



From the Principal

Greetings PMES Families,

After a strong start we find ourselves limping into the Thanksgiving break, but we're still standing!

I would like to thank you all for your flexibility with the challenges that we have faced during this first half of the school year. I would also say thank you for working with the new rules and for doing everything to keep your children safe, these things have played a huge role in allowing us to be one of two schools that didn't have to switch the entire school to remote learning.

On Wednesday night our Board of Education made the decision to have our entire district switch to **remote learning** until after the holidays. We have seen our positive COVID numbers drastically increase recently. With Thanksgiving, Christmas, and New Years approaching those numbers are expected to increase even higher. It was determined that keeping in person learning in place would be a tremendous challenge. After we leave school on Friday we will be doing remote learning until we return in person on January 19th. Below is a timeline for the holiday season:

Nov. 23-30 th	Thanksgiving Break	
December 1 st -December 20 th	Remote Learning	Tuesday-Friday
December 21-January 4 th	Winter Break	
January 5 th -January 18 th	Remote Learning	Tuesday-Friday
January 19 th	Return to in-person learning	Tuesday-Friday

Teachers will be sending the following items home on Friday in preparation for remote learning: laptops, workbooks, white boards, books, pencil boxes, and journals.

November is National Gratitude Month:

Being grateful can boost your immune system, lower blood pressure, makes you feel more optimistic, decreases depression, and helps you cope with even the most life-threatening crisis.

Why is Gratitude so Powerful?

According to a vast majority of psychologists, researchers, and experts, gratitude is one of the few things that can **literally change our lives** for the better. There is a **strong correlation** between increased feelings of happiness and self-worth and giving or receiving gratitude, so much so that one is practically a function of the other. We are **happy because we are grateful**, not the other way around.

The power of sincere gratitude is easily underrated since it costs nothing to give and its effects can seem invisible, but any gesture of appreciation is empty without it. It doesn't matter who you are – if everyone took a minute to express gratitude to an acquaintance or colleague, even just once per day, the positive benefits would still be enormous.

“Education is the passport to the future,
for tomorrow belongs to those who prepare for it today.”

Malcolm X

LOVE and LOGIC

The **Love and Logic approach** to parenting is built around the science of caring and respectful relationships. An authentic, loving connection between parents and their children forms the foundation of positive behavior and healthy decision-making. It really focuses on natural consequences; it lets the consequences be the bad guy and not you as the parent. Every year our counselor has offered this class at no cost, which for a class of this quality is unheard of. I would like to start posting items from the Love and Logic book to provide parents some tools to assist in parenting. It's a great program if you struggle with always giving into your child, or your child is struggling with making decisions for themselves.

How Failure Can Lead Kids to Success

Albert Einstein understood that failure is success in progress. This view of the importance of failure is critical for understanding how to help our kids learn. In this week's blog, we explore how allowing failure actually helps our kids to learn how to succeed in life.

Synthetic success

Ten-year-old Kaylee rarely blundered. Apart from a few small errors committed under her mother's radar, her slate was clean. Managing this state of near perfection required a tremendous amount of vigilance and work on everyone's part, including by her parents. Every friend had to be carefully monitored and continuously assessed. Each homework assignment, book report, and science fair project necessitated high levels of vigilance so that the adults in Kaylee's life could help her detect and correct errors before drafts landed on her teachers' desks. Participation in sports always led to significant financial sacrifices, since private lessons were the only way she could learn to run, jump, throw, hit, and catch, without error. Kaylee's parents were dedicated to engineering success, a type of success not created organically through trial and error but arising from the fragile thread of good intentions instead. Failure snatched from the jaws of success. Is this a sustainable plan, or will Kaylee's parents eventually lose their ability to engineer success? Does Kaylee truly believe that she has what it takes to overcome failures, or does she live in fear that one might someday come her way? Have you ever met an adult who was raised this way? Do these adults demonstrate high levels of perseverance when the going gets tough, or do they avoid challenges like the plague? What are the societal and economic impacts of raising children like Kaylee? Failure is not final. It's informative. Who are the most successful people you personally know? Have they always been successful, or have they experienced a good degree of failure?

At the heart of all science and all great innovation are risks and resulting failures. The data of each successive failure informs the path to success. As a country are we raising kids who understand this process and are therefore truly prepared to discover greatness or are we creating young people who are too fearful to walk this path?

Growing success from the seeds of failure

Parents and educators dedicated to raising tomorrow's great thinkers and doers understand that all children need to:

- be encouraged to grapple with unanswered questions, to use a sewing machine, to explore the ins and outs of cooking a complex meal, to play group sports, to use a microscope, to fix a bike, to do homework, and to complete other tasks with as little adult interference as possible;
- have us place greater emphasis on taking healthy risks and persevering through failure than on stellar grades, great fashion, and athletic stardom
- make plenty of affordable mistakes over basic hygiene, homework, money management, social interactions, and other daily matters
- have parents who are brave and loving enough to allow these wonderful failures even when criticized by more socially appropriate and politically correct parents
- experience the logical and natural consequences of their failed choices
- simultaneously experience sincere empathy and unconditional love
- be guided to see that success is earned by having the guts to fail and learn more frequently than the average person; have adults who show them that failure is not final—it's informative.