

Dear Linden Waldorf School Community,

As we watch this surreal situation unfold everywhere around us, it is clear that life is not and cannot be normal.

Earlier this evening, [Metro Board of Health declared a Public Health Emergency](#) that includes the closing of all bars in Davidson County and limits restaurants to 50% of their occupancy, effective immediately.

Public health officials and healthcare professionals have been sounding the alarm around the globe, asking each of us as individuals, as families, and as communities to make **significant immediate** changes in how we go about our everyday lives while we can still impact the [local and national trajectory](#).

Mayor Cooper, in reference to tonight's emergency declaration, noted, "As a community we must come together and take care of one another, and that includes **practicing social distancing** that inhibits the spread of the virus."

To that end, I hope that we will each take up, in whatever ways we are able, steps that Dr. Asaf Bitton urgently lays out in this article: "[Social Distancing: This is Not a Snow Day](#)."

As an antidote to our shared tension during this pandemic, let us each take time to prioritize nourishment, sleep, and a daily rhythm for ourselves and our children. These are very challenging times, and they will stretch all of us in ways we cannot yet imagine. For now, I'll be hunkered down with my family, playing board games, baking cookies, reconnecting, and channeling the [calm wisdom of one of our national treasures](#).

As always, keep me posted on how you're doing.



Tricia Drake, Head of School

Linden Waldorf School

Serving Children in Early Childhood through Eighth Grade

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