



Monday Morning Thoughts

January 6, 2025 - January 17, 2025

"Be kind, for everyone you meet is fighting a battle. Unexpected kindness is the most powerful, least costly and most underrated agent of human change. We rise by lifting others"

Greetings ~~

Like many, a new year brings a time to set goals. What if we all set a goal to be a little kinder, to find compassion when we don't understand, to simply listen without judgment? Wouldn't it be wonderful if we all set a goal to do one random act of kindness each month. I believe that the outcomes would far surpass any other goal we might set.

Shawn Achor in [The Happiness Advantage](#) says, "Each one of us is like a butterfly; the butterfly effect. Each tiny move towards a more positive mindset can send ripples of positivity through our organizations our families and our communities."

January is School Board Appreciation Month. I think you all agree with me that we have a multitude of volunteers in our communities. And that is what makes us strong. We could not be who we are or do what we do without the tireless work that volunteers put in. My deepest gratitude to Dan Brown, Charles Dunten, Doug Stott, Julie Weikel, Sandy Volle, Charles Schmidt and Tom Doman for their dedication and commitment to doing what is best for our students, staff and schools.

In the first chapter of [Permission to Feel](#) by Marc Brackett, he discusses the widespread tendency to avoid or suppress our emotions. The chapter emphasizes the importance of giving ourselves "permission to feel" by acknowledging and accepting our emotions, rather than pushing them aside. When we do this it is a first step towards improving our overall well-being. A key point from this chapter is the "How are you?" paradox. While we frequently

ask this question, we often don't give genuine and honest answers, often resorting to superficial responses like, "I'm fine." even when we truly aren't. Ignoring or suppressing our emotions doesn't make them disappear; instead, they can build up and manifest in unhealthy ways. To manage our emotions effectively we have to first become aware of what we are feeling. Onto Chapter 2 :-)

I have copies of this very interesting and insightful book if you would like one.

PLANNING AHEAD

- Monday, January 6, 2025
 - Lions Club meeting at 12:00 p.m. at Bella Java
 - ODE/ESD Office Hours with EII 1:00 p.m.
 - Monthly zoom meeting with Lyn Seres 4:00 p.m.
- Tuesday, January 7
 - HESD SSA Support Planning Meeting 10:00 a.m.
 - Crisis Response Team Planning Meeting 3:45 p.m. - Burns HS
- Wednesday, January 8
 - OSU Outdoor Ed Video Interview 10:00 a.m.
 - HESD Board Appreciation Luncheon 12:00 p.m.
 - HESD Board meeting 1:30 p.m.
 - Special Education Director zoom meeting 2:00 p.m.
 - Drewsey School Board meeting 6:00 p.m.
- Thursday, January 9
 - OAESD Superintendent zoom meeting 9:00 a.m.- 12:00 p.m.
 - RTAP Monthly zoom meeting 10:00 a.m.
 - Section 504 zoom training 12:00 p.m.
 - SPED Director/OAEDS Job Alike monthly zoom 2:00 p.m.
- Friday, January 10
 - Frontier ESD Superintendent zoom meeting 7:00 a.m.
 - Trauma informed Non-Violent Crisis Prevention Class at HESD 9:00 a.m.
- Monday, January 13
 - PE and Health with Kaitlyn and Tori via zoom with Double O and Suntex 12:30 p.m.
 - ODE/ESD Office Hours with EII 1:00 p.m.
 - Diamond School Board meeting 4:00 p.m.
- Tuesday, January 14
 - Fields School Board meeting 5:00 p.m.
 - Frenchglen School Board meeting 5:00 p.m.
 - Pine Creek School Board meeting 7:00 p.m.
- Wednesday, January 15
 - EOREN Monthly Recruitment Team zoom meeting 7:00 a.m.
 - Small District Superintendent Collaborative zoom meeting with ODE 8:30 a.m.
 - EAC/REN Collective Impact training 8:00 a.m. - 4:00 p.m. - Portland
 - PE and Health with Kaitlyn and Tori via zoom with Fields and Frenchglen 12:30 p.m.
 - Double O School Board meeting 7:00 p.m.

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- Thursday, January 16
 - Wayfinder zoom meeting with Shannon and Bobbi 8:30 a.m.
 - PE and Health with Kaitlyn and Tori via zoom with Drewsey and Pine Creek 9:00 a.m.
 - Friday, January 17
 - RTAP Regional meeting at HESD 9:00 a.m.
 - SSA/ODE Mid-Year Check in zoom meeting 1:00 p.m.

~~ YOU MAKE A DIFFERENCE ~~