



Meadow Brook

Elementary School

THE PRINCIPAL'S PERSPECTIVE:

PERFECT JUST THE WAY WE ARE

I had one of those travel food shows on while I was doing the dishes yesterday. The host was in Santiago, Chile.

Out of the corner of my eye I caught a full lamb spread out over and inside a home-made roasting apparatus, slowly turning on an open fire. It got my attention. It was so basic and so intentional.

The chef explained the local culinary tradition. He said there's no need to add anything, not even salt.

He shared that it was the 14 hours, rotating over the fire in this fashion that brought out the flavor of the meat. He cut a piece off for the host. The host took a bite and immediately declared he was moving to Santiago.

His eyes widened along with his smile. He exclaimed that this was the best piece of meat he had ever tasted.

Sometimes we exert a tremendous amount of energy trying to bring our best.

We can do some fancy footwork thinking about and planning for how to provide our own kids, and every Meadow Brook student with a safe, joyful and balanced school experience. It's rightfully important to us that they're excited and engaged, that they have fun and realize their range of achievements, and that they feel love and belonging.

At the end of the day, we have all we need to connect with and guide our kids through TK - 5 life built in to who we are. We are educators, parents and caregivers. It's in our DNA. When we slow down and live our core values, we're doing it right.

As we reflect on Diwali and Bodhi day, celebrate Hanukkah, look forward to Christmas and Kwanzaa, and think about the amazing diversity of thought, culture and practice that exists in our school community (and the world beyond), let's remember that we are all connected...and that we are all enough.

Perfect just the way we are!

With two weeks of school before our break, let's focus on the basics. Let's bring our best every day, for ourselves and for our kids.

Let's keep making kindness and togetherness the foundation of all we do (as we do so well). Let's continue bringing the grace that defines us, for one another and for ourselves.

This is a complicated and nuanced time of year for all of us, for so many reasons, in common and unique ways. If we persist in doing the best we can a foundation of well-being for all, and a focus on kids, it will no doubt be two weeks filled with learning, joy and positivity!

Thank you for you holding me to our standard of care and compassion through every interaction we have. I hope your days have been, and continue to be filled with joy, and that you've been able to find the strength and the courage to celebrate the triumphs and face the challenges in ways that bring you peace.

Please reach out with anything the Meadow Brook team and I can do to support along the way.

And again...don't forget, you are perfect just the way you are!

UPCOMING CALENDAR INFORMATION

Monday, December 11th: MBE Book Fair

Monday, December 11th: Hearing Screening TK, K, 2, 4, ASD

Tuesday, December 12th: MBE Staff Meeting (MBE Staff Only, MBE Media Center, 8:15 - 8:45 am)

Tuesday, December 12th: MBE Book Fair

Tuesday, December 12th: Hearing Screening TK, K, 2, 4, ASD

Tuesday, December 12th: RCS District Equity Team Meeting (Stony Creek High School Media Center, 4 - 5:30 pm, all are welcome)

Tuesday, December 12th: ASD In Person Conferences (4:30 - 7:30 pm, contact your child's teacher for more information)

Tuesday, December 12th: Math Pentathlon Division 3 (MBE Media Center, 6 - 7 pm)

Wednesday, December 13th: MBE Book Fair

Wednesday, December 13th: Hearing Screening TK, K, 2, 4, ASD

Wednesday, December 13th: MBE PTA General Meeting (MBE Media Center, 6 - 9 pm)

Wednesday, December 13th: RCS Diversity, Equity and Inclusion Parent Network (DEIPN) Meeting (West Middle School Media Center, 7 - 8:30 pm, all are welcome)

Thursday, December 14th: Hearing Screening TK, K, 2, 4, ASD

Thursday, December 14th: Mrs. Wellams' Art Party with Mr. Berg (kids and pre-selected support team, 2:30 pm)

Thursday, December 14th: Math Pentathlon Club (MBE Media Center, 4 - 5 pm)

Friday, December 15th: MBE PTA Free Popcorn Friday!

Friday, December 15th: Holiday Parties: Hunsanger and Andrzejak (contact teacher for details, kids pre-arranged volunteers and teachers)

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