



Meadow Brook

Elementary School

THE PRINCIPAL'S PERSPECTIVE: BEHAVIOR COMMUNICATING NEED, NOT IDENTITY

I'm reading a wonderful book. It's called "Good Inside." It was written by Dr. Becky Kennedy.

One of the first things Dr. Kennedy suggests in the book is that behavior is a "clue." I agree.

Everything we do at Meadow Brook is set on the same foundation Dr. Kennedy outlines in "Good Inside" - an assumption that every child (and every adult) is *good inside*, and that our behaviors (kids' and adults') help us understand what we need rather than define who we are.

Seeing one another as *good inside* doesn't excuse *bad* behaviors, and it absolutely should not lead to permissive responses to *bad* behaviors. We must help our kids learn and grow through every experience, we must be accountable for our actions, and we must be able to rely on our trusting partnerships during triumphant and challenging moments in time.

Operating from this perspective can be difficult. "Bad" behaviors are frustrating and can even be anxiety provoking. We don't get it right every time or all the time. The key is that we focus on the *good* identity when *bad* behaviors present.

We can do this by consistently reminding ourselves to think about behavior as an expression of need rather than identity, and focus on seeking to understand one other through a wholistic rather than a situational lens.

I'm working on initiating a community book study around "Good Inside." Stay tuned and look for more information coming soon. I appreciate you!

SAVE THE DATE

Monday, November 6th: HR on the Road (8:15 am, MBE staff only)

Tuesday, November 7th: No School for Students (staff professional learning)

Wednesday, November 8th: AIA Teacher Preview (staff lounge, 11 - 2 pm, staff only)

Wednesday, November 8th: PTA General Meeting (MBE Media Center, 6 - 9 pm)

Thursday, November 9th: Students Place Veteran's Day Flags (Mr. Shadeck's Class, 1:25 pm)

Thursday, November 9th: Math Pentathlon Club (MBE Media Center, 4 - 5 pm)

Thursday, November 9th: MBE PTA Family Bingo Night (MBE Gym, sensory friendly event 5:40 - 6 pm, general event 6 - 7:30 pm)

Friday, November 10th: Free Popcorn Friday

Friday, November 10th: Whole School Veteran's Day Song (9:30 - 9:45, staff and students only)

Friday, November 10th: MBE PTA Reflections Entries Due Today

Thank you for your patience and your partnership...in it together for the kids!

Here's to another joyful and balanced Meadow Brook week,

Seth