



Dear Middle School Parents,

As my daughter once said years ago, I wish life was all unicorns and cupcakes and that anger and sadness did not exist. I echo her desire and wish that this was our current reality. However as we all know a very different picture has and continues to emerge. These are very complex times and it can be particularly difficult to navigate our own emotions let alone our child's as we are all bushwhacking through this time of uncertainty.

Your child in middle school is coming of age at an interesting time where they are being exposed to what is happening not only in your household but through social media as well. As parents, the level of control we once had in what our child is exposed too starts to change. Fake news doesn't look so fake anymore and it is easy for all of us to be duped by the media.

Although it is the end of school and we are still in the yellow phase of the pandemic, we thought it would be helpful to offer a mini workshop/forum for all of the middle school students. This is by no means mandatory as we understand that how you choose to help your child through this time is very personal.

I am a big believer that knowledge is power. Facts are important. They help minimize anxiety which is the fear of the unknown. Mr. Brian Gutowski will start off our workshop reviewing the constitution and civil rights. Your child has been exposed to this in their classes already and now have an opportunity to experience their learning in real time. He will explain the WHY behind what is happening with the protests and the built up anger and frustration.

I will also explain a bit of psychology and the brain and the stress response. We will then open up the forum for a dialogue. Giving your child a safe space to express questions, concerns and how they may be processing what is happening. It is important to note that the staff and faculty will not be offering any opinions. This is about the children having an opportunity to ask questions and express themselves.

We will close the workshop with an art project they can do on their own if it speaks to them. Our intention is to open up the art project to the entire school. They will be invited to create Peace Flags on their own, writing a message or creating a drawing/piece of art that symbolizes what they want to see in our nation and world during these precarious times. Our intention is to connect the flags and display them on EDS property. Ms. Emmett has plenty of materials to share so please feel free to contact her if you need supplies (aemmett@eriedayschool.com).

As always, feel free to reach out to me with any questions.

Gratefully,
Allison Parr-Plasha, M.S.S.A., C.P.C.C.

The zoom call will be this Tuesday, June 9th from 3 to 4pm.
Meeting ID:792 200 9139
Password: Spartans