

YOU
BELONG
AT MEAD



Naslund's Notes



On Burning Out...

It's not just that 14 days at home puts things in perspective. I had my post-quarantine *Naslund's Notes* all-but-ready to send out when I went and did what I often do on Sunday evenings after my girls go to bed & my wife is at work: turn on a podcast & gear up for the week. *That* was a problem. The podcast topic: burnout. Ironic much that I get so wrapped up in communicating as clearly and neatly as I can with *Naslund's Notes* that I often over think it and stress out. Dare I say near burnout. I shouldn't have turned on the podcast. Ha. Well, there it goes.

In her podcast "Unlocking Us," Brené Brown discussed burnout with the authors of *Burnout* Drs. Emily & Amelia Nagoski. They wrote the book. So, I listened. Not all of it resonated directly with me, but I thought of our students, staff, and families. I've heard from too many students, staff, and families that the first few weeks of school have felt like a few months. A race. Our teachers, for example, have been tasked with teaching students face-to-face and virtually--a total paradigm shift. They are making it happen. But, please know it is exhausting. Thank you for your patience and feedback. I feel it, too.

So, I jotted down a few notes and paraphrased their tips to **complete the stress cycle and avoid burn-out**. Initially for myself but it was too good not to share:

1. **Physical activity**. Any movement. Walking. Standing. Exercising. Moving.
2. **Breathing**. Slow breath in; slow breath out.
3. **Positive social interaction**. Notice it doesn't say social media interaction. But if it's positive that might still count? It's not my research. Either way it says positive.
4. **Laughter**. Real laughter.
5. **Affection**. Hugs are difficult to find during this pandemic. Thank you for hugging your kids since we can't. They say 20 second hugs from loved ones are important.
6. **A big cry**. I'm a cryer. Not everyone is.
7. **Creative expression**. You can fill in the rest (get it?).

Let's work together to help our students, staff, families, and myself avoid burnout (my counselor is watching to be sure I put in the last one). Early psychological pioneer on the subject, Dr. Herbert Freudenberger, defined burnout as "becoming exhausted by making excessive demands on energy, strength, or resources" (1974). I will attempt to model and stress the strategies above, but it's more.

Let's work together to find creative solutions (maybe satisfying #7) to mitigate some of the demands on energy, strength, and resources so everyone can thrive.

- For staff, it might be asking folks to be cognizant of their time and understanding that **it's okay to not check and respond to email in the evening**. It can wait and will be there in the morning.
- For students, it might be **simplifying at-home tasks** so expectations are clearer.
- For parents, it might be **providing more tools, resources, and perspective** from the school side on navigating this time. Together.
- For all of us, it might be **taking a deep breath and giving ourselves and each other some more grace**. A step back with perspective. Thankful for where we're at.

It takes us all realizing that we have a common goal of developing the mind, heart, and spirit of ALL students at Mead High School, providing them with a voice and place to belong. We can't if we burn out. Any of us. I am deeply grateful for your partnering with us to avoid burnout in our kids, staff, yourself and even me. It takes all of us. Working together. That will take a lot of grace and compassion. Last spring I used the term COVID Compassion a lot, and I think it got annoying. But I meant it. Thanks for the grace. And compassion.

[We got this, Mead. Together.](#)

Jeff



What happens when we learn of a COVID positive student or staff?

- We often learn of a positive test prior to SHRD contacting us which is another kudos to the communication and partnership taking place with our parents. Community minded!
- We begin the contact tracing process to determine close contacts (<6' + >15 minutes) and commence phone calls to explain **quarantining** to impacted students and staff.
- We work to communicate all SRHD info with affected classrooms & close contacts.
- Add data to our District Dashboard:



Thank YOU for doing your part to stop the spread & allowing us to offer face-to-face learning! We need YOU!

FUTURE READY SCHOOLS



READY

PREPARING STUDENTS FOR SUCCESS

UPCOMING CAREER AND COLLEGE FAIRS

Free and open to the public, there are a number of upcoming Career and College Fairs that will connect students with colleges, universities, and industry representatives. Check them out here!

- [2020 Virtual Career Expo Series - October 13- November 10](#)
- [NACAC Virtual College Fair - October 12, 18 & November 8th](#)
- [PNACAC Virtual College Fair - October 19-23rd](#)

ASVAB TESTING

We are offering the ASVAB test (military entrance requirement test) to any senior and junior (based on space available). The ASVAB is a career planning and exploration program that combines a multiple-aptitude test with an interest self-assessment and a wide range of career exploration tools. We will be hosting the *ASVAB on Wednesday, October 21st and Thursday, October 22nd*. We would prefer that students sign up on the day that they are not scheduled for "in person" classes. Following the test, representatives come to explain the results to students, and to help them match up with potential careers.

Test Dates: Wednesday, October 21st and Thursday, October 22nd 11:15-1:30pm

If you are interested in taking the ASVAB please sign up [HERE](#).

PSAT TESTING

Unfortunately, Mead High School will not be able to offer the traditional PSAT testing that we would normally hold in the month of October for juniors and some accelerated sophomores. The Collegeboard is allowing schools the option of an alternative testing date in January this year. Mead High School is currently looking at this option.

AP

Advanced Placement Information

Once again there are some changes to Advanced Placement test registration, fees, and the actual test. Please check out the AP information sheet [HERE](#) put together by our AP Coordinator Mrs. Fender. Got questions? See your AP teacher or Contact Melanie Fender at melanie.fender@mead354.org or 465-7028.