



Meadow Brook

Elementary School

THE PRINCIPAL'S PERSPECTIVE: KINDNESS

There is a large body of research outlining the many significant benefits of kindness. Of course, it feels good to be treated kindly, and also, it feels good to be kind.

Even when we're faced with challenges, and even when we don't see eye to eye, kindness can be the foundation of enhanced well-being and more efficient/effective pathways to positive resolutions, deepened trust within our relationships, and better outcomes for everyone involved. All leading to happier, healthier students!

I see the impact of kindness in action everywhere I turn at Meadow Brook. So many visitors approach me to let me know what a wonderful energy we have. When people come to our school they feel the kindness from the moment they walk through our doors.

Mrs. Perez and Mrs. Kowal get it all started with a warm and welcoming office energy! The tone they set lets people know they're safe. It tells them they're a part of something good. It allows them to relax and focus on kids, learning and connections.

The positive presence of kindness at Meadow Brook extends out of our front office, through our hallways, and into our classrooms. It's woven into all we do. Every student, staff member and MBE community member knows that kindness is among our most important core values. It works for us, and it helps us maintain the joy and balance that defines us.

As we move from holiday season to holiday season, please know how incredibly grateful I am to live this wonderful journey of triumphs of challenges with such a phenomenal group of kind partners! I appreciate you.

HAPPENING THIS WEEK

MONDAY, NOVEMBER 27: PTA Holiday Shop

TUESDAY, NOVEMBER 28: PTA Holiday Shop

TUESDAY, NOVEMBER 28: Math Pentathlon Division 3 (MBE Media Center, 6 - 7 pm)

WEDNESDAY, NOVEMBER 29: PTA Holiday Shop

THURSDAY, NOVEMBER 30: PTA Holiday Shop

THURSDAY, NOVEMBER 30: Math Pentathlon Club (MBE Media Center, 4 - 5 pm)

FRIDAY, DECEMBER 1: PTA Holiday Shop

DIWALI AND CELEBRATING OUR RICH DIVERSITY

As I took some time to reflect during this holiday break I realized that I missed recognizing Diwali this year, and have not yet celebrated our friends who observe this 5 day festival of lights.

Dewali began on Sunday, November 12th and is now passed. If you'd like to learn more about Dewali you can follow this link: [Diwali: Festival of Lights](#)

If I miss recognizing a celebration that you participate in or know of, please reach out using my contact information below.

As our equity statement (also below) points out, our diversity enhances and enriches our lives. Taking the time to learn about and celebrate one another helps us connect in positive ways.

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