

The (Last Ever) Week At WHMS (parent edition) Week of June 20, 2022




Thought for the week:

“There is virtue in work and there is virtue in rest. Use both and overlook neither.”

– Alan Cohen

Weekly Calendar: **LAST WEEK OF SCHOOL**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Sat/Sun</u>
6/20	6/21	6/22	6/23	6/24	6/25-6/26
NO SCHOOL – Juneteenth Holiday observed	<i>Day 2</i> 7AM-9PM: School Budget Re-vote in MS Gym – don’t forget to vote! 7:55a – FLACS exams for 8 th grade Spanish and Italian students 12:30p – Locker clean- out for 2 nd floor	<i>Day 1</i> LAST FULL DAY of SCHOOL AM: 8 th grade yearbook distribution & breakfast Regular lunch periods PM: 8 th grade “field day” activities Regular schedule for 7 th grade students	<i>Day 2</i> 10:30AM – Early dismissal for all students 8 th grade Moving Up rehearsal 7 th grade “field day” activities	<i>Day 1</i> 8:15a – 8 th grade students report for Moving Up ceremony 9:00a – 8 th grade Moving Up ceremony begins in WHHS auditorium <u>NO SCHOOL</u> <u>for 7th GRADE</u> <u>STUDENTS</u>	ENJOY THE SUMMER BREAK!  SUMMER BREAK

Instructional tips:

Rest is Essential to Growth by George Couros (excerpts)

Three years ago, I wrote a post titled “[3 Reminders for the End of the School Year.](#)” Here are the reminders I shared in that original post and some thoughts that I wanted to share after.

1. Not all students look forward to the summer break.

Although many students celebrate summer vacation, some miss the routine of school and the relationships that school provides that they may not receive to the same extent elsewhere. That time away from the routine can be daunting, so try to check in with students to give them extra attention before the break. This leads to the next suggestion.

2. Find time to connect personally with each student you teach.

Little conversations with students to let them know they are appreciated can make a huge difference. I still remember in grade 4, as a student, our teacher Miss Butler, wrote a personal note to every single student in her class that I can still remember to this day. I had won some awards as a student, but I have cherished nothing more than I did that genuine show of appreciation. That was the only time I had received something like that as a student, but it shouldn't be an anomaly. Writing cards for every student, which would be especially hard in high school, is not necessarily the only way this can be done, so take the time to show that appreciation.

3. It is okay for you to take a break.

I always see tweets on Facebook posts getting on educators looking forward to summer break. Things like, "don't look at it as 20 days until the break, but 20 days to make a difference," are fantastic in spirit, but they already add to the pile of teacher guilt that so many have. I don't see any professional guilt people for having a break more than I do in education. If you do not practice self-care, eventually, there will be nothing left for you or your students in the future. Spend time with family, do fun things, or whatever. Just be okay with recharging batteries. I promise you that the students will need you at the beginning of next school year at 100%.

With point one, I still agree. The stress of this year has been overwhelming, and I know that the connections many have with caring adults in their classrooms, either face-to-face, virtual, or a mix of something in between, matters to so many students.

But it also matters to many adults. For many adults, even through the stress of work, school might be their happy place as well. You can both look forward to a break and miss school simultaneously. Check-in on kids, but don't forget to check in on your colleagues as well. Change, even when positive, can be stressful for all ages.

Point two is more important than ever. I have heard many people say that this school year will be one that everyone will remember, whether good or bad. But what often resonates most at the end of a school year or even the end of a career with a school district is not the 90% time in the beginning but that last ten percent of the year. Think of this using a sports analogy; how often do you remember the beginning of a game versus the ending? Making personal connections to ensure people (both adults and students) *feel* valued is essential as they transition into a new phase. The most memorable conversations I had with my teachers as a kid were often where I just knew I was cared about as a person, not only how well I did in school. But those personal conversations often led me to want to do better in school because they mattered so much.

On the final point regarding being okay with taking breaks, I want to address something in myself. I know that there can be imposed guilt from outside sources on school breaks, but I struggle with the guilt I impose on myself. For years, I have struggled with (and still struggle with) the idea that if I am not using my time to get better, it is time wasted. What I have learned and trying to get better at is understanding and embracing that *rest is an essential part of the growth process*.

Here is a simple analogy.

If you are weightlifting, you are ultimately tearing muscles, and they rebuild stronger. But they only rebuild when they are rested.

"If a workout causes too many micro-tears, then the body will fail to fully repair the muscles, and muscle growth will be stunted.

If a workout causes optimal micro-tearing but the body isn't supplied with sufficient nutrition or rest, no appreciable amount of muscle growth will occur."

Everyone has learned a lot in the last year, but if we (myself included) do not find that time to rest and rebuild, we only come back more worn out than when we started.

Through rest, we not only recuperate but grow stronger.

For full article see: <https://georgecouros.ca/blog/archives/13571>

Items of importance:

- The school budget will be put up to a second vote on Tuesday, June 21st so that we can avoid a contingency budget and the significant cuts to programs, services, and staffing that would require. If you need to register to vote, call the district clerk at 516-390-3107.
- The *Digital Equity Survey* has been posted to our website at: <https://www.whufsd.com/article/722387>. Parents who completed the survey earlier this year do not need to complete it again. We ask that all families take the time to submit feedback. Thank you!

Looking ahead:

Monday, June 27:

- **Fun in the sun**
- **Read a book**

Tuesday, June 28:

- **Fun in the sun**
- **Read a book**

Wednesday, June 29:

- **Fun in the sun**
- **Read a book**

Thursday, June 30:

- **Fun in the sun**
- **Read a book**

Friday, July 1:

- **Fun in the sun**
- **Read a book**

LOOKING AHEAD – Thursday September 1st
School Begins