



# COUNTRY DAY

## CONNECTED

### **Hirsch Note—April 16**

Another week in the books and we continue to explore ways to connect and improve our remote learning. I will survey the students again this Friday and will field another parent survey in late April.

We are working with the students for a MS Spring Dance (a Tik Tok dance!) and continuing our traditional Poetry Assembly during the week of April 27. Please watch my video from last Sunday in which I emphasize key aspects about remote learning in the MS: C (Communication), C (Compassion), D (Driver of your education), S (Safety), M (Music), S (Self/Schedule).

In the coming weeks, I'll be sharing ideas for activities to enjoy while we are homebound and would welcome any suggestions you have. Today the DiSanto family will teach us how to make chocolatey molten lava cakes; next week, Kim Lauch will provide yoga instruction. Send some videos my way and let me know if I may share them with the MS community. It is the Country Day partnership that makes us strong.

Lastly, I want to give parents a shout out. I know the situation can be overwhelming, but you are doing an amazing job. Honestly, my eyes hurt from looking at my computer screen all day, every day. Receiving your family videos and photos has brought great joy to my day.

### **Recording Live Classes**

As part of our remote learning workflow, teachers are recording live classes. This allows students unable to attend to view the class asynchronously and all students to review anytime. Faculty and staff who are meeting 1:1 with students are also recording these sessions in the interest of protecting those involved in the calls.

### **6<sup>th</sup> Grade Spotlight: English Writing Prompts**

Sixth grade English students continue to develop their writing skills during Country Day ConnectEd using daily writing prompts. The English 6 teaching team has been moved by the students' insights into their emotions surrounding Covid-19, which underscores the therapeutic powers of writing. Students have taken seemingly unrelated prompts to share their concerns about their family's and the community's health, to voice their excitement about the kindness and care we are showing one another, and to reflect on the quality time they are spending with their families. We are proud of these wonderful sixth graders who remind the adults about the calming benefits the introspective writing process provides. Perhaps consider for yourself or your family a gratitude journal or a Mommy or Daddy and Me Journal to leverage the "power of the pen" in your house.

### **Family Cooking with Tina and Rocco DiSanto**

Many thanks to Tina DiSanto along with her son Rocco (5<sup>th</sup> grader) who shared how to make chocolate molten lava cakes. Watch the video (recipe attached)—it's a fun family activity for all ages. <https://vimeo.com/405953902>

### **Whose Yard is This?! Week #2**

Thank you to everyone who joined the fun last week. We had 59 responses to Whose That Yard. Julie Daoud, Clayton Blust, Harry Freeman, Jackson Freeman, Joe Kovach, Ezra Cohen, and Ayla Daoud knew that this yard belongs to Mr. Schoeny! Click here to try the Week #2 Guess!

### **Alexis Nordrum Newsletter #3: COVID 19 and Grief**

"We are grieving the loss of our freedoms, a predictable future, the lives and roles left behind in our communal rush away from the coronavirus."

I've read several articles about how the discomfort we are feeling can be described as grief. Somehow, putting a label on my feelings has made me feel better. Grief is a universally shared experience so maybe, by using this term, we can gain insight into our own reactions and have a better understanding of how to cope with them and lessen the intensity.

Below are two articles about the grief process as it relates to what we are experiencing due to the coronavirus pandemic. Feel free to reach out if you need someone to talk to. You can email me at [nordruma@countryday.net](mailto:nordruma@countryday.net).

- <https://www.psychologytoday.com/us/blog/love-and-sex-in-the-digital-age/202003/covid-19-and-the-grief-process>
- <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

### **Earth Day Information—April 22<sup>nd</sup>**

The 50<sup>th</sup> Earth Day is this coming Wednesday, April 22<sup>nd</sup>. In collaboration with CNC, students are invited to an Instagram Live with Corina Newsome—a graduate student in biology with a background in wildlife conservation. As a person of color in a field of predominantly white colleagues, Corina works to connect all people to nature and advocates for environmental justice. Please join Corina, several of your teachers, CNC, and other area students on Wednesday at 4pm at: [@hood\\_naturalist](https://www.instagram.com/hood_naturalist)

Make it a great day—Go Country Day!

Hirsch

**Thought of the Week:** “When Things Aren’t as We Want Them to Be” by Caitie Whelan, the author of the “The Lightning Notes.”

### **“When Things Aren’t As We Want Them To Be”**

*An absolutely nourishing poem awaits you below!*

Here’s a phrase that’s been a good friend to me recently:

**It will be okay, but it’s not right now.**

It is at once honest and comforting. And we need both in equal measure.

There’s wisdom for us in the “not okay” moments. “Out of suffering have emerged the strongest souls,” poet and artist Khalil Gibran wrote, “the most massive characters are seared with scars.”

Once, in a book on Buddhism, I found a useful and profound definition of suffering: when things aren’t as we want them to be, be they the itty-bitty traffic things or the sky-scraping health things.

In a suffering moment, it is deeply kind to remind ourselves that **this suffering now doesn’t mean this suffering always**. The reminder itself can be a first step on the path toward an okay moment.

And we come out of suffering different than we entered. Scarred with new wisdom.

**Theresa Hirschauer** • Head of Middle School

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