



DUNCAN CHRISTIAN SCHOOL

Building on Faith, Family & Community

April 1, 2020

Dear DCS Community,

A lot has changed since we last saw one another and we're now living through something that can cause a lot of fear and uncertainty. It's important that we take seriously our responsibility to care for others and ourselves. "Love your neighbour as yourself," as Jesus said, includes both "others" *and* "yourself".

Part of showing love to ourselves means not following the news and social media all day long, which leads to more anxiety and fear. Take a break from it. Chat on the phone with friends, family or grandparents, exercise, eat well, sleep well, spend time in devotions and prayer. Don't believe everything you see online about COVID-19.

Part of caring for others means respecting those in our families and communities who are most at-risk of getting very seriously ill, including health-care workers, those with health issues, and the elderly. We can show care for others by maintaining physical distancing, staying home if sick in any way, not going out unnecessarily, and washing our hands well and often. Keep doing those things.

Remember, life really wasn't in our control before all this happened. We may feel like it was, but it wasn't. But the God who created you and loves you remains in control. I hope that gives you a measure of peace and comfort.

God still has a plan for your life and COVID-19 is definitely not strong enough to disrupt God's plans.

I miss you all! It's difficult seeing the school without you in it, but I know that God will bring us through these challenging times. Each day I find new reasons to be thankful for what God is doing through people in our community who are working hard to serve others and keep people safe.

Our staff have loved connecting with you this week and look forward to actively supporting you through these times. Try to stay positive, find reasons to be thankful each day, and trust that you remain in God's hands.

You're all in my prayers.

Mr. Tinsley

Please note: All DCS Communications related to the COVID-19 outbreak are viewable on our website at: <https://www.duncanchristianschool.ca/covid-19-updates/>. Families experiencing financial hardship as a result of the crisis who are in need of tuition relief are encouraged to contact Stacey Green at sgreen@duncanchristian.com.

Limited and controlled services are available at DCS, [as per the Ministry of Education guidelines](#), to help support a small number of essential workers and vulnerable learners. Please contact the school if you may need the help of these services. Safety protocols and physical distancing measures are strictly in place throughout the building.