

## **Journal Day,**

I would like to share that today was a typical day! I must look at the calendar daily to make sure, I am on the right day. It is a good thing that I have my tracker to keep me grounded!

My day begins with my coffee for the day! It is only one cup, if I had more, I would be super silly!! Then I look at emails, call parents and my co-workers! We have daily trainings; zoom meetings and assessments we must get done! This keeps me extremely busy!

Then I get up make my breakfast and check on my elderly parents! They are the sweetest ever! They say “Mijia we are fine please stay home this Covid 19 is dangerous you can’t go out we are fine!” It makes me cry because they are so kindhearted!

I deeply miss my students and the family members! There is not a day that goes by that I do not think of them! I have their names posted in my office to help me through the day! I have been teaching for many years, and this has hit me hard! The anxiety is real! The not knowing is real and missing my colleagues is real!!

I am beyond blessed to have had the drive-by home visits! This really helped with my anxiety and feeling of helplessness! The gleam on the faces of my students, is what I needed! It helps to reassure myself that everything is going to be okay and this too shall pass!!

**Ms. Sandra Mata**

