



Meadow Brook

Elementary School

THE PRINCIPAL'S PERSPECTIVE: ATTENDING TO YOUR NEEDS

Dear Meadow Brook Partners,

Last night my family and I went to see Ringo Star and his All Starr Band. It was the kids' first big concert and it was a blast!

Ringo was playing with a bunch of legends, including Colin Hay, Steve Lukather, Edgan Winter and Warren Ham. The average age on stage must have been about a hundred twenty. Still, these guys were getting it done! They were amazing, energized and truly rocking!

At one point Ringo came out from behind the drums to let us know that he was going to step off stage for a few songs so that he could go to his dressing room, rest a bit and drink some juice. I thought, *wow...Ringo is really taking care of himself. You go get that juice, Ringo!*

The man is 83 years old. In the middle of his rock and roll concert he needed a rest and some juice, so he took it. No apologies.

He told us what he needed, we understood, he took time to attend to his needs, and he came back when he could.

We were happy to spend ten minutes watching and listening to five other legendary rock stars shred up the stage while Ringo recharged. And guess what, the second half of the show was even better than the first!

Parents, caregiver and educators, why do we regularly ignore our needs in efforts to push through to absolutely exhaustion?

Why do we skip meals, sacrifice sleep, miss out on social opportunities, convince ourselves there's not enough time to go to the gym or take a peaceful walk?

As obvious as this sounds, we need the things we need because we actually need the things we need.

Also, getting the things we need and living balanced lives makes us better for the kids we serve!

Join me this week in thinking about one need you've been overlooking.

Instead of continuing to overlook it this week, meet it. See how it feels and what it does for your productivity and wellbeing. I think you'll be glad you did!

Let's make a habit of taking care of ourselves so that we're happy and healthy, and so that we can be at our best for the kids!

SAVE THE DATE:

Monday, October 9th: No School (Indigenous People's Day)

Tuesday, October 10th: MBE Staff Meeting (8:15 am - 8:45 am)

Wednesday, October 11th: Office Chisholm Visits 4th Grade

Wednesday, October 11th: MBE PTA General Meeting (6:00 pm in the Media Center)

Thursday, October 12th: Fire Drill (10:30 am)

Friday, October 13th: The Meadow Brook Fun Run!

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

Seth