



**THOMAS JEFFERSON HIGH SCHOOL**

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**WEST ELIZABETH - JEFFERSON HILLS - PLEASANT HILLS**

PETE MURPHY  
*Principal*

PAUL WARE  
*Assistant Principal*

ADAM KNARESBOROUGH  
*Assistant Principal*

December 10, 2020

Dear Parents and Guardians,

I sincerely hope this email finds all of you and your families healthy and safe. This has certainly been a difficult week for the Thomas Jefferson High School Community.

Our school is continuing to make every effort to provide our students with support and resources to help manage and cope with the multitude of emotions they may be experiencing through the pandemic and other life events. In an effort to provide parents and guardians with advice and counsel on these matters, our school has arranged a virtual Mental Health Wellness Parent Forum through the The Allegheny Health Network, CHILL project for this evening at 6 pm. The event will be a virtual meeting that is intended to provide information and answers to questions regarding grief, mental health services, and how to best support your child through the Covid 19 Pandemic and other events. We encourage you to join this informational session by using the following link: [meet.google.com/vwr-tcfe-kgm](https://meet.google.com/vwr-tcfe-kgm). Our sincere hope is that if you have questions relating to these or additional mental health related topics, please consider connecting to this forum this evening to discuss best practice as well as appropriate strategies to support your children.

For many of you this late notification may not work with your schedule, and for that I apologize. Thomas Jefferson High School hopes to have additional sessions in the days and weeks ahead to support our school community. If you are available this evening and have questions, please consider joining our panel.

Virtual Meeting Information:

[meet.google.com/vwr-tcfe-kgm](https://meet.google.com/vwr-tcfe-kgm)

Or open Meet and enter this code: vwr-tcfe-kgm

Dial in (audio only): (US) +1 941-800-3211 PIN: 487 594 224#

More phone numbers: <https://tel.meet/vwr-tcfe-kgm?pin=2007224856245>

Sincerely,

*Pete Murphy*

Pete Murphy

Principal

Thomas Jefferson High School

