



## NOTES FROM SPARTAN LANE

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Greetings from Spartan Lane,

The end of the academic year fast approaches and we are excited about what lies ahead, as we prepare to celebrate the Class of 2022, and the current eighth graders, fourth graders and pre-first students, as they will be promoted to the next division. Let's continue to support our students, teachers and community as we wind down what has been a positive school year.

Mental health and general health are definitely top of mind these days, and [I wanted to share a site that is worthy of our time.](#) As you can see, this is not COVID-19 related, but coming out of a global pandemic exacerbates the concern of well-being and mental health. We are thriving at the moment, but the end of a school year statistically is a concerning time for school age children, especially teens. The stress of finishing the school year and transitioning to summer can have an impact on students. As you know, we are here to help and have a very capable team of counselors to help our families with any concerns that may present. Please lean on us and never shy away from reaching out to us for ideas, resources or a listening ear. This is not an easy topic to write about, but it is something that needs to be shared and cannot be ignored.

Looking ahead to next school year, we hope to do more with our parents to engage on difficult topics like this. I hope that you will take some time to reflect on how we may better serve your family, and please do not hesitate to share ideas or resources with us. Our counselors do a wonderful job of supporting our students and families, and they are already working hard on programs for next year, and we want more engagement.

Let's make our remaining days positive, safe and productive for everyone in our community. Our prom is this weekend and we especially want our families' help in ensuring the safety and well-being of our students as they go out and celebrate with one another. Vespers and commencement will take place the following weekend and our soon-to-be-alumni deserve to be celebrated for their many accomplishments on and off campus. Let's continue to take care of one another and make this a memorable time for each of our students.

Go Spartans,

John Thorsen  
Head of School