

# GSPK

## Happy Gram

**Sunshine greetings to you all! Welcome to GSPK Happy Gram #5 – Look for the Helpers**

*When I was a boy and I would see scary things in the news, my mother would say to me, “Look for the helpers. You will always find people who are helping.” – Fred Rogers*

Mrs. Luther reminded us this week that we don't have to look far to find the helpers in our GSPK community. Her volunteer work earned her an interview on WTVD-11 news, but it's her PB&J's that win the hearts of the children she is helping. We know that Mrs. Luther is not alone in her generosity. We have a school family full of helpers – healthcare professionals, essential workers, volunteers, caregivers, donors and kind souls just doing our best to make it better for the community.

**We are truly humbled and amazed by the generosity and dedication of the Helpers in our GSPK Family.**

**XOXO,**

**The GSPK Teachers and Staff**





## How Are You? You are Doing a Great Job!

**This week, we think Elmo's Dad, Louie says it best.**

*You know, it's wonderful to get to spend so much time with our children, but it can also be a bit overwhelming, but I just wanted to say, parents, you are doing an amazing job. Remember, though, it's important to take some time for yourself. You know, take care of you.*

<https://youtu.be/aEmaWlxyhj8>



*Hang in there and keep up the great work!*

**And remember what Mrs. Ingold always says, "We did the best we could do today."**





## Helpers Come in All Ages and Sizes!

### ★ Volunteer or Donate to Local Charities

The best place to start is by asking your church or community leaders how you can be most helpful and where your talents may be best applied. Small organizations can work big wonders, and may already have outreach missions that could use your help. But if you need some inspiration, these are a few local organizations that will give you a place to start.

**Ignite C3:** Mrs. Luther has recruited her whole family to volunteer for this local outreach program. A dedicated staff of volunteers and generous donors have been working together to provide meals for food insecure children in the Oxford Manor Apartments of Durham.

<https://www.ignitec3.com/feed-kids>

**Durham Rescue Mission:** With 450 homeless men, women and children living in close quarters, the Durham Rescue Mission is working hard to keep its clients safe and prevent the spread of coronavirus. If you are able to donate any of the supplies listed on the website, it would be a great help to the vulnerable homeless population of Durham.

<https://www.durhamrescuemission.org/covid19/>

**American Red Cross:** “Donating blood products is essential to community health and the need for blood products is constant. As part of our nation’s critical infrastructure, healthy individuals can still donate in areas that have issued shelter in place declarations. The Red Cross follows the highest standards of safety and infection control, and volunteer donors are the only source of blood for those in need.” Click the link to find out how and where to donate blood.

<https://www.redcrossblood.org/donate-blood/dlp/coronavirus--covid-19--and-blood-donation.html>

**The #DoGoodFromHome Challenge:** “Use compassion and creativity to do acts of good from home. For every kind act shared with #DoGoodFromHome, Hasbro will donate a toy or game to organizations providing care to the children of COVID-19 essential workers, up to **25,000** toys and games. Join the Challenge!”

<https://dogoodfromhome.com/>



## ★ Reach Out to Others Through Art & Craft

**Send a Letter to a Grandfriend:** With the heightened safety measures on most assisted living facilities and nursing homes, many seniors are cut off from the community around them. Put your art skills and writing skills to good use by sending a letter to a grandparent or grandfriend. Your letters send a ray of sunshine and a rainbow of hope. Listed are a few local facilities. More are in the link. Address letters to the attention of the Activities Director of the facility.

**Croasdaile Village**

2600 Croasdaile Farm Parkway  
Durham, NC 27705

**Spring Arbor of Durham**

4523 Hope Valley Rd  
Durham, NC 27707

**Britthaven of Chapel Hill**

1716 Legion Road  
Chapel Hill, NC 27517

**Carol Woods Retirement Community**

750 Weaver Dairy Rd  
Chapel Hill, NC 27514

<https://www.assistedseniorliving.net/facilities/north-carolina/durham/>

**Send a Virtual Thank You to a Healthcare Worker:** UNC Hospitals has been collecting digital scans of drawings, paintings, thank you cards and messages of hope to create a screen saver so that healthcare workers can enjoy notes of encouragement throughout the day. Pictures should be good quality .jpg or .png files and can be sent as an email attachment to [marketpub@unchealth.unc.edu](mailto:marketpub@unchealth.unc.edu)

**Decorate Your Sidewalk with Messages for Your Neighbors:** Dust off the sidewalk chalk, or make a fresh batch of sidewalk paint (2 parts flour, 1 part water, food coloring to desired shade.) Heroes live on every street. You can tell your neighbors how much you appreciate them with your art. Or just make the neighborhood's BEST hopscotch obstacle course. Let your imagination be your guide.

**Make Masks with the Whole Family:** Younger children can help cut the rectangles of fabric, trim elastic and tidy up loose threads. Older children can assemble, pin and learn to sew. Hospitals are not in need of homemade fabric masks, but family, neighbors and friends will need them. There are also many organizations and facilities that are in need.

Instructions and local organizations needing mask donations:

<https://www.deaconess.com/How-to-make-a-Face-Mask/Documents-Mask/Mask-Information>  
<https://www.deaconess.com/How-to-make-a-Face-Mask/Mask-Donations?state=NC>







## Thank You to the Heroes in Our School Family

This time, the Count has just the right words for what is in our hearts.



*We want to say “thank you” to everyone out there who is helping those in need – the doctors, the nurses, firefighters, police officers and emergency workers. And do not forget, the grocery store workers, trash collectors and COUNTLESS others. We are SO lucky to COUNT on you.*

<https://youtu.be/FCPsWwwTuNA>

## ★ You Make a Difference in Our Lives!

*Whether we're a preschooler or a young teen, a graduating college senior or a retired person, we human beings all want to know that we're acceptable, that our being alive somehow makes a difference in the lives of others.*

- Fred Rogers, The World According to Mister Rogers: Important Things to Remember

Each and every family that has walked through the GSPK doors has made a lasting and meaningful difference in the lives of the teachers and staff of our sweet little school. We are so thankful that you chose us and we are so proud to be a part of such a kind, caring and giving community.

**May the sun fill your days with warmth  
until we play again. XOXO**

