

Letter to the Team #5

December 2023

The Daily Coach

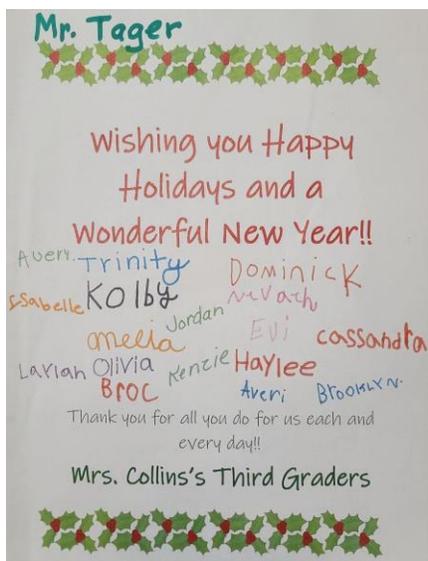
I'd like to share some advice that I read from the online publication "The Daily Coach" as we prepare ourselves for another year. The Daily Coach suggests creating a reminder list to ponder for the next 365 days as opposed to a resolution that will likely be forgotten after 30 days.

"The list's purpose is to remind us of what we wanted to do — and nudge us throughout the year to act on our ideas. We should hold on to it, keep it in a safe spot and review our words often," the article states. No one's list will look the same, as some may have only ten reminders for the year, while others may have 100. You can add or subtract from your list to reflect on what would best serve your goals.

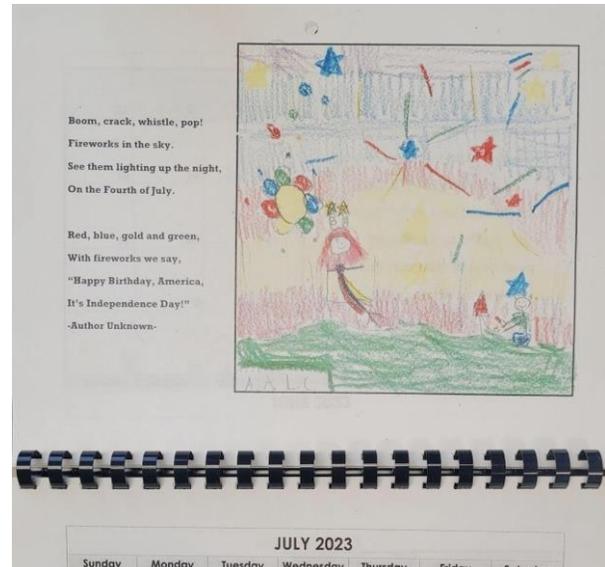
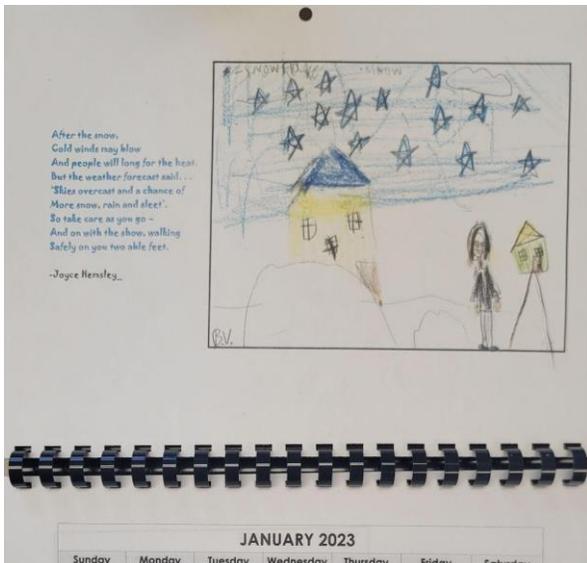
I'd like to share the list that I created for 2023 in pursuit of my best year yet:

1. Make time for family and friends
2. Serve others above self
3. Mentor a young person
4. Don't judge anyone
5. Make time to think and review
6. Take a gratitude walk, run, or hike
7. Embrace curiosity
8. Stay in the moment while listening more
9. Be grateful for life, make each moment matter
10. Focus on my "One Word," for this year - adventure - and live it to the fullest

New Year, New Calendar



Much gratitude to Kathryn Collins and her talented students at Downeast School for creating a 2023 calendar filled with seasonal artwork representing each month of the new year. This creative gift is displayed in my office just below my favorite Todd Whitaker quote, "Raise the praise, minimize the criticize."



Meaningful Reflection

While visiting Stephen Riitano's classroom at James F. Doughty School, I observed a reflection opportunity for students to evaluate the course and provide meaningful feedback. The following are a few of the key feedback items that Stephen suggested:

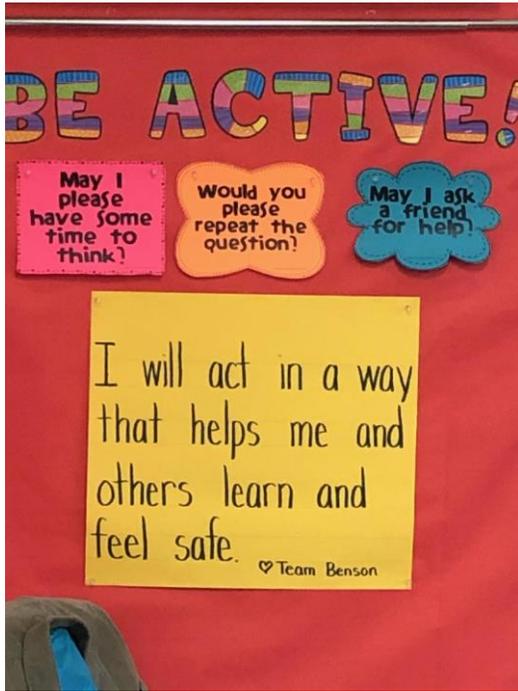
1. Pick an assignment you did well on. What did you do that brought you success?
2. Pick an assignment that you did not do well on. What can you do in order to be more successful?
3. Do you feel that you gave your best effort? Why or why not?
4. What are some things that Mr. Riitano does well to support your learning?
5. What are some things that Mr. Riitano could do differently to support your learning?

If you don't know Stephen, he is a fan of John Hattie's work and recently attended a presentation by the New Zealand education researcher (he took a selfie with John Hattie which I imagine he may proudly share with you if asked). Stephen's desire to pursue feedback from the learner and to utilize that information to prescribe individual instruction is a method that demonstrates a culture of caring for all students.

26.2 Miles

Props to Coach Poisson's K-5 students at the Bangor Regional Program who accomplished the goal of completing a marathon over a period of 6 weeks. Students worked hard to develop cardiovascular fitness during physical education and recess to attain the cumulative distance of 26.2 miles to become marathon finishers.

Quotable



The following words of wisdom were created with the collaborative input of Sherilee Benson's students and are posted on her classroom wall at Fourteenth Street School:

"I will act in a way that helps me and others learn and feel safe" - Team Benson.

Enthusiastically yours,

Jim Tager
Superintendent
Bangor School Department