



IRMS PTSA April 2020 Newsletter

Dear families, faculty, and friends of Indian River Middle School,

As the Coronavirus count continues to rise daily, it can be easy to feel discouraged, depressed, and uncertain of what the future holds. It is borderline impossible to do anything right now without hearing the word “coronavirus.” In these crazy times that we’re in, let’s take care of ourselves and each other. Know that this will not last forever. Think of this as a time to reboot, recharge our mental battery, and reconnect with family. Keep an attitude of gratitude by establishing the habit of noticing what you do have instead of what you don’t. It’s important to make sure you stay away from anything that is robbing you of peace. I know this has made us all anxious and nervous. But in this time of crisis, its uplifting moments that bring us out of the darkness and keep us hopeful. As frightening as this has been, it has truly brought out the best in people- with many generous donations, kind messages, and selfless acts of service during the past few weeks. Stay strong, and let’s make some lemonade out of the lemon we find ourselves in right now.

Sincerely,

Angie Hocking, IRMS PTSA Correspondence Secretary

