

Hi friends,

I hope this finds you each doing well, or as well as can be under the circumstances. I can only imagine how much you miss seeing your friends at school, miss going to the after-school clubs and sports that have become a big part of your life, perhaps you miss the actual school part as well and maybe you miss us...I can assure you, that we, the staff, miss you. The routine that is STA is something we are all missing to some degree, as it provides us with predictability and structure. Maybe we miss it more than we thought we would.

I wanted to reach out to you and see how you are doing in these circumstances. Some of you may be doing well, while some of you may be struggling a little bit. That's ok. We are all having good days and bad days. You may be even surprising yourself with the ways you are learning to get through this better than you thought you would. I wanted you to know that I am thinking of you and to remind you that I am still available should you need someone to talk to. We can meet through Microsoft Teams or communicate through email should you need this. You do have each other and your teachers are a great support for you right now as well.

There is an added element of this experience that is specific to you as grade twelves: you are missing all those events related to graduation. This may add to your sense of loss, and this is part of grief. Grief is related to any sense of loss we experience. It is important to honour this and I'm sure you are: you have each other to work through this, and you are in communication with your teachers who are a great source of connection and support for you, not just with school work but with life as well.

I wanted to share a few news items with you:

- I started a YouTube channel and I try to do a daily video that not only offers prayers and reflections, but tips and strategies to get through this quarantine. Feel free to check this out, the channel is "[Ms.R.Chaplain](#)." Feel free to also subscribe...you just might find some of it useful. Also, feel free to let me know if there is a topic you would like me to discuss. I am thinking of doing retreat activities as well, things you can do at home to help with the emotional/spiritual stuff that usually gets neglected in the daily routine.
- I am also on other social media platforms: Instagram **@msrchaplain**; and Twitter **@msrchaplain**. I share some things on these platforms that might be helpful for you. It's something that can keep us connected when we are feeling disconnected.
- Mr. Assiamah, Ms. Dawson (our new CYC) and I will be putting things together to support our mental health, not only for these circumstances, but for life. Stay tuned for more on this...
- I would like to introduce our weekly trivia as a way to help us have some fun under these circumstances. In order to participate, you will need to get the STA app (MySchoolDay) and subscribe to my channel. When you click the bottom left hand corner icon to go to the news and notifications, there is an option to "Select Channels." Go there, click on "Chaplain's Corner" and then subscribe to "From Your Chaplain." The weekly questions will appear there, every Wednesday at 2 p.m. The prize, unfortunately cannot be food for the class. The first person to email me ([rerecicha@my.aquinas.me](mailto:rerecicha@my.aquinas.me)) with the correct answers will get a shout out

on my daily YouTube video on Thursday. We will try this and see how it goes and tweak the process if need be. Our first round of trivia will be next Wednesday, April 29<sup>th</sup> @ 2 p.m.

I continue to hold you and your families in my thoughts and prayers. I also pray that sooner than later we will be together again in the building that we know so well as our second home.

Cheers, Ms. R.