



***“When you reach the end of your rope, tie a knot and hang on.”***  
**- Abraham Lincoln**

**Helping Students Through a Period of Grief by Becki Cohen-Vargas and Carlee Adamson**

**Reflections**

Memorial Day is a time to honor those who served and lost their lives to defend our freedoms. Memorial Day traditionally marks the unofficial start of summer and many families gather together in reflection and celebration. I think one of the things that is so difficult about the COVID-19 closure is how disruptive it is to our regular way of life. This in turn represents conflict to the concept of freedom so central to our culture. The image above captures the Norman Rockwell series, The Four Freedoms. Starting in the top left and moving clockwise they depict freedom of expression, worship, want, and fear. They are described in President Franklin Roosevelt’s January 1941 Four Freedoms State of the Union address. He ascribed these freedoms as essential human rights that should be protected. 75 years later, Rockwell’s work was updated to reflect the diversity in our country by artists Hank Willis Thomas and Emily Shur. You can read more about their project in [this New York Times article](#). This Memorial Day, I hope you are able to find ways to pause and honor our brave service members that lost their lives to defend our freedoms. I know I will be thinking about these four freedoms. I also hope that you find ways to safely be with loved ones and friends.



**Professional Development Corner!** Previously, I featured the TED Radio Hour episode Teaching for Better Humans. [Teaching for Better Humans 2.0](#) updates that episode giving us things to consider for both during and after this closure. Check out the [#BrightFuture archives](#) (scroll down) for other podcast and book recommendations.

