

***“You can’t change the wind, but you can adjust your sail”*** The good news contained within that quote is that although we can’t stop change, we do have control over how we respond to it. As you know, many changes are in the wind for the Endeavour Learning Community. Last week PTSA held a Parent University featuring Dr. Lorna Wilturner, PhD in counseling. Dr. Wilturner shared effective strategies for both children and adults to work through the process of “adjusting our sails” in times of transition.

Lorna reminded us that resiliency is the most important characteristic our children will need in this century and our school transition is an opportunity to give kids the gift of resiliency. She also noted that it is important to normalize the change process for children. Let them know change is a part of life and having a variety of emotions is normal. Acknowledge that change can be hard and reinforce the idea that they are strong enough to handle it and grow from it. It’s also okay to let them know you are sad, and acknowledge that they may not be. In other words, don’t pin your feelings onto the kids.

Dr. Wilturner also included in her presentation a list of the “Top Five” ways to build resiliency in both adults and children:

1. Lean on others for social support.
2. Believe in yourself and what you know you can do. Remind kids what they are good at in school...good grades, making friends easily, getting along with others, PE; these things won’t change. Let them know they are capable and big enough to handle change.
3. Look on the bright side. Focus on what positives will come about from the transition...new friends, new teachers, new programs, etc.
4. Set new goals for next year and make a plan to reach it...next year I’ll make eye contact; I’ll say hello to new friends; I’ll help someone each day.
5. Take charge of your own behavior and your actions.

In her closing comments, Lorna suggested some children don’t mind change. Others may respond by being sad, crying, or worrying about it, and this is normal. If your child becomes overly anxious, please don’t hesitate to contact our school counselor, Jane Spencer.

Here is some information about the transition process to be aware of between now and next fall:

Starting in February, teachers have the opportunity to request transfers to other schools. From February to May, this transfer process continues within the district, including transfers to E-14. Coupled with transfers, the district hires teachers new to the district from April, into the summer, and even, at times, the first weeks of school.

I understand your need for certainty about E-14 and Endeavour. However, the transfer, assignment and hiring processes involve nearly 500 teachers in our elementary schools across the district and extend over more than 6 months. We are more sensitive to the

processes this year as it so closely impacts Endeavour. Please know that I will be in contact with information as quickly as it is available – most of it will be available in June.

It is important that all of us have as much information as possible in preparation for what I promise will be a solid new beginning and quality learning place for Endeavour's students – this year and beyond. To that end, thanks to PTSA co-president, Angie McBride, both the PTSA website, [www.endeavour.pts.org](http://www.endeavour.pts.org) and our school website, [www.endeavour.issaquah.wednet.edu](http://www.endeavour.issaquah.wednet.edu) now have a *Frequently Asked Questions* section. We have a cache of questions that have been asked often, and we'll continually update that as you bring forth new questions or comments about our transition process. In addition, I'll be hosting coffees from 8:30-9:15 on February 15<sup>th</sup> in our conference room and April 5<sup>th</sup> in P-1 to visit with you face to face, clarify questions, and hear your best thoughts.

As always, feel free to call me if you have any questions.

Warmly,

Jodi Bongard