

Superintendent Update: November 16, 2018

Quote for the week: “Nothing gives one person so much advantage over another as to remain always cool and unruffled under all circumstances.”—Thomas Jefferson

There’s been mistreatment or injustice – now what?

The Practice:

Stay right when you’re wronged.

Why?

It’s easy to treat people well when they treat you well. The real test is when they treat you badly. (Much of what I say here applies to concerns about injustice or mistreatment that threatens or happens to others, from someone bullying a child or strained relationships at work, but I will focus on the personal level.)

Think of times you’ve been truly wronged, in small ways or big ones. Maybe someone stole something, turned others against you, broke an agreement, cheated on you, or spoke unfairly or abusively.

When things like these happen, I feel mad, hurt, startled, wounded, sad.

Naturally it arises to want to strike back and punish.

These feelings and impulses are normal. But what happens if you get caught up in reactions and go overboard? (Which is different from keeping your cool, seeing the big picture, and acting wisely – which we’ll explore below.) There’s usually a release and satisfaction, and thinking you’re justified. It feels good...for a little while.

But bad things usually follow. The other person overreacts, too, in a vicious cycle. Other people – relatives, friends, co-workers – get involved and muddy the water. You don’t look very good when you act out of anger, and others remember. It gets harder to work through the situation in a reasonable way. After the dust settles, you feel horrible inside.

Consider this saying: “Blasting another person with anger is like throwing hot coals with bare hands: both people get burned.”

Sure, you need to clarify your position, stand up for yourself, set boundaries, and speak truth to power. The art – and I’m still working on it, myself! – is to do these things without the fiery excesses that have bad consequences for you and others.

How?

Start by getting centered. Pause – You rarely get in trouble for what you *don’t* say or do. Give yourself the gift of time, even just a few seconds.

- Have compassion for yourself – This is a moment of feeling “ouch, that hurts, I wish this hadn’t happened.” A neurologically savvy trick for activating self-compassion is first to recall the feeling of being with someone who cares about you.
- Get on your own side – This means being *for* yourself, not against others. It can help to remember a time when you felt strong, like doing something that was physically challenging, or sticking up for someone you loved.
- Make a plan – Start figuring out what you’re going to do, or at least where you’ll start.

And now that you’re on firmer ground, here are some practical suggestions; use the ones you like:

- Clarify the facts – What actually happened?
- Rate the bad event accurately – On a 0 – 10 awfulness scale (a dirty look is a 1 and nuclear war is a 10), how bad was it, really? If the event is a 3 on the awfulness scale, why have emotional reactions that are a 5 (or 9!) on the 0 – 10 upset scale?
- See the big picture – Recognize the neutral or even good aspects of the situation mixed up with the bad ones (without denying or downplaying what’s bad). Put the situation in the larger context of unrelated good things happening for you currently.
- Reflect about the other people involved – Consider the “10,000 causes” upstream that led them to do whatever they did. Be careful about assuming it was intentional; much of the time you’re just a bit player in other people’s drama. Try to have compassion for them, which will make *you* feel better. If applicable, take responsibility for your own part in the matter (but don’t blame

yourself unfairly). You can have compassion and forgiveness for others while still seeing their actions as unskillful, harmful, unfair, or immoral.

- Do what you can, concretely – As possible, protect yourself from people who wrong you; shrink the relationship to the size that is safe. Get support; it's important for others to "bear witness" when you've been mistreated. Build up your resources. Get good advice – from a friend, spiritual advisor or therapist.
- Act with unilateral virtue – Live by your code even if others do not. This will make you feel good, lead others to respect you, and create the best chance that the person who wronged you will treat you better in the future.
- Say what needs to be said – There is a good formula from the field of "nonviolent communication": "When X happens, I feel Y (emotions; not "I feel you are an idiot"), because I need Z (deep needs like: "to be safe, respected, emotionally close to others, autonomous and not bossed around").

Then, if it would be useful, you can make a request for the future. Some examples: "If I bother you, could you talk with me directly?"

Move on – For your own sake, start releasing your angry or hurt thoughts and feelings. Stop your mind from obsessing about the past, and focus on the present and future. Turn toward what is going well, what you're grateful for. Do things that feel pleasurable.

In the garden of your life, you have to pull some weeds, sure, but mainly focus on planting flowers.

- Be at peace – All you can really do is what *you* can do. Others are going to do whatever they do, and realistically, sometimes it won't be that great. Many people disappoint: they've got a million things swirling around in their head, life's been tough, there were issues in their childhood, their ethics are fuzzy, their thinking is clouded, etc. It's the real world, and will never be perfect. We need to find peace in our own hearts, not out there in the world. A peace that comes from keeping eyes and heart open, doing what one can, and letting go along the way.

News for the week:

I was in a great rush last week and there were a couple of photos from the Veteran's Day ceremony which I did not get in. I am adding those today. It was the flag folding ceremony and our choir. I did not get a photo of the band but they were outstanding as well.

I will not put out an update for next week; thus Happy Thanksgiving!





The following photos were from the All-Region Choir concert held at Harber High School in Springdale, Arkansas. Thanks to Mrs. McFerran for the photos and congratulations to Summer White for making All-Region in Choir.



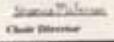
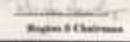




Certificate of Achievement
 He it known that

 Summer White
 has achieved the high distinction of being selected for the
Senior High SSAA Choir
 and is hereby awarded this Certificate of Merit, in recognition thereof, on behalf of
 Arkansas Regional 2
 November 8, 2018


 Arkansas
 State Directors Association


 Choir Director

 Region 2 Chairwoman





It is time for everyone to be thinking about inclement weather. If we do cancel school, I will do an all-call as well as putting it on local television media. The main thing for employees to listen for is the term AMI day. This stands for Alternative Methods of Instruction. Your principal has a plan for this. In short, students are given assignments in place of having to do a “make up day.” The assignment should be completed in order for the students to be counted present for the day. It is my desire that each student receive credit for attendance by completing the work. The teachers and principals are to support students via text, emails or phone calls to assist with the assignments.

Classified employees have assignments to complete as well. The packets will be given to you by your principal. If you complete the assignment, classified employees will be counted present as well.

Check out the news for Pleasant View Campus:
oep

10:51 AM
(4 hours
ago)

to dfisher@mpvschools.com, me

Dear Principal Fisher and Superintendent Myers,

Congratulations! **Pleasant View Campus** has been recognized by the [Office for Education Policy \(OEP\)](#) at the University of Arkansas as a school where students demonstrated high growth on the ACT Aspire! As you may know, the OEP creates an annual report entitled the Outstanding Educational Performance Awards, and this year we are recognizing schools with high student growth. We think growth is the best indicator of the positive impact that your school is having on students.

In our [Middle School Level report](#) to be released tomorrow, Pleasant View Campus received the following awards:

Statewide High Overall Growth: Middle Level

Statewide High ELA Growth: Middle Level

High ELA Growth: Middle Level (Northwest Region)

We provide specific content-area badges for placement on your school's website (attached), and a personalized paper award will be sent to the district later this school year.

Awards are based on the 2018 content growth score calculated by the Arkansas Department of Education. These growth scores reflect how much students at the school improved from 2017 compared to how much they were expected to grow considering prior achievement. We recognize schools based on Overall growth, as well as for growth in Math and English Language Arts separately. To learn more about how we determined the OEP award winners and to see the full list of award recipients, you can view the report [here](#).

We congratulate you on this accomplishment and hope that you will share this good news with teachers, students, and others who contributed to your school's success.

Elementary awards were released last week and can be found [here](#).

Stay tuned as we will be releasing the High School level awards next week!

For updates and insights, follow our blog at www.officeforeducationpolicy.com, and to be added to our weekly updates and roundup of education news, send an email to oep@uark.edu with the subject line "Sign me up!"

Congratulations again on your OEP Growth award!

Sincerely,

Sarah McKenzie, Ph.D.

Executive Director

Office for Education Policy

211 Graduate Education Building

Fayetteville, AR 72701

Notice that Pleasant View Campus is number 17 on overall growth in the entire state, number 1 in ELA growth in the entire state, and number 1 in the NW Region in ELA growth.

Middle School Overall ACT Aspire Growth Scores, Top 20 Middle Schools in Arkansas based on Overall ACT Aspire Growth

17 Pleasant View Campus (Mulberry/Pleasant View Bi-County Schools) NW 5-8 83.78

Middle School ELA ACT Aspire Growth Scores, 2018 Top 10 Middle Schools in Arkansas based on ACT Aspire ELA Growth

1 Pleasant View Campus (Mulberry/Pleasant View BiCounty Schools) NW 5-8 86.65

Top 5 Middle Schools in Arkansas by Regions, ELA Growth

1 Pleasant View Campus (Mulberry/Pleasant View Bi-County Schools) 5-8 96 86.65

We had a visit from Leadership Crawford County. There were leaders here from all across the county to ask us about the good work we are doing at MPV. We had student speakers, teacher speakers, administrator speakers and also some talent from our choir department. It was a wonderful day to brag

on our students at MPV!



Arts Education

Mrs. McFerran

Summer White- All R

