



April 2, 2020

Dear FirstLine Families,

Let me begin by saying how grateful I am to the whole FirstLine community -- our wonderful families and our dedicated staff -- at this very difficult time. Everyone is working extra hard to keep our children safe and to keep them learning. Thank you to all of you who have helped your children with their lessons, paper packets, and online classes. It is critical that our students stay engaged in learning while our school buildings are closed. Please call your child's teacher if you have any questions or concerns about the instructional materials. We are here for you.

These three weeks have challenged all of us in ways that are new and sometimes overwhelming. Most of us are experiencing stress, anxiety, and sometimes grief. There is so much information to process and so many decisions to make.

At FirstLine, one of our community commitments is to **keep ourselves and others safe in mind, body, and spirit**. Although our primary mission is creating great schools for your children to attend, we have always been committed to educating the whole child. We know, from over 20 years of experience, that it is important that we take care of our bodies and spirits as we develop our minds. Tomorrow (**Friday, April 3rd**) FirstLine will honor this commitment by **taking a day off from school and work**. We are calling it our **Staff and Family Refresh Day**.

I am encouraging our FirstLine family to use this day to do things that help us relax and connect to the people and things that we love. Since this can be especially hard with social distancing, I'd like to suggest simple things like sitting in the sunshine for a while or practicing mindfulness activities such as taking a series of slow deep breaths and gentle stretching. Many of your children do things like this in their normal school days to help steady their minds for learning, so ask them to teach you how! There is no wrong way to do these things - the important thing is to pause from your daily activities and take a few moments for yourself. You can also access many resources on the internet, like the ones on [this website](#).

We will return from this break on Monday, April 6th, ready to jump back into rigorous and engaging classes.

We can't wait to see you all in person again. Stay healthy and safe - in mind, body, and spirit - until that time comes.

Sincerely,

Sabrina Pence
FirstLine Schools CEO