

Today marks the end of week 7 of quarantine, I believe any way. It's become a touch hard to keep track of time during all this. If I may be honest, I'm not too sure what to put here. While it is heartwarming and puts my mind at ease that some people have found a way to get through these troubling times, as well as seeing all the good this district is doing to support the community and its employees, I find myself ill at ease. I have lost people to this virus, and the only thing this has really taught me is to keep your friends and loved ones close. Check in on them frequently, and always tell them that you love them. In these troubled times, it is difficult to know when you may speak to them or see them again.

On the same topic, my own mental health and the mental health of others have been weighing heavily on me. We need to remember to reach out to each other. Because some of us may be suffering in silence. Too ashamed or afraid to come forward with what bothers them. We need to show each other that it's okay to reach out and that there is support for them.

Things are tough now, but we can get through this if we support each other. Each and every one of us has the power to help someone close to us, or someone who may be in need. Whether that be by donating to charities or maybe even giving a dollar to someone who needs a bit of extra cash. Maybe one thing I've learned is that so many people are willing to help and support each other in times of need. A small glimmer of light in the dark.

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