



CONNECTION

MARCH 2020

Serving Black Diamond & Enumclaw



Students participating in the ESD Kidpreneur Business Fair

2929 McDougall Avenue, Enumclaw • 360-802-7100 • enumclaw.wednet.edu



@EnumclawSchoolDistrict

IN PARTNERSHIP WITH YOU

Dear Friends,

A few weeks ago, just over 100 people attended the screening of the documentary LIKE. About half of the audience members were students which was fantastic!

The documentary, for all who attended, was a self-reflective journey about our personal habits regarding social media. During the movie, it was stated that one reason we all develop habits of continuously checking our phones and specifically our social media apps is FOMO (Fear of Missing Out).

In the documentary they introduced JOMO (Joy of Missing Out). Below is an excerpt from an article from Psychology Today written by Kristen Fuller. This may not be a new term for you as it was for me, but I thought you would enjoy reading a bit about it as we all try to become the best versions of ourselves to support our students and our community as a whole.

Embracing the joy of missing out

JOMO (the joy of missing out) is the emotionally intelligent antidote to FOMO and is essentially about being present and being content with where you are at in life. You do not need to compare your life to others but instead, practice tuning out the background noise of the "shoulds" and "wants" and learn to let go of worrying whether you are doing something wrong. JOMO allows us to live life in the slow lane, to appreciate human connections, to be intentional with our time, to practice saying "no," to give ourselves "tech-free breaks," and to give us permission to acknowledge where we are and to feel emotions, whether they are positive or negative. Instead of constantly trying to keep up with the Jones', JOMO allows us to be who we are in the present moment, which is the secret to finding happiness. When you free up that competitive and anxious space in your brain, you have so much more time, energy and emotion to conquer your true priorities.

- Be intentional with your time: Schedule things that are important to you whether it is working out, meeting a friend for coffee, writing that book or completing a work project. Make your time your priority instead of wasting time worrying about what other individuals are doing or thinking.
- Give yourself permission to live in the present: If you are having a bad day, be easy on yourself and treat yourself to a relaxing evening. If you just received good news, then take a moment to embrace it and celebrate. If you feel that you are in constant competition with someone on social media, then re-assess why you are feeling this way.
- Embrace tech-free time: Unsubscribe from social media accounts and un-follow individuals who trigger your FOMO or cause you any type of negativity. Set daily limits to how long you can spend on social media or delete certain social media apps from your phone so you can only status scroll when you are at home on your computer.
- Practice saying "No": You do not always have to go to that event or take that phone call. Sometimes saying, "no" is the best kind of self-love. Even if you want to help someone but feel it will have a negative impact on yourself, say "no," in order to protect yourself. Self-care and self-love start by saying, "no."
- Experience real life (not social media life): JOMO allows you to have more free time by eliminating wasted time spent scrolling social media feeds. Instead of spending your free moments by the drama of social media, email and text messages; what if you chose to disconnect and do the things that you enjoy such as cooking, spending time outdoors, and spending time with your family.
- Slow down: Take time to think before you speak, embrace the quiet, use time driving in traffic or waiting in lines to sit with your thoughts or listen to a book. Slowing down can increase our creativity, which we can harvest into other productive avenues and projects in our life.

In partnership with you,

Enumclaw School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, marital status, the presence of any sensory, mental or physical disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination:

Title IX/Chapter 28A.640 RCW Officer
Civil Rights Compliance Coordinator
Stephanie Berryhill
2929 McDougall Ave, Enumclaw, WA 98022
(360) 802-7113

Section 504/ADA Coordinator
Gerrie Garton
2929 McDougall Ave, Enumclaw, WA 98022
(360) 802-7104

JOIN US!

For event details, visit enumclaw.wednet.edu or contact the school.

MAR 19	KINDERGARTEN ORIENTATION Black Diamond Middle School Wood Elementary 6:30pm CANCELLED
MAR 20	EARLY RELEASE Snow Day Makeup CANCELLED
MAR 26	KINDERGARTEN ORIENTATION Westwood Elementary 6:00pm CANCELLED
MAR 27	EARLY RELEASE CANCELLED
APR 3	EARLY RELEASE CANCELLED
APR 3-4	EHS JUNGLE JAZZ HELLCOOLLY! EHS Auditorium 7:30 - 9:00pm CANCELLED
APR 5	EHS JUNGLE JAZZ HELLCOOLLY! EHS Auditorium 7:30 - 9:30pm CANCELLED
APR 10	EARLY RELEASE CANCELLED
APR 17	EARLY RELEASE CANCELLED
APR 17	EARLY RELEASE CANCELLED
APR 20-24	NO SCHOOL APR 20-24 SPRING BREAK
APR 27	SCHOOL BOARD MEETING Nancy A Merrill Boardroom 6:30pm
APR 30	5th Grade Family Night EMS/TMMS 6:30 pm
MAY 1	25th Annual Pow Wow EHS Main Gym 7:00pm
MAY 1	EARLY RELEASE FRIDAY