



Church of the Redeemer

PARISH DAY SCHOOL

"I am not afraid of **STORMS**, for I am learning how to sail my ship!" – Louisa May Alcott

Dear Redeemer Community,

Our students and faculty are beginning to settle into the school year, and new faces and routines are starting to feel familiar. We are thrilled to have our building and playground full of children's laughter, curiosity and energy. A new school year is always full of promise and wonder about what lies ahead.

Many of you heard me speak about the power of resilience at our Parent Orientation. Each year the Day School faculty follows a theme to anchor our program and unite us as a community. This year's theme is, "Inside, Outside, Upside Down – Building an Environment that Fosters Resilience."

Dr. Stephanie O'Leary, a clinical psychologist specializing in neuropsychology and the author of *Parenting in the Real World* writes that parents need to "Remember that one of the hardest but most important parts of parenting is to tolerate your child's temporary discomfort knowing that it's the only way to build the coping skills necessary to succeed in the real world."

It is both a privilege and responsibility to work with our youngest learners. Together it is our obligation to empower our little ones, and to do this, we need to let them learn to struggle and experience discomfort so that they will become resilient. What we do as role models, parents and educators profoundly impacts our students' development, and quite frankly, the world in which we and our children live.

We are eager to begin a school year that embraces a learning journey which emphasizes wonder, exploration, risk taking and an acceptance of the power of learning through mistakes and failure. Cheers to a new year!

Best regards,
Mary