

January 7, 2021

Dear Judah Families:

The violence and events that occurred yesterday when rioters breached the U.S. Capitol in Washington D.C. were disturbing, upsetting, and uncomfortable for many of us.  However, we cannot allow these events to define us as a community or as a nation. We must hold tightly to our democratic ideals so that we may advance equity, access, and social justice for all. We, as a district, reaffirm our commitment to civility and unity. It is our obligation to ensure *everyone* feels valued and a sense of belonging.

Our children are watching. Our children are listening. As a school leader and adults, it is our responsibility to teach our children to handle conflict and disagreement through responsible civil discourse, not violence. We must help guide them through unrest and trauma and to support them in processing their grief and uncertainty in a healthy way.

All teachers at Theodore Judah have been provided resources to assist any child in need of any SEL supports. They have been instructed to:

* Pause to notice their own emotions about current events before having conversations
* Create a safe learning environment while being available and compassionate
* Provide routine and structure
* Prioritize health and well-being
* To Identify individuals who may need additional supports.

Below are a few links with some resources for to look over and use at home if you feel they are of some value.

[How To Discuss Stressful Situations with Kids](https://thegeniusofplay.org/genius/expert-advice/articles/how-to-discuss-stressful-situations-with-kids.aspx#.X_dKw-mQGi5)

[Tips To Steer Kids Through Political Season](https://www.commonsensemedia.org/blog/easy-ways-to-steer-kids-through-the-political-season)

[How To Talk With Children About the News](https://kidshealth.org/en/parents/news.html)

In closing, I thank you for your continued grace and support as we continue to navigate this storm. Be Well and Staff Safe.

Respectfully,

Troy Holding