

Hi there JHCS Families,

I hope this message finds you and your families healthy, happy and well. As I contemplated what to write, many things flew through my mind. I explored the fun activities that families and kids could do during the summer, self-care, and many others. As I researched though, what kept coming back to me was; as the landscape of our world changes how as parents and caregivers can we help our children change with it in a positive way? I stumbled on a video that I feel supports this idea. Some of the quotes I feel are important are:

~ How are you going to show up and contribute to life?

~Are you ready and able to do beautiful things in this world?

~ Don't ever let fear turn against your playful heart!

~ The effect you have on others is the most valuable currency you have.

~If you wait until you can do everything for everybody instead of something for somebody you'll end up doing nothing for nobody!

Teaching our children, and as adults, we need to practice kindness, love and personal responsibility while living in this human experience, is vital to their future and ours. Please have a wonderful summer.

Best Wishes,
Sam Grabert

Be The Change

https://www.youtube.com/watch?v=Z8oJV_mBY9g