



October 19, 2020

Groves Families,

One of our focus areas as a Groves staff, and in the district this year, is the social and emotional wellness of our students. It has been an emotionally taxing time for students, families and staff since March, and we want to make sure we are offering our support and providing resources.

One such resource is the Emotional Health and Wellness site hosted by the district: <https://sites.google.com/bps-schools.com/bps-emotional-health-wellness/home>

Additionally, the administrators will be hosting a Zoom meeting this Wednesday, October 28, from 6:30-7:30 p.m. for families to hear more information on supporting students experiencing anxiety and isolation, and also the importance of healthy sleep hygiene. Our Wellness Counselor Mrs. Fugedi and School Social Worker Ms. Ehmann will present research-based information, discuss available resources, and will host a question and answer session.

Here is the link for the Zoom meeting: <https://us02web.zoom.us/j/87697055928>

We will also record the meeting, and will send a link to families if you are unable to attend on Wednesday.

Thank you,

Dr. Smith

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