



Hello Metro Families!

I sure am missing your kids and praying for each of you as you navigate this difficult situation. Our awesome teachers have been working hard to make remote learning as easy as possible on you, but I know it's definitely an adjustment! If you have questions, or your child needs a check-in, please know I'm available. Below you will find a Calendly Request. If you click the link, it will take you to a sign up where you can pick a day and time to call or FaceTime me. I'm also available through email at [dholmes@metroca.com](mailto:dholmes@metroca.com) if you prefer to communicate that way. (If you can't click the link, just copy the URL below and paste it in your browser).

<https://calendly.com/dholmes75/check-in>

I was sent an article from Life Church regarding how to talk to your children about Covid-19 and thought I would share it with you as well, in case you haven't seen it. I know being inundated with news about the Coronavirus can bring about anxiety in us as adults, but it's especially hard for kids to understand. Please know we are walking through this with you and praying for each of you. A verse that keeps coming to mind is Numbers 6:24-26 - "The Lord bless you and keep you; the Lord make His face to shine upon you and be gracious to you; the Lord lift up His countenance upon you and give you peace." This is a difficult time for all of us, but we know the Lord will make a way.

May the Lord bless and keep you in the coming days!

Darla Holmes

Metro Christian Academy

Elementary Counselor

[https://finds.life.church/how-to-talk-to-your-kids-about-the-coronavirus/?utm\\_medium=email&\\_hsmi=84992606&\\_hsenc=p2ANqtz-9Qqyy8FJFn1vxlsqp1jTKCXJjNSXbkCGail37DudSfAL7sN\\_jtQDZP6yP2pqgBZAcYZghe&utm\\_content=84992606&utm\\_source=hs\\_email](https://finds.life.church/how-to-talk-to-your-kids-about-the-coronavirus/?utm_medium=email&_hsmi=84992606&_hsenc=p2ANqtz-9Qqyy8FJFn1vxlsqp1jTKCXJjNSXbkCGail37DudSfAL7sN_jtQDZP6yP2pqgBZAcYZghe&utm_content=84992606&utm_source=hs_email)