



CROW - APPLGATE - LORANE SCHOOL DISTRICT

Heidi Brown

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*We are always learning to make
each tomorrow better.*

November 30, 2023

Dear Crow-Applegate-Lorane Community,

As we approach the holiday season and the end of the calendar year, I want to take a moment to express our gratitude for the incredible strength and resilience of our community. It has been a year filled with celebration and challenges, yet together we have navigated through them with grace and determination.

As we embrace the joy and warmth of the holiday season, let us also acknowledge that breaks and transitions in the academic year can pose unique challenges for students, school staff, and families. Many among us face loss, uncertainty, and turmoil, making it essential to create a nurturing environment that fosters health and well-being.

Recognizing that predictable routines offer comfort to individuals of all ages, we understand that interruptions during holidays and breaks can provoke anxiety. It is not uncommon for stress responses to manifest in various forms such as frustration, anger, irritability, sadness, or withdrawal. These reactions may be particularly evident before, during, or after time away from school.

Understanding that breaks and holidays can be challenging, it is essential that we hold space for all experiences and reactions. Let us be mindful of the emotional support that students and staff may need during these transitional times and continue to foster a community where care and patience abound.

[Please review this flyer to access resources to promote and support health and well-being](#) if you or your loved ones would like more information.

As we approach the end of the calendar year, our thoughts also turn towards planning for the upcoming school calendar year. Our Board of Directors has asked that a subcommittee be assembled to explore various options to ensure a thoughtful and effective academic schedule. If you would like to be considered for that school year planning committee, please email me at hbrown@cal.k12.or.us.

Thank you for your continued support, and may this holiday season bring peace and joy to each and every one of you.

Warm regards,

Heidi Brown, CAL Superintendent