

From the Desk of Sister Eleanor
May 14, 2020

Dear Families of Our Lady Help of Christians School, A Peaceable School,

“And Jesus said to His disciples, **Peace I leave with you; my peace I give to you.....Do not let your hearts be troubled or afraid**”. (John 14: 1-9)

And yes, our hearts can be troubled since we were told that our school was going to close in June. If you are like us you probably were experiencing the emotions of sadness and anger. So, what do we as Peacemakers do with these emotions?

1. Recognize the emotions and say to yourself, “Yes, I am very sad and very angry.”
2. Tell someone who you trust like Mom and Dad or Grandma how you feel.
3. Journal about those feelings.
4. Turn that Sadness and Anger into Gratitude. Write down in your journal all the reasons you are thankful for Our Lady Help of Christians School.
5. Turn that Anger and Sadness into Action. Ask your teacher if there is something you can do for our school now. Stay on task and do your schoolwork. Look around the house and do things for Mommy and Daddy without being told.

We are trying to do all these things too. Let’s be Peacemakers who care about each other’s feelings. We will make a difference!

Love,

Sister Patricia and Sister Eleanor

