



**BROOKLYN  
FRIENDS  
SCHOOL**

March 12, 2020

Dear Families,

It has been especially good to be in touch with many of you and to get the notes, videos and messages from your children! The teachers hope that the emails you received today have been helpful. They are eager to hear from you and the children!

Our focus today is not only to provide some structure and direction for the children but to support you. I know that at times we all will reach our “limits”. My limit came last night when I found out that my son who is in Europe may not be able to come home for a month! Within the hour, I got more clarity and I trust that he will be able to return. I share this personal moment with you because I know that the uncertainty is coming to us from so many directions and our reality is changing rapidly. In fact, for some it feels surreal.

Tomorrow we will send you our last emails before Spring Break.

Some of you are concerned about whether we will return on March 30th. That is what we plan to do! I also know that in the current reality, this could change.

Crissy will continue to keep you posted, as will I. If anything changes we will be notifying you as soon as possible.

Here is today’s Family care tip of the day from Jane! And some video greetings from us below!

\*\*\*\*\*

Message from Jane:

Family Care tip of the day

Create cozy ‘calm down’ spots for everyone in the family.

Sometimes we all need our own space to chill out and take some time to process, especially when we have big feelings. Families have told me that one helpful approach is to work together to create individualized calm down spots.

Brainstorm together what might be fun to have in a cozy calm down spot. Make a list of ideas (many of the classrooms have calm down spots, so ask your children). Share what helps you when you need some space. You are the ultimate models for your children.

Creating and using these spaces along with your children is such a gift — for them and for you.

See the link below for some more practical ideas.

<https://imperfectfamilies.com/how-to-create-a-calm-down-spot-and-why-you-need-one-too/>

I would love to hear what works and what doesn't. Feel free to email me your thoughts.  
[Jdavidson@brooklynfriends.org](mailto:Jdavidson@brooklynfriends.org).

Warmly,

Maura, Joy and Jane

Video Messages:

[Hello from Maura!](#)

[Hello from Joy!](#)

[Hello from Jane!](#)