

# Dear Walters

**PAOLO COELHO**

Always ask yourself if what you're doing today is getting you closer to where you want to be tomorrow.

**ALBERT EINSTEIN**

A ship is always safe at shore but that is not what it is built for.

**GANDHI**

Be the change that you wish to see in the world.

**ANNE FRANK**

I don't think of all the misery but of the beauty that still remains... Think of all of the beauty still left around you and be happy.

**ELEANOR ROOSEVELT**

With each new day comes new strength and new thoughts.

**MAYA ANGELOU**

You may not control all the events that happen to you, but you can decide not to be reduced by them.

**HELEN KELLER**

Although the world is full of suffering it's also full of the overcoming of it.

**WALT DISNEY**

If you can dream it, you can do it.

**BRUCE LEE**

One of the best lessons you can learn in life is to master how to remain calm.

**RUMI**

The garden of the world has no limit except in your mind.



Designed by Ms. Yuen



**Mr. Weems  
Principal**

Hi Walters! Missing all of you. Besides working online a lot, I have been playing a lot of chess. One part of my brain against another. I hope all of you are challenging your brains and body. Stay safe and healthy.

**Mrs. McClintock  
Assistant Principal**  
Dragging the fam out for some fresh air at Mt. Umunhum post lunch. Some days the kids are more cooperative than others!



**Mr. Banaag  
Psychologist**

I focus on how fortunate I am to have the life I live.



**Mr. Del Carpio  
7<sup>th</sup> gr. Science**

Currently, I'm feeling a little worried but doing my best to keep things clean and provide work for the students. This has helped distract me a bit from the state of the world. Staying motivated is a bit hard sometimes. It's really tempting to just binge watch a lot of shows, but when I start working, it makes me want to do other things like exercise and step outside for a walk. I hope my students are doing well and staying healthy.

**Mr. Reyes 8<sup>th</sup> gr. PE**

I stay motivated by starting my day with some type of physical activity. It's usually a walk around the neighborhood while practicing social distancing. After I get some physical activity, I feel motivated and ready to get work done.

**Ms. Goulart  
Child Nutrition Assistant**

"Do what you need to do, When you're supposed to do it, In the way it is supposed to be done." Take care of yourself and your loved ones. Amazing energy impacts many!



**Mrs. Keiper SDC**

I'm spending time working in my garden with my dog, enjoying the sunshine!



**Mrs. Briggs Core Support**

Keep moving and enjoying the outdoors!

**Mr. Cruz Band/Choir**

If you fail once, try again.

If you fail twice, try again.

If you fail eighteen times, keep trying.

No matter how many times you fail, don't be discouraged and stop trying.

Failure is what paves the pathway to success, and thus why it is more rewarding when you don't give up on yourself.



**Ms. Baird 6th gr. Math/Science**

Success isn't about how smart you are. It's about how much EFFORT you give!



**Mrs. Carey 7th/8th Science**

Going outside and getting fresh air keeps me feeling happy.



**Ms. Osmond-Gould Core Support**

To cope, I keep a planner for the week, so I don't miss meetings, check-ins, etc... Then I take it one day at a time. Secondly, I ask for help when I need it. Even if it is just a friend to listen; don't be afraid to ask for help!

**Mrs. Sharma 7<sup>th</sup> gr. Science**

Some wars can be won by science only. Stay safe and positive.



**Mr. Hoverter 7<sup>th</sup>/8<sup>th</sup> English/History**

I have been spending time planting my spring garden. Working outside helps me manage stress and thoughts of homegrown tomatoes make me smile.



**Mrs. Goodwin 6<sup>th</sup> gr. English/History**

I have been trying to do as many fun projects with my kids (a second grader and a kindergartner) at home as possible. We are also trying to make sure we get outside every day, and limit our screen time. I've also been enjoying books and TV shows at night to give myself a mental break and wind down from the very busy days.



**Mrs. Pearsall 6<sup>th</sup> gr. English/History**

After a day of Zooming, Google Classroom, and checking emails, I like to take a hike with my family! I miss everyone at Walters! I can't wait to be back in our routine! Go Warriors!

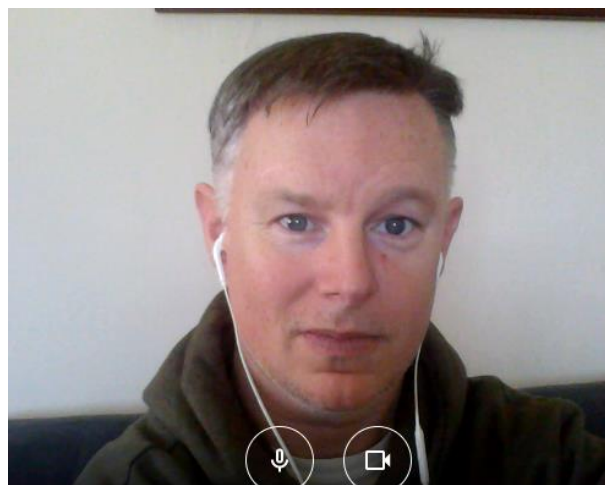
**Mrs. Raja Core Support**

My stress buster during the school closure is gardening. I enjoy working in the garden every day for an hour.



**Mr. Kenny 7<sup>th</sup> gr. World History**

One of the names for an Aztec school is *calmecac* – it is sometimes translated as “House of Tears” – I’m sick of staring at a computer screen – I miss our “House of Tears” (Walters).



**Ms. Staley 7<sup>th</sup> gr. English**

I’m keeping busy at home by practicing yoga daily! I miss all my students and hope everyone at Walters is staying healthy and happy during this difficult time. Practicing mindfulness for a few minutes each day can make a huge difference for your mental health. Invite the whole family to try together. It’s okay if you feel silly at first!



**Mrs. Baldwin Registrar**

I’ve been brooding six baby chicks while working from home. Stay tuned as we watch them grow into young chickens! It helps to witness new life growing to feel like everything’s going to be ok.

**Mrs. Stockman Rm. 8 Para**

It's just another battle (coming from 9/11 NYC), keeping calm in the storm. This too shall pass. Take a nice photo for the future history books. I'm keeping busy with Resource Core Support and more. Warriors strong!



**Mr. Sachs 8<sup>th</sup> gr. US History**

I have loved teaching at Walters all these years, so I stay motivated by wanting to do my best for our community. The show must go on and there's good learning to be done. Also, I want my family to see me working hard, doing my job in the most professional way. Recently we got dressed up for my daughter's senior ball pictures because it was cancelled.



**Ms. Kent-Berge Librarian**

I've been using this time to catch up on projects that have been put aside.



**Mrs. Carey Art**

I'm enjoying going on bike rides in the evenings when I'm done doing school with my four kids and doing school with my art students online. Riding a bike makes me feel alive, and seeing nature helps me relax.

**Mrs. Chandna 7<sup>th</sup> gr. Math**

I'm drinking green juice every morning and trying to stay healthy. I think this is a good way of detoxifying my body and having good immunity. Everyone stay healthy and safe at home!



**Mr. Antantis 8<sup>th</sup> gr. English/AVID**

I've been playing since I was a teenager--just fell to the wayside with teaching. It was something I could only sporadically do during the summer. Now I'm rediscovering this hidden passion!



**Mr. Medina Spanish**

We are hopeful together!



**Ms. Yuen ELD /Publications**

Finding time in nature, playing piano, and listening to music help me get through these overflowing digital days.



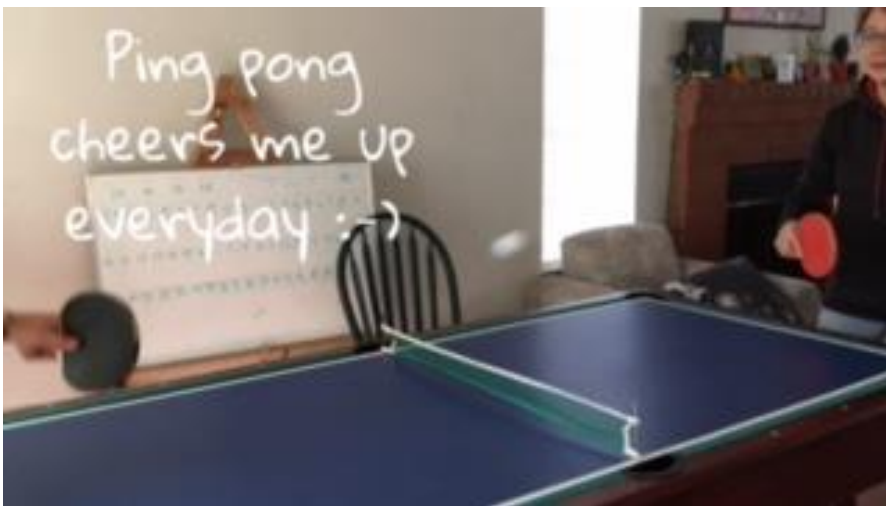
**Ms. Gentry 7<sup>th</sup> gr. PE**

I'm missing baseball and all other sports, but staying active and enjoying the outdoors keeps me motivated.



**Mrs. Ranaweera 7<sup>th</sup> gr. English**

The way we stay motivated is to go outside and play soccer at the end of each "school day." Fresh air, sunshine, and exercise are good for both physical and mental health.



**Mrs. Leung Rm. 58 Para**

Ping pong cheers me up every day.



**Mr. Nicholson 7<sup>th</sup>/8<sup>th</sup> gr. Math**

I find a lot of comfort in Psalm 46:1-10. In summary-- Be still and know this shall pass. Chocolate helps a lot too!

**Mrs. Narveson 6<sup>th</sup> gr. Math/Science**

*A Haiku*

We may be apart  
But we succeed with faith, calm,  
Zoom, clean hands, and love.



**Mr. Campana 8<sup>th</sup> gr. PE**

I'm getting my swings in with my golf clubs in my backyard. It keeps me motivated and active.



**Ms. Kramer Math/Science**

My family and my students have been very motivating during this time. My class decided to do a crazy hat day for a Zoom meeting. My family liked the idea so much that they decided to join in too! It definitely helps me stay motivated by finding the fun and silly things every day!



**Mr. Cumpian 8<sup>th</sup> gr. US History**

Bike riding releases stress and you can keep a six feet distance from friends.

**Ms. Bachelder ELD Specialist**  
Never stop learning new skills!



**Mrs. Anderson**  
**Speech-Language Pathologist**

My family and I enjoy being together after a long day at home. We finally saw *The Mandalorian* and we are now watching *His Dark Materials* (*The Golden Compass*). As usual the book is better, but the series is also pretty good!



**Ms. Weber 8<sup>th</sup> gr. Math**  
My apartment has a lovely balcony that I've been sitting on every day. I taught myself to knit, and I'm making a blanket for my cousin who will be born in June!



**Mr. Kinnear 7<sup>th</sup> gr. English**  
I feel like half of me is missing. It's the half I left at Walters. Miss you all. I am keeping busy riding an indoor bike and growing a moustache.