



**Thanks! You're what makes MSD
Magnificent, Super, Delightful.**

From Julie Bragdon, Head of School

MONTESSORI SCHOOL OF DENVER

Dear Parents,

A quick Friday email of gratitude, words of wisdom, and some news. (No, sorry, not *that* news yet. We are still working on a final decision about the rest of the school year. Please stay tuned.)

Thank you to those who attended Monday night's Town Hall Chat. There were over 80 of you on the Zoom call! If you missed it, or want to hear it again, it is now available as a podcast - [click here](#) to listen. Some of you emailed with positive feedback about the format so I plan to do one again soon.

I am happy to announce that you have all been doing such an excellent job on your MSD@home work that you have each fulfilled your 25 hours of Work Bond credit. (As we have been reworking our current school year budget due to COVID-19, we have removed the forfeiture revenue we get from this Bond per family if hours go unfulfilled, in addition to the funds from the Auction and other revenue sources outside of tuition.) We will be in touch closer to the end of the school year with credit options.

[Dr. Michael Thompson](#) is somebody whose work I seek out at education conferences whenever I have good fortune, as well as regularly in print. His book, *It's a Boy*, helped me raise my own two sons and he has authored many other wonderful titles. He shared this yesterday and I want to pass it along to you on this chilly Friday, at the end of pandemic week five. I found it comforting and I hope you do too.

“There is currently a flood tide of advice for parents, much of it suggesting that there is going to be an epidemic of child anxiety as a result of this pandemic. I reject that notion. There will be sad days and grouchy days and certainly days when children miss their friends. This social distancing will be very hard on some children, but the vast majority will rally and find some novelty and fun in these new circumstances. There are only four points that parents need to keep in mind.

1. Children don't expect miracles. They only expect their parents to do their best to protect them. Parents should tell their children that they are doing everything in

their power to keep them safe from the virus, and they are doing everything they can to keep themselves safe.

2. Parents need to not overwhelm the children with their own anxiety, or imagine that their children are as anxious as they are. With the possible exception of clinically anxious children, most kids are not going to be nearly as anxious as their parents.

3. While structure is important for children, and ongoing learning absolutely is, almost no family is going to be able to re-create the structure of school or all the achievements of school. Aim for seventy or eighty percent. If you make an effort to keep them learning, they will be able to catch up in the fall.

4. Children are naturally resilient. You don't have to build resilience in children; you just have to give them chances to show it and practice it. Give your child some new challenges or chores so they can help the family; involve them in cooking or cleaning; ask an older sister or brother to watch a younger one for a time while you are working. Children want to help. Children have always rallied in wartime. There is nothing wrong with asking children to help you. It will give them dignity and self-respect.”

Here here! Also, speaking of great authors and advice we can use right now, [Julie Lythcott-Haims](#), our amazing speaker this past fall, has a great list of life skills/chores by ages starting on page 167 of her book, *How to Raise an Adult*.

Finally, thank you for the [birthday wishes](#). You all made turning 50 during a pandemic a lot kinder and gentler. If you would like to have lunch together, I am hosting a HoS Brown Bag Lunch next Tuesday, April 21 at 12:00pm. There won't be 'school talk' but it would be nice to see you, your kids, your pets, learn what you are reading or watching, and share a meal together. Please email me if you would like the link to join. I am going to limit this lunch to 'one screen full' so we can all see each other. If it goes well, I will do it again. I miss you!

I hope you all have a very nice weekend.

Julie

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