



Meadow Brook

Elementary School

THE PRINCIPAL'S PERSPECTIVE: GRACE AND GRATITUDE

We are all doing the very best we can.

Sometimes, we have full tanks. Some days we wake up ready to go, with the drive, the energy and the ability to give it all.

Sometimes, we wake up running on fumes. On those days, we roll out of bed, propel ourselves forward with the inertia generated as our feet drop from the mattress to the floor, and make it through the day by moving carefully, slowly, with really small steps and lots of deep breaths.

There's a whole range of energy levels and capacities in between.

At Meadow Brook, our staff shares thinking about this concept regularly.

Bringing our best is one of the core values that helps us target wellbeing, joy and balance with a student-centered focus. We're only good for kids when we're good for ourselves.

None of us can be firing on all cylinders every single day. We all have stuff. Everyone has stuff.

Parents, caregivers and educators can be really hard on themselves when they feel they've got something wrong.

It's good to reflect. It's good to learn from our experiences. It's good to think about life as a journey and enhance our practice consistently. There is no limit to our potential for growth.

Besides, getting things wrong is part of the deal.

Without getting things wrong we wouldn't have anything to learn from. Our missteps can be the best fodder for growth producing reflection.

When we're doing the best we can, which I believe we all are, we can give ourselves, and one another grace.

Grace and gratitude.

As we head into our upcoming holiday break I can't help but feel tremendous gratitude. Gratitude to be a part of such a wonderful school community, gratitude for our trusting partnerships that give us the ability to show up strong each day for all Meadow Brook students, and gratitude for the grace that defines us.

Get some rest and have some fun over the break. I hope you're holiday week is filled with grace and with gratitude.

SAVE THE DATE

Monday, November 20th: Parent/Teacher Conference Window Starts

Monday, November 20th: Visit from the Fire Department (3 - 3:45 pm, ASD)

Tuesday, November 21st: Lockdown Drill (10:30 am)

Tuesday, November 21st: PTA Pie Sale Pick Up (4:30 - 5:30 pm)

Tuesday, November 21st: Math Pentathlon (MBE Media Center, 6 - 7 pm, Division 3)

Wednesday, November 22nd: No School (Thanksgiving Break)

Thursday, November 23rd: No School (Thanksgiving Break)

Friday, November 24th: No School (Thanksgiving Break)

PREPARING KIDS FOR A LOCKDOWN DRILL

As we get ready for Tuesday's drill I would offer the following suggestions about how we can best prepare and communicate with our kids.

1. When we talk with our kids in advance of a lockdown drill, we can help them feel more in control and competent, which can diminish the potential for worry and increase the potential that the practice will enhance kids' feelings of safety at school.
2. We can be honest with kids that the probability of a stranger coming into school, who is not supposed to be there, is very low. We can compare this to the probability of a fire or a tornado at school being very low. We can remind our kids that we practice safety procedures so that we are prepared in the case that an unlikely emergency does happen.
3. When we talk with our kids about emergency drills we want to do so in calm tones with a lot of confidence that we know they are safe.
4. We can remind our kids that we are in charge of our school, and that if someone comes to school who shouldn't be there we have a plan to handle it. We can tell them that we would not let anyone hurt our students, our staff, or our school, and that we practice our plan because we know how to keep ourselves safe.

You know your child best. Please connect with your teacher if you have concerns about Tuesday's drill.

Our team is ready to support each child with their individual needs. You are welcome to reach out to me at anytime as well.

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