



Monday Morning Thoughts

February 3, 2025 - February 14, 2025

"We can't help everyone, but everyone can help someone!"

Greetings ~~

Life has this peculiar way of throwing curve balls our way; sometimes leaving us to wonder just how much more we can take. Marc Brackett's book [Permission to Feel](#) helped me better understand how our emotions, especially in those "curveball moments" are powerfully influential in our decision making. I am better at understanding the reasons why we shouldn't make major decisions when we are emotionally out-of-sync. How do you get back into sync during these times? I think that is a really important question to ask yourself. What do you do when you are emotionally drained? Is it a healthy thing (i.e., taking a nap, reading, meditating, exercise); or is it an unhealthy thing that we might want to address changing? For me, exercise is key to helping me "rebalance". Ask my kids. They will tell you, "When mom came home 'in a funk' the first thing we ask her was if she needed to go for a walk." What about you?

Chapter 3 of [Permission to Feel](#) introduces the RULER framework, which focuses on building emotional intelligence to improve well-being, relationships, and decision-making. Brackett emphasizes the importance of emotions in shaping our behavior and interactions and argues that emotional intelligence is a skill that can be developed through practice.

RULER stands for:

1. **Recognizing emotions** - Paying attention to emotional cues in yourself and others. This is the first step to understanding emotions.
2. **Understanding emotions** - Exploring the causes and consequences of feelings and why they occur in particular situations.

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3. **Labeling emotions** - Expanding your emotional vocabulary to articulate feelings accurately, which reduces emotional confusion.
 4. **Expressing emotions** - Learning when, where, and how to express emotions in a way that is socially and situationally appropriate.
 5. **Regulating emotions** - Developing strategies to manage both positive and negative emotions effectively to achieve personal and social goals.

I hope this prompts you to explore how you handle emotions; your own and your response to others. You know, kids are pretty adept at reading the emotions of adults and that, in itself, can be a wonderful learning opportunity. I remember coming to school exhausted after a night of no sleep with a colicky baby. I had strong positive relationship with my students so I could come right out and say, "You know, boys and girls, last night was really a rough one for me. I just want to let you know that I might be a little bit cranky today. It is because I am tired so please be patient with me." And you know what the wonderful part of this is? My students, most of them anyway, became caring and helpful. They wanted the day to go well and they knew that I really needed them to "step up", and they did!

There is a new requirement from PACE that is part of the 5% reduction in insurance premiums. Janet Caldwell will be sending this out as a reminder in SafeSchools. Please take time to watch the quick 2 minute video. It really is good and quick. [Bullying and Hazing PSA](#)

PLANNING AHEAD



- Sunday, February 2, 2025
- Monday, February 3
 - Cheyenne and Shannon at Safety Conference
 - ESD/ODE EII Zoom Office Hours meeting 1:00 p.m.
 - Lyn Seres Monthly Zoom meeting 4:00 p.m.
- Tuesday, February 4
 - Cheyenne and Shannon at Safety Conference
- Wednesday, February 5
 - Cheyenne and Shannon at Safety Conference Shannon
 - EOREN Recruitment Team zoom meeting 7:00 a.m.

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- Thursday, February 6
 - Cheyenne and Shannon at Safety Conference
 - National PAY A COMPLIMENT Day!
 - OAESD Governance Council zoom meeting 9:30 a.m.
 - OSBA Public Meeting Law Zoom Training 5:00 p.m.
 - Suntex School Board meeting 6:00 p.m.
 - Friday, February 7
 - Cheyenne and Shannon at Safety Conference National JUST DO IT Day!
 - IG/SIA team planning meeting 11:00 a.m.
 - Monday, February 10
 - Shannon at Diamond School 1:00 p.m.
 - Diamond School Board meeting 4:00 p.m.
 - Tuesday, February 11
 - Shannon - Drewsey 7:00 a.m.
 - Regional Meeting with Michael Lindblad and team by zoom 8:00 a.m.
 - Childcare meeting at HESD with Harney District Hospital, High Desert Partnership, School District 3 and Kids Club 2:00 p.m.
 - Fields School Board Meeting 5:00 p.m.
 - Pine Creek School Board Meeting 7:00 p.m.
 - Wednesday, February 12
 - EOREN Recruitment team 2025-2026 planning meeting 7:00 a.m.
 - HESD Board Meeting 1:30 p.m.
 - Drewsey School Board meeting 5:30 p.m.
 - Thursday, February 13
 - Crystal and Jenny on Harney County Live :-)) 8:30 a.m.
 - RTAP Monthly support zoom meeting 10:00 a.m.
 - Rural Schools Valentines Day Dance at the Central Hotel 5:00 p.m.



- Friday, February 14

~~ YOU MAKE A DIFFERENCE ~~