



# The Ferd Word

...weekly spotlight on a word to know at St. Ferdinand School by Principal Folino 😊 Sept 3 2020

## REST

***Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. - Matthew 11:29***

Whew! We've made it through 12 days of school! That's a dozen times to pat ourselves on the backs and say - whether learning at home or at school, whether teacher or student or staff member or parent - - - and no matter what curveballs this "new" concept of schooling throws our way as we try to decipher how best to do it - - - we are really starting to "get" this!

But - - - exhale again - - - all our labors truly deserve a break:

...a final few days to breathe in summer;

...a final few moments to soak in the sun;

...a few hours away from all our work;

...few hours distanced from all that inevitably distracts us from what is really important in life:

bringing our peaceful, rested, and truly present selves to simply "be" with our loved ones, ourselves, and our God.

May this long Labor Day Weekend bless you and your family with peaceful end-of-summer moments to savor.

Stay healthy and safe this weekend, everyone - mindful of your mask and effective social distancing protocol for the continued health of our St. Ferdinand School community.

Let's make September a great one for all that comes our way during these crazy times..

