

Dear GCE Families,

I've just got to start this message out by saying - WAY TO GO! We have made it through the end of this school year and are coming out toward the proverbial light at the end of the tunnel...I'm talking mostly about the summer sunshine of course! Although we may not be totally out of the 'tunnel' in terms of knowing exactly what's ahead of us (for school or lots of areas of life!) BUT we have reached a normal break time of the year which is a great accomplishment given our extraordinary world circumstances. I hope you can look at your own situation and feel a good sense of how hard you've worked and the success you and your family have had. I also hope you can feel that good summer difference in the air as we officially end the school year this week. I hope you can take a moment for yourself and with your family to think and talk about what feel good about as you leave this year, what you are excited about as you head into summertime, and also what you are excited about as you look ahead to next year. Let's not waste too much time now on the 'what-ifs' of the future now - let's focus on finding some ways to take a break and feel good. Let's use this summer sun to open us up to hope again for the best!

Now, of course, we're all going to have moments of struggle too....those are ok too! Just because we're out of school and into the 'normal' of summer doesn't make that flip-side of hope magically go away (sorry, wish I had the magic wand!). When those moments pop up for you, I wanted to remind you that I've put together lots of resources on [my webpage](#) for you to check out. These could be used for times when your kids need another round of explanation and reassurance about what the Coronavirus health emergency is all about and how to handle it. Something else to keep in mind, even though its summertime, are the **3 R's**. When it comes to handling stressful times of life (for any of us!) maintaining as much ***Routine***, strong ***Relationships*** and emotional/behavioral ***Regulation*** can make a very positive difference.

On this note, I'd be remiss to not mention the intense events occurring in our country right now which center around racial equity. This is another potentially stressful situation affecting kids and families. It may have your kids asking some tough questions based on what they are seeing and hearing around them. This may in turn be leading us adults to wonder what should our response be? You may already be thinking questions like - How much should we share with our kids, are they old enough to understand, how should we explain topics that we as adults don't even always understand in great depth?! The answer is YES we should be talking to our kids about these things, especially if they are asking, but at a level that makes sense for them. As you head into these very important conversations, I have also added a '[Racial Equity Resources](#)' tab to my webpage with varied resources available to you as well.

I'll sign off with just a little reminder from Mr. Rogers (you remember him hopefully....the nicest, most caring and compassionate neighbor on the planet!). Mr. Rogers shared that his mother always said that when something bad happened in the world, make sure you look for the helpers in the midst of it. They are always there and that is who we really want to make sure we focus on as well! Please don't hesitate to be in touch with anything I can be helpful with at any point during the summer. Call, email or use my online [check in form](#) - whatever is easiest for you. Take care everyone - have a wonderful summer! Mrs. Gretzlock

