

Happy Thursday Groves' Families:

We are now entering our first full week into our "new normal." School has been closed since Thursday, March Madness was postponed, sports practices and play rehearsals have stopped, and we cannot visit our favorite restaurant or café to enjoy this additional time with our friends. The feelings of vulnerability, confusion, anger, sadness, and despondence may be circulating in your student's minds as well as your own. These are all normal reactions to a tense and unprecedented time in our world's history. We should confirm this with our student and affirm their need to express these feelings. Just as important, we need to help them find positive and healthy ways to navigate through these uncertain times.

Urban Meyer, former Ohio State Football coach, wrote in his book *Above the Line: Lessons in Leadership and Life from a championship program*: "**Resilience is one of life's most important attributes. Because nobody wants hardship or adversity, but everybody gets it. It's inevitable. No one escapes pain, fear, or difficulty, in fact, a productive and successful life involves some amount of necessary pain. When it happens, don't run from it. Learn from it.**"

So, today, as we move into our first full week of pandemic adversity, think about what lessons you can learn for you and your family. Did you **set a new schedule** for you and your kids in order to intentionally engage in academic enrichment (see Birmingham District Google Classrooms), incorporate exercise (yoga, walking, etc.), read a book, get more sleep, etc.? *For example: I always thought that driving my kids from activity to activity was spending quality time with them. However, after playing soccer with my kids yesterday and going for a bike ride, I realized that my participation in their activity was true quality time and I received a different level of joy. It reminded me of the fun that I had taking them to the park as toddlers.*

Have you **connected with a family member or friend today through talk, text, FaceTime, Skype, etc.**? These connections should be intentional opportunities that you describe the "silver lining" that this adversity has created for you and you should encourage your friend/family to describe the same. **Encourage your child to reach out to his/her friend** to see how he/she is coping and then have your student deliver one positive message to this friend. **Remember to Empathize:** Know that this community and earth is bigger than us and others' experiences may be different than our own. **Lend a word of encouragement or support** to a community member, first responder, health care provider, postal worker, sanitation worker, etc. **Help someone in need:** If you know of someone lacking resources, please reach out to school officials and we are here to help. If your student needs help with learning resources, **encourage your child to reach out his/her teacher and counselor.** These types of connections are synapses to keeping our community strong and helping all of us get through these difficult times.

Remember: Our children are looking at us to model strength and determination; even if we have to "fake it to make it." I will leave with you with a short YouTube video on the power of positive thought. I hope that you enjoy it. **Please always know that Groves High School and the Birmingham district are here to help you with anything.** If there is any lesson that these past few days have taught us, I hope that lesson is: **we need to connect more as humans and continue to prop each other up; rather than tear each other down.**

<https://youtu.be/1FDyiUEn8Vw>

Regards,

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