

To the HGSE Community,

This spring, after a tumultuous year, there is a heightened sense of exhaustion due to the stress, uncertainty, and disappointment we have experienced in multiple parts of our lives. We have lost loved ones due to the pandemic, and restrictions on gatherings have prevented us from being able to grieve together. We have also lost opportunities to celebrate the joys of weddings and birthdays with friends and family members. As we look at the news, the heartbreaking killings of Adam Toledo and Daunte Wright invoke feelings of hurt, fear, and anger, as acknowledged in the [joint statement](#) from Harvard leadership yesterday. And after weeks of listening to gut-wrenching testimony recounting George Floyd's final minutes, many of us await warily the verdict and aftermath of the Chauvin trial. We continue to witness [senseless acts of hate](#) targeting Asian Americans and Pacific Islanders, and the increasing number of [mass shootings](#) in the U.S. is frightening. Globally, the harm being felt is also incredibly devastating—from the [military uprising in Myanmar](#) and [student kidnappings in Nigeria](#). Deep concerns about the [lack of health care](#) and [insufficient vaccine supplies](#) underscore how the effects of COVID have been especially harmful in some countries and regions.

Simply put, in so many respects, it has been and continues to be a rough year for so many in the world. While I hope you are feeling increasingly optimistic with the expansion of vaccine eligibility, warmer weather for those of us in the Northern Hemisphere, and preparations to celebrate the accomplishments of the year, we should also acknowledge the very real toll this has taken after a year like none other.

I commend each and every member of this community for the resilience you have nevertheless demonstrated. I suspect your dedication to improving education has only strengthened as we have witnessed first-hand the way in which schools are more than just places that provide education—students of all ages need our support as we work to strengthen learning around the globe, and issues of equity are even more critical during this time of rapid change. To do this work we must also make the time to take care of ourselves. Therefore, I am excited to **announce the new HGSE series: Rest, Refresh, and Restore**, which will take place through the balance of the academic year. Working with the Office of Diversity, Equity, Inclusion, and Belonging (DEIB), Office of Student Affairs, and Human Resources, we have planned a series of events and informal gatherings that are designed to be spaces to rest, rebuild, replenish, and restore our minds and bodies. All members of the community are welcome to join these events. In addition, please see below for information about special office hours available to students.

As we take our next steps, let us recognize the many opportunities before us to emerge even stronger and wiser from this year. The field of education needs our best work, and to do that, I hope we can all take time in the coming months to connect and restore for what is certain to be an important next chapter for the field and for the world.

### **The HGSE Rest, Refresh, and Restore Series**

**Community Cafe: Rest as a Form of Resistance**  
**Wednesday, April 21st at 9:00-10:00am EST**

### [Zoom Link](#)

Come join Dr. Christina Villarreal and Tracie Jones, Director of DEIB, for a community cafe centered on rest. No registration required. You can join at any time during the hour. This space is an opportunity for reflection, deep breathing, and healing.

### **Monday Power Hour: Rest and Restoration**

**Hosted by the HGSE Office of Diversity, Equity, Inclusion and Belonging**

***Monday, April 26th at 12:00-1:00pm EST | Note: This event will continue every Monday until May 16th.***

### [Zoom Link](#)

Each week participants will be able to engage in rest and restoration through different prompts and practices. Take time to slow down and rest and meditate, draw, journal or partake in deep breathing for an hour. Members of the community can drop in at any time during the hour.

### **University Community Space for Reflection, Remembrance, and Response**

***Wednesday, April 28th at 5:00-6:00pm EST***

Hosted by Sherri Charleston, Chief Diversity and Inclusion Officer of Harvard University, this event is in collaboration with HGSE, Harvard Divinity School, and Harvard Extension School. It will be a space for members of our community to draw strength from one another as we reflect on the ongoing violence and verdict of the trial for George Floyd's death. Please [register here](#).

### **Interfaith Healing Rest and Restoration Hour**

***Tuesday, May 4th at 12:00-1:00pm EST***

### [Zoom Link](#)

People often turn to faith, spirituality, or their community to heal. The way to hold pain is within community. Join Rev. Dr. Kaia Stern for an hour of restoration as we bear witness to the trauma and stress that we are collectively holding.

### **Community Cafe: Dance Party**

***Thursday, May 6th at 5:00-6:00pm EST***

### [Zoom Link](#)

Come join Dr. Christina Villarreal and Tracie Jones, Director of DEIB, for a community cafe centered on dance, movement, and joy. No registration required. You can join at any time during the hour. This space is an opportunity for restoration through physical movement, music, and community.

Stay tuned for announcements about additional offerings.

### **Upcoming Office Hours for Students**

In addition to the above events, I am pleased to announce the following drop-in office hours for informal, small group discussions for students. All times reported in EST. Click on the names for the links to the Zoom meeting rooms.

Wednesday, April 21st

11:30am-12:30pm – [Kevin Boehm](#), Associate Director of Student Affairs  
1:30-2:30pm – [Andrea Le](#), Senior Program Coordinator for International Students  
3:00-4:00pm – [Maritza Hernandez](#), Associate Dean for Enrollment and Student Services

Thursday, April 22nd

1:00-2:00pm – [Alex Galindo](#), Assistant Director of Student Diversity Initiatives

Friday, April 23rd

10:00am-12:00pm – [Maritza Hernandez](#), Associate Dean for Enrollment and Student Services

Tuesday, April 27th

11:30am-12:30pm – [KellyAnn Robinson](#), Associate Director of Student Support Services

Stay tuned for additional office hours in the coming weeks.

Be well,  
Bridget

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Bridget Terry Long, Ph.D.  
Dean of the Harvard Graduate School of Education  
Saris Professor of Education and Economics