Hi Mr./ Ms. _____,

Congratulations on getting through a very tough year. My daughters attend SCHOOL NAME. I'm thankful that the girls are able to attend a school where the staff is so caring. PRINCIPAL'S NAME and her staff do a fantastic job.

I was a public school teacher for five years, and I imagine this year was quite challenging to get through, with many difficult decisions to be made.

I'm curious as to if you have any knowledge of when the children can stop wearing masks. I have done extensive research around masks, and there is evidence that they do far more harm than good. Wearing masks for long periods of time (and seeing others wearing masks) can damage people physically, emotionally, and psychologically. Children are even more vulnerable to this damage. I am very concerned about the effects of these mandates on our children's mental health. Often, the effects of such trauma are delayed. The mental health crisis in this country has already escalated this year. I am concerned about this becoming more severe-especially with kids.

I can present literature supporting these points if you are interested.

Numerous doctors who I work alongside, as we support the country's health, through education, also support unmasking the children.

I know that many feel safer with a mask on, and it seems perfectly acceptable for those that wish to wear one, to do so. But our children have suffered enough and they should be able to share smiles and breathe freely. Seven hours of masking a day, five days a week is far too long for children (still developing) to be masked.

The case counts are down, there is a vaccine for those who choose that route, and the recovery rate for Covid-19 remains over 99%.

Children coming in contact with germs is actually good for their health. Viruses, in fact, detox us, which help to keep things like cancer from forming. Masking, sanitizing (which can be damaging as well), and staying away from one another are not the answer to a healthier community. There has been far more damage done from our reaction to Covid, than Covid itself.

I would much prefer to see more education in schools around empowering steps children can take to influence their health by taking care of their bodies. Things like: Getting sun, good sleep, movement, connection with other humans, connecting with nature, nutrition, and limiting screen time. Neglecting these things is causing the nation's health crisis that was here long before Covid. And many of the diseases contributing to this crisis, if not all, can be reduced by each one of us taking responsibility for our health and tending to our own bodies. We have a lifestyle choice crisis on our hands, that is unfortunately being passed on to our children. These poor

lifestyle style choices have made many vulnerable to Covid and played a huge part in who survived this virus and who didn't.

We will all, no doubt, come in contact with viruses and bacteria. We cannot avoid these things. Our job as responsible humans is to prepare our bodies to be able to fight and withstand when we do encounter viruses and bacteria.

Thank you for taking the time to read this. I am deeply concerned about the future of our children, if we continue neglecting true health for a false sense of safety.

I believe it is time that we zoom out and take a look at the bigger picture of our children's health, keeping in mind that our present reactivity will shape their future.

May we proceed with love and wisdom over fear.

Let me know if I can do anything to assist in supporting the health of our community's children.

Sincerely,
YOUR NAME