

Dear Girls,

How are you doing? I miss you all so much. As I often tell you, I consider you to be like my second set of children—so I am worried about you and want to know how you are managing without me 😊. So please, please email me or call me just so I know you are okay. Just like I love to schmooze with you in school, I still want to hear all about how you are navigating this tremendous challenge. My phone number is 410 358 5292 and my email is [chanigerstein@verizon.net](mailto:chanigerstein@verizon.net). (Also, if you have a school-related question, do not hesitate to call or email me.)

So before I tell you about school work, I have some thoughts that I want to share with you about the coronavirus situation:

1. This is very hard. This is stressful for all of us. But it is an opportunity for us to really grow and become better people. Let's focus on how we can work on ourselves during this time. You will find yourselves helping in ways you never thought you could as you realize how much you can do for your family and friends.
2. Every day, try to get 15-20 minutes of vigorous exercise. If you can, go for a walk- the weather is gorgeous! (If you have little siblings, take them with you in the stroller and make your mother smile.) Or do an exercise video or just put on some music and dance around your house ( I won't tell anyone!). The reason I am recommending this is because exercise helps us feel calmer and happier. This is a time when being calm and happy is not so easy. Try it, and let me know how it's going.

In terms of assignments, I will begin posting next week. It is taking a while to get all the technology figured out, so I hope that by then to have the videos I want you to watch posted. You will also see instructions for how to answer the questions.

Keep in mind that I understand that not everyone will be able to do all the work. Please let me know if you are having trouble keeping up.

I miss you!!!!!!

Love,

Mrs. Gerstein