

Weekly Eagle News – Head of Schools

My Favorite Parents:

With the Thanksgiving Holiday approaching, it is a good reminder of a few important things:

1. God has wired us as human beings to thrive with gratitude. Several recent studies have pointed this out, some finding that gratitude helps improve physical health outcomes and others noticing the connection to mental and emotional health. We should not need a special holiday to remind ourselves to live with and express gratitude, but that is certainly a benefit of Thanksgiving. What are you grateful for today?
2. Thanksgiving is also a reminder of a more difficult time. In Thanksgiving we recognize God's provision for some of the earliest settlers in North America. These immigrants landed in the Plymouth area of what would become the state of Massachusetts. They came seeking religious freedom – the opportunity to worship God in a manner consistent with their conscience and with their interpretation of Scripture. Elements of the Puritan faith (and I know the world loves to denigrate the Puritans) still echo in the evangelical church experience in America: a personal faith, a commitment to Scripture and the study thereof, and the reality of personal conviction (or conscience).
3. And the third reminder is that you have the week of November 20 off from school! Enjoy your time with family and friends. Make memories. For our school we have historically used the first two days of the week as professional development days with our teachers. Last spring we surveyed our faculty regarding strategies that we could implement to strengthen the emotional and mental health of our teachers. There were options from using an outside company to provide this kind of service to providing a gourmet coffee cart once a week. The overwhelming response from teachers was simply a desire for an extra day off. Our school leadership made a decision that was communicated to teachers in September that they too would have the full Thanksgiving week off.

Kudos to Madelyne Arjonilla and Jeanna Lotz, two members of the varsity girls' cross country team who qualified and competed in the CIF-SS Prelims at Mt. SAC last Saturday.

Enjoy your week!

Brian