

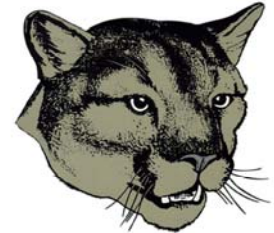
Kenwood School Newsletter

Principally Speaking

September 23, 2020

Dear Kenwood School Families,

I continue to be pleased and impressed with our students' perseverance and determination to do their very best with our "distance learning" format. I understand that it presents different challenges for every child. Much like "in class" learning, some days are better than others.



I would like to focus this week on a message that I hope all of you--as parents--take to heart. As parents of young children during this "unique" (trying to avoid using "unprecedented") time, one of the most important things that you can do for your child is to add in a mental health and well-being focus for yourselves. Identify your "one thing." What is one thing that helps you to reduce stress? Add this to your life everyday, whether it is yoga, deep breathing, taking a walk, reading, writing, a hobby, or simply a focused minute of quiet time.

If you are teaching this to your kids, not only are you helping reduce your own stress levels, but you're teaching your kids the greatest thing that every child needs right now, coping strategies so they can thrive during difficult moments and times that we all experience at various levels throughout our lives.

I wish you all a great week! Thank you for continuing to make the Kenwood School experience a great one for our children, our staff, and our community.

My Best,
Bob

KEF News:

A reminder for all interested families that the Kenwood Education Foundation will be "hosting" a dunk tank on Friday, September 25th from 1:00-3:00 p.m. For a donation of \$10, you may have 3 tosses to submerge the "lucky" designated sitter on the dunk tank. Please bring cash or consider a donation on the KEF website, if you would like to participate. For those interested in taking a toss at Mr. Bales, he will be on for a "limited" time from 1:10-1:45 that afternoon. Any parents who would like to volunteer for a "turn" are welcome to join in the fun! Please remember that all proceeds from this "feel good Friday" event go to support programs that enrich the learning experience for our students this year.

KENWOOD SCHOOL PRESENTS

Read - a- Thon

OCTOBER 23 - 29, 2020

READING TOGETHER FOR A
BRIGHTER FUTURE!

PROMOTE LITERACY AND
SUPPORT KENWOOD
SCHOOL.

PLEDGE DRIVE STARTS
OCT 1ST.

**Prizes
for all
readers!**



KENWOOD
EDUCATION
FOUNDATION