



HOLIDAY PROGRAMMING SCHEDULE

- December 2nd 6-7 grade Band 7:00pm @ McCormick*
- December 11th 5-6 grade Choir 7:00pm @ McCormick*
- December 13th 4 grade Musical 2:30pm @ Woodlands*
- December 16th 8-12 grade Band 7:00pm @ McCormick*
- December 16th HHS Choir 7:00pm @ McCormick*
- December 18th 7-8 grade Choir 7:00pm @ McCormick*

VERTICAL ALIGNMENT

Meetings will be held at each building on Wednesday, December 4th. The building SEL Teams will be providing a formal introduction to SEL. Thank you to everyone involved in bringing this to our staff!

Shawnee: 8:05a in Room 122
Woodlands: 8:20a in the Library
McCormick: 7:15a in the Library
HHS: 7:15a in the Union

MERRY MONDAYS

There is still time to sign-up via the Google form! Register for the centerpiece made from upcycled beverage bottles on December 9th or the cookie exchange with a visit from Santa on December 16th! It's a jolly good time and a great way to relax before it really gets crazy!

REDUCING THE STRESS OF THE HOLIDAY SEASON...

Are your expectations for the holidays realistic? Asking yourself this question is the first step to managing holiday stress. Make a list of what you expect from yourself and your family during the holidays. Hidden within these expectations you might find your potential holiday stressors – the things specific to you that can cause stress. Under each item in the list, write down what changes you can make to prevent or defuse stress. Make the changes that will be most helpful to you. Do not hold on to unrealistic goals, such as creating the most enchanting holiday atmosphere. Remember to include your own needs.

Holiday shopping:

Ask people what they want instead of scouring the earth to find the "perfect" gifts. Shop early, when there is more of a selection. Stick to your gift budget.

Planning family get-togethers:

Buy prepared foods, instead of cooking everything from scratch. Ask others to bring their favorite dishes. Cook and freeze foods ahead of time.

Scheduling time with family and friends: Simplify holiday commitments and traditions. Discuss with your family which traditions are most important to you and to them. It's okay to re-evaluate past traditions. Allow time for yourself. Remember to do things that you enjoy. Avoid time crunches by making plans to visit some friends and family soon after the holidays. Don't over-schedule yourself. Allow enough time to relax and recover after visiting with others. Tell family members about your commitments so you are not struggling against their expectations. Travel after rush hour. When driving long distances, give yourself time to stop and rest.

Pausing before the holiday spread:

Avoid overeating and over-drinking, especially alcoholic beverages. Avoid starving yourself in anticipation of eating at holiday parties. This approach can lead to eating too much of the wrong foods. Continue to exercise and watch your diet.

Managing your time:

Set priorities and let go of impossible goals. Stop to enjoy the fruits of your labor. Don't spend all of your time planning activities for your family. You might end up feeling drained and unappreciated. Take the time you need to finish tasks that are important to you. Don't try to complete everything at once. Ask others, including the kids, to help you complete chores. Rest when your body tells you to.

**"THE MORE YOU PRACTICE THE ART OF THANKFULNESS
THE MORE YOU HAVE TO BE THANKFUL FOR."
-NORMAN VINCENT PEALE-**



GOOD READS

The Vanishing American Adult: Our coming-of-age-crisis and how to rebuild a culture of self-resilience by Ben Sasse - [LINK HERE](#) for DETAILS - Brought to you by Mary James

The Coddling of the American Mind: How good intentions and bad ideas are setting up a generation for failure by Greg Lukianoff & Jonathan Haidt - [LINK HERE](#) for DETAILS - Brought to you by Mary James

Reach for Greatness: Personalizable education for all children by Yong Zhao - [LINK HERE](#) for DETAILS - HHS Book Study

What are you reading? Have a good book or podcast to share?
Drop Julie a quick email for upcoming editions of the Tiger Enquirer.

GOOD WATER

The Wellness Committee installed water bottle filling stations in all of our buildings. To date, we have saved 7,308 one-use plastic bottles from the landfill! How exciting is that? To keep us well hydrated, each staff member will be receiving a reusable water bottle in the near future, along with a little competition - so stay tuned!

COMMITTEE UPDATES

STEAM DREAM TEAM: A few members of the team braved an ODE-led session on how to build programs that yield state STEM/STEAM status. We will use this information to build our district's vision, mission and goals for our future. It is anticipated that we will have a skeleton plan to share with the Superintendent yet this spring. We'll need input from various stakeholder groups, so please anticipate getting asked your opinion!

TECH COMMITTEE: The Tech Committee has met twice as of 11-25-19. Many thanks to those of you that provided information to your representatives on this committee. This committee will be sharing its work in the coming months as it informs decisions moving us forward.

ACT UPDATES

Did you know that beginning in September of 2020, students will be able to retake portions of the ACT once they have taken the full test? Check out this [quick article](#) for the details!

LICENSURE CODE OF PROFESSIONAL CONDUCT FOR OHIO EDUCATORS

On September 17, 2019, the State Board of Education adopted the current Licensure Code of Professional Conduct for Ohio Educators. The code of conduct serves as the basis for decisions on issues pertaining to licensure that are consistent with applicable law and provides a guide for conduct in situations that have professional implications for all individuals licensed by the State Board of Education. The current Code of Conduct can be found [HERE](#).

BE COUNTED!

It's time to stand up and be counted! To spread the message, Census Day will occur on April 1, 2020. It's important that we're all counted as the amount of funding for the next decade depends on our community's numbers. Please share this message with our students. Appropriate resources and materials can be found at [Statistics in Schools](#). More will be added to the site throughout the year.