



**BROOKLYN
FRIENDS
SCHOOL**

March 14, 2020

Dear Families,

What the past days have looked like on my end are hours and hours of planning meetings - via Zoom, email and Google Docs - with our amazing team of teachers as they design together a Virtual BFS Preschool experience. Many of us even attended a virtual PD on virtual Early Childhood education. Yes, you heard that right!

Please join me in cheering on our teachers who have learned more technology in a few days than we ever thought we would!

We could not have done this without you.

“Doing” Preschool means grownups who are working with our children to facilitate the hands-on experiences that they need to thrive and learn.

We have always been in partnership with you, and now more than ever this partnership is key.

As I said in my email earlier this week, being on this roller coaster has been hard. Thank you goes to our community for supporting one another - with childcare shares, encouragement for one another, and advice.

My bright spots have been hearing from you and the children.

I send you all my wishes in a poem:

The road ahead is untravelled

We hold our heads up high and hand in virtual hand we will walk

Together

We will hold each moment for ourselves and our children

And as Spring looks to the sky and bursts with color

We will Dance (in our kitchens)

We will Sing (out our windows across the streets)
And our children will be our joy and inspiration now
And always
We remain steadfast
And strong.

Love to you all,

Maura

[Maura's Well Wishes!](#)

I am also including my Thursday video message that somehow got lost in the flurry of emails and videos!

[Maura's Thursday Hello](#)

And here is a message from Jane with a thank you to Jane from me for all of the love and care she has given this week.

[Jane's Well Wishes!](#)

Thank you also to Joy, for “virtually” partnering through thick and thin!

And lastly, a video message from Jules to the children! Jules is our Dance Specialist and a member of the Preschool Team as well as the Lower School.

[Jules' Greeting](#)

Family care tip of the day from Jane:

Remember to Laugh and Play!

In the midst of all this uncertainty and tension we can forget the lighter side of life and that laughter is the best medicine!

Some have told me that one of the best ways to make sure that you include fun in your day is to schedule it in. Set a time for a joke of the day, game time, a walk through memory lane

where you share old memories, photos and family stories (involve other relatives through Facetime). Share your ideas and successes with friends and family!

How to help your children live in the “I don’t know”

Here are a few tips informed by the work we have been doing with Lesley Koplow and her team on [Emotionally Responsive Practice at Bank Street](#):

What do we say when our children ask us “when will things be back to the way they were?”

Know that your children are trying to make emotional sense, on their developmental level, of what they are seeing and hearing. Listen to what they are thinking and feeling.

Be a good “mirror.” Letting your children know that it is confusing and hard for you too validates their feelings and assures them they are not alone. It’s helpful to share with them that sometimes grownups don’t have the answers and that’s uncomfortable, but that you will let them know as you learn more from the scientists and experts. Developmentally, young children are focused on their immediate world, especially their family. Make sure to reassure them that you are doing all the right things to keep them safe.

Wishing you all a healthy, enjoyable and safe spring break.