

Steady Together: Supporting Each Other Through End-of-Year Stress

Dear Families,

The end of the school year can bring joy, excitement—and stress. With testing, transitions, celebrations, and changes ahead, your family might feel a little stretched. We see you, and we're here to support you.

You are your child's first and most important teacher, and how you show up—with care, even in the chaos—makes a lasting difference.

Here are a few strategies to help your family manage stress and stay grounded during this busy season:

Talk About the Feelings

Let your child know it's okay to feel nervous, excited, or even overwhelmed.

Check-in with each other using simple prompts like:

- "What's been feeling big today?"
- "What are you looking forward to?"

Normalize a full range of emotions—for you and your child

Keep Routines (Mostly) in Place

During busy times, predictable routines create comfort. Stick to calming evening rituals when you can—whether dinner together, a story, or a quiet check-in before bed.

Take Breath Breaks

Feeling overwhelmed? Try a "family pause."

- Breathe in for 4, hold for 4, out for 4.
- Stretch it out together.
- Take a quick walk around the block, or just sit quietly for a minute.

Even 60 seconds of shared calm can help reset everyone.

Make a

"What We Can Control" List

Together, list things you can control (our bedtime, our attitude, how we speak to each other) and what you can't (the testing schedule, other people's choices).

Focusing on what's within your control helps build resilience.

Celebrate the Little Wins

Made it through the morning? That's a win. Got everyone to school on time?

Another win. Celebrating progress—especially during stressful weeks—boosts motivation and connection.

Take Care of You, Too

This season can be tough for grown-ups, too. Even small acts of self-care matter. Give yourself permission to take breaks, ask for help, or simply pause for a breath. You're doing an incredible job—and your calm presence helps your child feel safe and supported.

We're in this together.

Thank you for all you do every day. Your partnership helps our school thrive, and we're grateful for the love, care, and strength you bring to your child's life.

With appreciation,

