

**MESSAGE FROM PRINCIPAL'S DESK-REV. DR. SABU JOSEPH**

**SESSION 2021-2022**

Dear Students and Families

The world we live in today looks drastically different than the one we knew last year.

This transition has not been easy, and some members of our community have been more impacted than others. First responders find themselves on the frontline every day and communities realize which workers are truly essential. Graduates at all levels are deprived of the ceremonies their academic achievements deserve, while other families find themselves confronted with unexpected loss.

These challenges can make it difficult to remain hopeful, but it is more important than ever that we look to the future!

You might be inclined to create a minute by minute schedule for your kids. You have high hopes of hours of learning, including online activities, projects, and notebook work. You are trying to limit technology until everything is done! But over the coming weeks, you will see an increase in behavior issues with your children **Whether it's anxiety, or anger, or protest that they can't do things normally – it will happen. You'll see more meltdowns, tantrums, and oppositional behavior in the coming weeks. This is normal and expected under these circumstances.**

Our students are just as scared as we are right now. Our students not only can hear everything that is going on around them, but they feel our constant tension and anxiety. They have never experienced anything like this before. Although the idea of summer break sounds awesome and they are probably picturing a fun time but in reality, they are feeling being trapped at home and not seeing their friends.

What students need right now is to feel comforted and loved. To feel like it's all going to be ok! We at St. Michael's care for our students and encourage them to share their thoughts and experiences with us through this newly formed way of interaction.

Students can contact **8826855133** (School Reception) from **9am-3pm** and can further ask for assistance from the School Counsellor.

Take Care of Yourself  
STAY POSITIVE! STAY SAFE! STAY INSIDE!  
Rev. Dr. Sabu Joseph  
Principal  
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