

Kid Scoop News Superintendent's Corner March 2019

It's hard to believe it's already March!!!! This school year has been extremely busy but has also gone really fast. I know that each of you are excited as the temperatures continue to creep upwards because you know that indicates that we are moving closer to the end of the school year. With the warming of the weather and the knowledge that the end of the school year will be here before we know it, it is hard not to be a little excited. Sometimes that excitability makes staying focused on the task at hand very difficult.

Another March milestone each year is the NCAA Tournament. This American phenomenon is also called March Madness because anything can happen. There are always upsets in this tournament which is awesome for the underdog but maddening for the team that was expected to win. But until last year, a #16 seed team had never defeated a #1 seed team. All of that changed when the University of Maryland-Baltimore County defeated the University of Virginia to make NCAA tournament history. When it comes to watching basketball, we are OK with the madness that comes with the uncertainty of who will win each game. Unfortunately, in our lives, uncertainty can make us feel anxious and scared. When I feel myself getting overwhelmed, overly excited, anxious, or scared, I have learned several techniques that have helped me.

1. Take deep breaths for 1 minute (inhale a deep breath and exhale fully)
2. Lean your head back and look at the ceiling for a moment. The chemicals in your brain will shift which will help ease your tension.
3. Make a list of the tasks you need to complete. By seeing the tasks in front of you and checking them off one at a time, it will help reduce your tension and help you take control of some of the things that are causing the tension.
4. Focus on living one day at a time and doing the best you can during that day.

I hope that the month of March 2019 is one of the best you have ever experienced and that you are able to set your pace for a strong finish to the school year!!! You've got this!! If I can ever be of assistance or encouragement to you, feel free to reach out to me either via your student email or as I visit your respective school.