara, a retired teacher, chaplain, and now poet:

"And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply.

Some meditated, some prayed, some danced. Some met their shadows.

And the people began to think differently. And the people healed.

And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed."

Be well, stay safe, and if you have any questions, please do not hesitate to reach out to me.

In partnership,

Valerie