



# Believe to Achieve...

## Bulletin for the Week of April 9, 2018

### Monday, April 9

Ultimate Frisbee at Lunch  
Department Meetings at 3:20pm

### Tuesday, April 10

Ultimate Frisbee at Lunch  
SB/BB: Sequoia @ Burton

### Wednesday, April 11

Ultimate Frisbee at Lunch

### Thursday, April 12

Ultimate Frisbee at Lunch  
Track: Sequoia @ Woodlake  
Board Meeting at 4:30pm

### Friday, April 13

Ultimate Frisbee at Lunch  
Dr. Sam on campus  
Talent Show – Assembly Schedule

### ANNOUNCEMENTS

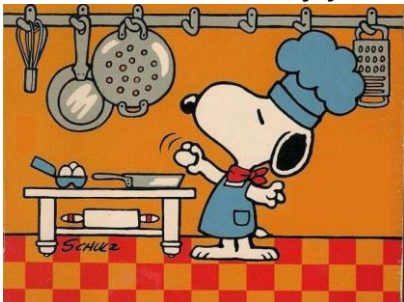
1. Good luck to our Hawk Track athletes, Softball & Baseball players this season!

### UPCOMING EVENTS

~ Monday, April 16<sup>th</sup>: Dr. Gibbs

biannual visit to Sequoia

~ Thursday, April 19<sup>th</sup>: Track Meet  
at GHHS...come out & enjoy!



### **Professional Development: Daily Rituals -H.B.**

Whenever we have something that we do on a daily basis, even if it is something we typically love to do, we can easily get caught up in the rush, rush, rush of the day and lose the joy we once had. When that happens, it is easy to have something move from the “passionate about...” category to the “just another chore that’s gotta get done” category. For me, cooking has been in the latter category for a while now, and it is a shame because I really enjoy cooking...or at least I used to. (Just to be crystal-clear, though, laundry has never been in the “passionate about...” category and it never will be!). I did some creative cooking this weekend with no-rush, no-fuss, and I realized how much I had really missed just the process when I had time to relax and enjoy it instead of being on a whirlwind time schedule.

Do you have anything like that in your life? Have you misplaced the joy you once had for an activity because it is something you now see as needing to get done? Perhaps it may even be teaching. I mention this because as we enter the fourth quarter, the pinch for time can be almost palatable, especially if you are an ELA, Math, or 8<sup>th</sup> Grade Science Teacher because your students will be testing very soon. Students (and teachers) become a bit restless, and the fluctuation in the weather seems to affect our students’ (and perhaps our) moods.

Spring is a time for growth and renewal, and some things just cannot be, and should not be, rushed. Our students appear to be physically growing an inch a week in height, and their mental processes are forming and becoming more concrete even as you read these words. Such a precious age of change for them; yes, middle school students will forever be in my “passionate about” category!

I want to encourage you to savor the days we have left in this school year, and flavor each class period with a good sprinkling of wisdom and a hearty measure of patience. Spring is here, and Summer is just around the corner. Don’t let a little more heat scorch your carefully baked plan.

**Enjoy each day of your week!**

NEW SECTION DUE TO POPULAR DEMAND!

Afternoon duty: **Bus:** Thomas & Steigleder, R. **Front:** Steigleder, D. & Rivera **West Plaza:** Rice