

# Head

*of the School*

# Lines

## FRIDAY NIGHT PARENT WORKSHOP

Brianna Morrow, LCSW will be offering an hour-long virtual **presentation on 3/22/24, 7-8 pm for parents and caregivers of children living with Anxiety and OCD**. Brianna has extensive training and experience working with children living with OCD and other anxiety disorders. She believes in using a strengths-based approach, incorporating evidence-based practices such as Cognitive Behavioral Therapy (CBT) and Exposure and Response Prevention (ERP). During the presentation, Brianna will be providing information to help parents and caregivers understand their child's anxiety, as well as skills and tools to help parents and caregivers coach their child through their anxiety. There will be time at the end of the presentation for a Q&A. Please use the link below to join the session.

<https://us05web.zoom.us/j/87146872098>

### Make Note:

- **No school** on March 29 & April 1, 8 & 22
- **Shorts** can be worn beginning April 1, weather/temperatures permitting
- **Report cards** published April 12
- **Mary Poppins**, April 12-13
- **The Auction @ EDS**, April 27
- **Terra Nova Assessments**, Grades 1-7

*"When one flower blooms, spring awakens everywhere!" -*

O'Donohue

This week we welcomed the arrival of spring despite the falling snow. Conflicting feelings could be heard between our skiers and bike riders but everyone seemed to share a collective grin in the hopes of a warmer recess! Beginning April 5<sup>th</sup> all of our students have nine more weeks to reveal their growth and progress this school year. For many, their physical growth will offer increased strength on the soccer field. For others, we are sure to see grades that showcase their best work to date. Numbers of children will demonstrate skills that have taken the entire school year to master, victorious in the emotions of goals achieved!

With the arrival of spring, the faculty recognize the increased activity level of children after school. Parents, we encourage you to lean into greater supports for your child during the final nine weeks, despite hectic schedules. Setting routine time for homework, checking the school calendar for important notes and dates, monitoring your child's Thursday folder and communicating with your child's teacher as needed are appreciated habits to maintain this time of year. And as always, a good night's sleep is a must.

Spring is a natural time of year to reassess and remind ourselves to give added help and time to our children (and ourselves). Thank you for your continued efforts to nurture and guide your child's growth and development. We look forward to seeing all we can accomplish together in the weeks to come!

Gratefully,



## DON'T FORGET YOUR MARY POPPINS TICKETS!

Tickets are on sale Monday – Thursday, March 25-28<sup>th</sup> / Tuesday – Friday, April 2-5<sup>th</sup> / Tuesday -Friday, April 9-13<sup>th</sup>, 8:25 – 9:25am in the Griffith Lobby.

\$10 for children 10 and under / \$15 over 10 years of age