



Monday Morning Thoughts

March 31 - April 11, 2025

"Kindness can transform someone's dark moment with a blaze of light. You'll never know how much your caring matters. You make a difference."

Greetings ~~

I hope you all had time to refresh and rejuvenate for the wrap up to another successful school year. I was fortunate this year to be able to go up to Anthony Lakes with some of our rural schools and ski. This is the third year that we have benefited from an OSU Outdoor Education Bridges Grant. To watch kids go from scared, intimidated, frustrated and challenged on day 1 to feeling confident and good about themselves and their accomplishments on day 2 was something that will stay in my heart for a long time. I rode the chairlift with several students and they jabbered away about how their instructors gave them the confidence to ride that scary chair lift to the top of the mountain and ski all the way down. Day 1 was struggling to use the rope tow and Day 2 was struggling to get them "off" the big hill! And **the staff (oh my!)**; these people were amazingly patient and kid-focused when helping them navigate all of the challenges of learning to ski and snowboard. A big thank you to all of our teachers, staff, parents and chaperones for supporting the success of this program!

We WILL finish Permission to Feel by the end of the school year. This is a book that I recommend keeping dusted off on your bookshelf. It deserves to be read more than once. Chapter 8 is really all about the importance of understanding and accepting that we have emotions and that we should avoid judging them. Brackett talks about becoming an "emotion scientist" rather than an "emotion judge". I made an immediate connection with the phrase, "I wonder". If we "wonder with curiosity" and explore our emotions with openness we create valuable information about ourselves. The chapter aims to help us understand that emotional regulation isn't about not feeling or suppressing emotions, but rather about learning to respond to them in a constructive and balanced manner. It is really about the importance of self-awareness so that we can respond in a way that is helpful.

Regulation is Not:

- **Not Feeling:** Suppressing or denying emotions is not a healthy or sustainable approach.

- **Exerting Tight Control:** Overcontrolling emotions can lead to rigidity and inflexibility in emotional responses.
- **Banishing Uncomfortable Emotions:** Trying to get rid of uncomfortable emotions is not the goal; instead, it's about learning to manage and navigate them.

In Chapter 9 of "Permission to Feel," Marc Brackett explores emotions at home, emphasizing the importance of understanding and processing emotions within the family.

- Family environments shape emotional experiences and all family members need a safe space for expressing feelings. Children absorb our beliefs about feelings so it is important that they recognize that feelings are a part of who we are as human beings.
- Past experiences and family history can significantly influence our emotional responses. It is important for adults to understand the influence and power that past experiences play in our emotions.
- We must, as the adults, teach students how to identify, understand and manage their emotions effectively, both in the home setting and outside of the home. Modeling and talking about our own emotions are key.
- A key takeaway is knowing that by creating a supportive and emotionally safe home environment we empower kids to emotionally thrive.

PLANNING AHEAD

- Monday, March 31
 - ESD/ODE SSA Comprehensive Planning zoom meeting 9:00 a.m.
 - ESD/ODE Integrated Guidance zoom meeting 1:00 p.m.
- Tuesday, April 1
 - ODE Statewide Summit - SEL Initiatives and Resources- Pendleton
 - OGEC Quarter 1 Report Due
- Wednesday, April 2
 - EOREN Recruitment Team Zoom meeting 7:00 a.m.
 - Frenchglen School Board meeting - Crystal presenting SIA Consortium Plan
- Thursday, April 3
 - Suntex School Board Meeting - Crystal presenting SIA Consortium Plan
- Friday, April 4
 - EOREN Spring PD Day in Ontario
- Monday, April 7
 - Battle of Books at HESD for rural students
- Tuesday, April 8
 - Fields School Board Meeting - Crystal presenting SIA Consortium Plan
 - Pine Creek School Board Meeting - Shannon presenting SIA Consortium Plan

- Wednesday, April 9
 - HESD Board meeting with work session at 1:00 p.m.
 - Drewsey School Board meeting 6:00 p.m. - Crystal presenting SIA Consortium Plan
- Thursday, April 10
 - PACE Day at Sunriver
- Friday, April 11
 - TECH and PE Conference at Crane
- Saturday, April 12
 - Oregon Literacy Symposium webinars 8:00 - 12:00

~~ YOU MAKE A DIFFERENCE ~~