



Meadow Brook

Elementary School

THE PRINCIPAL'S PERSPECTIVE: SELF-LOVE, GRACE, LEARNING AND GROWTH

Dear Meadow Brook Partners,

Monday is Yom Kippur.

For Jewish people, Yom Kippur wraps up 10 days of reflection and repentance that begin on Rosh Hashanah.

The words "Rosh Hashanah" translate into *head of the year* (signifying the start of a new lunar year in Judaism), and Yom Kippur translates to *day of atonement*.

There's a story about a famous historical rabbi who was known for writing a list of mistakes he made each day before he went to bed.

He would write the list and promise to do better the next day.

The thing is, he often repeated the same mistakes he promised to correct, even as soon as the very next day.

Noticing this, a friend asked, "Rabbi, why write the list and make the promise each day if you're only going to break it?"

The rabbi answered, "Ahh, good question...but tonight when I write the list and make the promise, I'm actually going to mean it!"

None of us are strangers to human error. No matter what we believe, what we practice or how we live, we all make mistakes.

The really cool thing about mistakes is that they help us learn.

Our capacity to grow is limitless.

The only thing that can stop us from learning from our mistakes is ourselves.

When we continue to *try*, even and especially in the face of repeated setbacks, we give ourselves endless opportunities to succeed.

When we model grace, self-love and a growth mindset we give our kids the same.

Meadow Brook has always been a community filled with grace and squarely focused on what's best for kids. I greatly appreciate that our partnerships are set on a foundation of learning and growth!

SAVE THE DATE:

Monday, September 25th: Yom Kippur (Jewish Holiday)

Monday, September 25th: Math Pentathlon Parent Meeting (6 - 7 pm in the MBE Media Center)

Tuesday, September 26th: I-Ready Progress Monitoring Assessment (Sherban)

Wednesday, September 27th: I-Ready Progress Monitoring Assessment (Cravens and Kubik)

Thursday, September 28th: Student Science Assembly

Friday, September 29th: I-Ready Progress Monitoring Assessment (Jennings)

A PICTURE OF PRACTICE:



Unstructured play is one of the most important pieces of the learning puzzle for kids of all ages.

It promotes independence and creativity, it provides opportunities for socialization and physical activity, it encourages healthy lifestyles and reduces stress, and it can improve concentration in the classroom.

Meadow Brook students have multiple opportunities for unstructured play throughout each school day. Our teachers value unstructured play as a contributor to kids well-being and productivity, and they generally add two recess periods (morning and afternoon) to kids days as often as they can.

When the weather is prohibitive or there isn't an opportunity for additional recess during the day, teachers use a variety "brain breaks" that include stretching, breathing and various other exercise and contemplative strategies in the classroom. Health kids are happy kids!

Thank you for your patience and your partnership...I appreciate you!

Seth