

Wednesday, May 13, 2020

Dear Briarwood Families,

As the school year draws to an end (there's only a little over a week left, can you believe it?), we wanted to leave you with the reminder that wellness is about more than just your physical health. Whether it is taking a walk outside, journaling, or guided meditations, we hope you take some of the suggestions from these past few months of Mindfulness Mondays and Wellness Wednesdays and keep them in mind even after distance learning has ended. All of us need to give some attention to how we are thinking and feeling once in a while, and pay attention to what our bodies and minds are telling us they need.

One important part of taking care of your mental health is learning how to say goodbye. Saying goodbye is a constant part of our lives, and is necessary for us to be able to start a new chapter of our lives. This school year has ended in a way that none of us could anticipate or predict and that can make it hard to get a sense of closure. Talk with your student about the end of the school year, particularly those who are graduating or leaving Briarwood, and give them space to express how they are feeling.

Here are some ideas to help your student say goodbye to the school year:

- Write a letter: whether it's to a friend, a teacher, or even your future self, writing a letter can help you to reflect on this experience and think about what you might bring from it into the rest of your life.
- Make a time capsule: collect some memories of distance learning and save them to look back on many years from now. We are living through historic times!
- Share your gratitude: think of those who have made these past few months possible, and remember to thank them for their help and support.
- Connect with friends: plan or attend a virtual end-of-year party with friends or classmates to get a chance to say goodbye and wish each other a happy summer!

We want to thank you all for reading our emails and taking the time to focus on your mental health throughout these difficult months. We will continue to be available to you and your students through the end of the school year and we hope you reach out should you need us.

Take care,

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