

Dear Friends,

Welcome back! Hope you enjoyed your vacation and are navigating being back at school with ease.

As ever, take what delights you and leave the rest.

- 1. Little Wins Get You There.** In January 2020 I started an eating plan that has been a big part of my ability to thrive instead of just survive this extremely challenging year. I lost 40 pounds and was very close to my goal weight. But late spring/early summer I went off track and started binge eating and eating the things that are not on my plan. It took me several months and 20 pounds regained to find a small opening to get back on track, even though I was trying that whole time to get back. I see similarities between what I experience being off my plan, the desperation and defeat I feel, and what I see so many of our students struggling with in regard to their academics. During those months, I felt like I was so far in the ditch that nothing I did mattered, but I kept looking for that little opportunity to get back on the road. I celebrated every bright meal I ate and counted it as a WIN! Some of our students are 100 assignments behind and struggling to find the motivation to even try at this point. And yet there's every reason to try. There's every reason to just go ahead and get one assignment done and then get one more assignment done and get back on track. Celebrate every single little assignment, every WIN! It's going to take effort and hard work and time. And there will be slip ups along the way, I'm sure. Sometimes we just don't have the capacity in this moment to do the thing we need to do. But we have to keep looking for that next little opening where we can be on track. I want to support our students and you in whatever next best step serves their/your highest good. Each assignment your student does helps them *identify* as a student and someone who is on track. We have to celebrate **every win** with ourselves and our students. Please, please, please focus on what you and they are doing well. We need some light and some hope. Let's celebrate the good stuff!
- 2. Personal Development: Taking on the Hard Stuff.** I try to be generous in my estimations of others and kind in my interactions. But I am very human and imperfect. Recently, a dear friend of mine was hurt by me talking to someone else about her instead of talking directly to her. I was gossiping. I didn't mean any malice, but I hurt someone I care about nonetheless. I am challenging myself to communicate directly and not to gossip. It's not easy for me to admit that I gossip sometimes, let alone actively address the compulsion. But it's worth the challenge because I feel much cleaner, more generous, honest, and kind. What's a habit or challenge for you that you can take on that would help you feel a bit better about who you are?
- 3. Speaking Your Truth and Asking for Support: Be specific.** This section is inspired by one of our students who recognized a need for herself and her fellow students and spoke up and asked for specific support. This student recognized that she and her classmates do much better when they are with their peers while doing school work. So, she asked Brittini if they could find a safe way to provide space for the seniors to meet together a little more frequently on campus. They are working out a safe plan and I am hopeful that this will greatly improve the students' performance. The teachers have been asking this whole time how they can support the students and having a concrete request was so helpful for everyone involved. What specific support do you need? Who would be delighted to give it to you? Make an appointment with that person to make your request. Be specific. Families and staff, please share these messages with your students as you see fit. At this time these messages are not being delivered directly to the students but I am writing them with the students in mind. Thank you so much!



546 Lawrence Street, Quincy, CA 95971
530.283.3851 530.283.3841 FAX
www.plumascharterschool.org

May we all be healthy and happy!

Warmly,

Becky