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E-NEWS EXPRESS



April 12, 2020

Keeping Updated Without Being Overwhelmed

As we communicated at the beginning of the COVID-19 pandemic, it is our goal to keep schoolwide e-mail messages to a minimum, prioritizing time-sensitive and critical information, so that families and colleagues may keep their focus on students and Virtual BFS. This coming week you will be hearing from **Crissy Cáceres**, Head of School, and the **Board of Trustees** on the important matters they have been working on regarding school operations, sustainability, and planning for the future. We appreciate your understanding, empathy, and patience during these difficult and uncertain times. Thank you.



New Communications & Quick Links

- [All-School Message about Zoom](#) from Crissy
- [Preschool 4/12/20](#) Update from Maura
- [Lower School 4/8/20](#) Update from Jackie and Katie
- Middle School ["Panthers Central"](#)
- Upper School ["Second Floor Commons"](#) virtual student lounge
- [Archive](#) of *all* school communications from Feb. 27, 2020 to the present
- [Virtual BFS Hub](#)
 - *Instructions and Resources for online learning, by division*
 - *Support from Our Counselors and Psychologists*
 - *Afterschool Schedule*
 - [Creative Ideas and Resources for Home](#)
 - *Resources for parents and children by topic: Art, Music, Reading, STEM, parenting, motivation, coping in a crisis, etc.*

THE Virtual LIFE



It's Easy as A B C

The Quaker testimony of simplicity is beautifully reflected in this edition of our new media series, **The Virtual Life**. Imagine getting three men together to talk about cooking and their favorite recipes. Chef Tom Buckley, Andy Cohen (Media Services) and Paul Romano (US Experiential Learning) do just that in this multi-site video. Watch as Tom shares his homestyle recipe and demonstrates how to cook **Tomato Alphabet Soup**, a perennial comfort food and student favorite in the BFS cafeterias.

The Life Season 4, Episode 10: Virtual Life with Chef Tom

See more episodes of *The Life* on the [BFS Vimeo Channel](#)

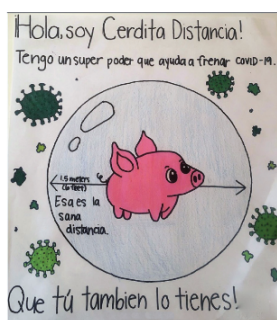
Social & Emotional Wellbeing

NEW and UPDATED

The BFS Counselor/Psychologist Team is here for you. Reach out to schedule a meeting by filling out [this simple form](#). The counselor/ psychologist will respond to you via email to arrange a meeting (to take place from Monday-Friday between the hours of 8am-4pm). Expect a response within 24 hours. If you have a concern that is immediate and cannot wait, reach out to the leader of your division by email.

- [Request a meeting](#) with Jane (PS), Rachel (LS), Yelena (MS) or Kamauru (US)
- See a [new resource list](#) on COVID-19 and grieving
- See the [updated parenting and mental health resource list](#)

Community Connections



A short while ago, BFS community members took photos at home with their "best friends" for BFS to share on our [Facebook](#) or [Instagram](#). Last week, some of you sent photos of what Virtual BFS looks like at your home. *Please continue to share your photos to help bring us closer together during this time.* All contributions are welcome. We'd love to see "at home" group portraits as well as photos of your loved ones who are health and healing heroes, along with any overlooked everyday heroes you

know. Send photos and shout-outs to communityshare@brooklynfriends.org.

Simple, Self-Directed Learning & Maker Projects

Two BFS community members, alumna **Cassie Broadus Foote '01**, and parent **Juliette Adams**, brought our attention a resource collection of good projects for kids to do at home. They are organized by age band and could be a fun way to spend a rainy afternoon. The projects are developed and shared by Beam Center, a nonprofit youth organization in Red Hook, Brooklyn. Under normal circumstances, Beam develops huge scale projects for youth to develop in teams. In light of present social distancing, they've put together these simple projects that can be done independently by students ages 7 to 18 with materials you likely have around the house. *(Cassie is a center director and Juliette is a board member.)*

<https://beamcenter.org/anywhere>

Staying in Touch

With the theme, ***We're all in this together***, the School encourages your questions, comments, and feedback. What do you need to know, and what do you want to hear from us? Just as your children are connecting with teachers on virtual platforms, we would like to reach out to parents in the same way. Preschool took the first step with Zoom Coffee Hours last week, and more opportunities will be forthcoming. As always, [reply to this e-mail](#) and we will get back to you promptly. Thank you!

Guided by the Quaker belief that there is a Divine Light in everyone, Brooklyn Friends School cultivates an intellectually ambitious and diverse community that celebrates each individual's gifts. We challenge our students to value and embrace

difference as they develop critical thinking skills and apply their knowledge and intelligence both in and out of the classroom. In this rich learning environment, we inspire all members of our community to voice their convictions, to discover and pursue their passions, and to seek truth. Our graduates are compassionate, curious, and confident global citizens who let their lives speak in the spirit of leadership and service.

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