

**From:** "Sheikh Sobia" [REDACTED]@mukilteo.wednet.edu>  
**Sent:** Mon, 30 Oct 2023 07:19:40 -0700  
**To:** "Hoffman Teresa L." <[REDACTED]@mukilteo.wednet.edu>  
**Subject:** RE: Staff support

Here's a link to donate:

<https://donorbox.org/gaza-waqf>

You should be able to select US Dollar

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**From:** Hoffman Teresa L. <[REDACTED]@mukilteo.wednet.edu>  
**Sent:** Friday, October 27, 2023 12:11 PM  
**To:** Sheikh Sobia <[REDACTED]@mukilteo.wednet.edu>  
**Subject:** RE: Staff support

Sobia,

I see the non-profits listed below, but I am wondering if you have any suggestions, as I trust your judgement of where I can donate to support Palestinians needing emergency relief. Thank you.

Teresa

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**From:** Brynelson Alison <[REDACTED]@mukilteo.wednet.edu>  
**Sent:** Friday, October 27, 2023 11:41 AM  
**To:** ALL STAFF [REDACTED]@mukilteo.wednet.edu>  
**Subject:** Staff support

Dear staff,

I want to acknowledge a few heavy topics affecting our world and therefore each of us to some extent. There is a LOT going on in our world and in our community. From the most recent mass shooting in Maine this week, the ongoing war in Ukraine, to the war between Israel and Hamas, we are navigating tough things happening around us. When you add a few local events including the death of a beloved teacher, student and recent graduate, all while working with fewer resources due to the district's budget situation, it can feel overwhelming.

When I think about how these events could affect our staff, especially those impacted by several of these events because of religious or cultural beliefs, involvement of loved ones, and relationships with those lost, I worry about their well-being. If ever there was a time to be mindful of how we show up for diverse and complex relationships, this is definitely one of those times.

While many of these situations are out of our control, I can offer some tools and support options that we can control. First, we can be understanding and kind to one another, and understand we are all carrying a lot. Some more than others right now. Second, we can think about how we can

support ourselves. Extra self-care and nurturing can be helpful, but please consider the Employee Assistance Program. It's not just for crises; anyone can access eight free sessions for nearly any need, so I encourage you to look into it if you'd like to talk with someone. Lastly, we can think of how we help others. There are many organizations in our community and beyond who are helping, and we can get involved or donate. A couple examples of nonprofit organizations helping in the Israel-Hamas war are [Alliance Middle East Peace](#) and [Save the Children](#) if you're interested in helping that way.

As we go into the weekend, please give kindness, care and understanding to yourself and loved ones. And when you come into work next week, I ask that you extend that same kindness, care and understanding to your co-workers, our students and their families. Our day-to-day relationships can help keep us afloat during difficult times.

Sincerely,

Alison