

## Lighthouse Team

## At A Glance

Hello Parents and Guardians,

This month "Leader in Me" focuses on Habit #7: Sharpen The Saw. What is it they always say on airline flights? Ah yes, "Always put your oxygen mask on first before assisting minors." It seems counter intuitive. But that very act of saving one's own life first may well save the life of both the parent and the child. If we pass out from lack of self-care ("oxygen"), we will not be able to provide any care to those we love.

If you don't take care of yourself, you can experience burnout, stress, fatigue, reduced mental effectiveness, health problems, anxiety, frustration, inability to sleep. I have a few of those symptoms, how about you?

Stephen Covey says that "We must never become too busy sawing to take time to sharpen the saw." It means having a balanced program for self-renewal in the four areas of your life: physical, social/emotional, mental, and spiritual is crucial.

Students of PBA will be reminded of these ways of renewal and how to care for and love themselves. They will learn the connection between self-care and increasing their capacity to produce positive results and handle life's challenge.

May we live up to the wise advice and the reminder of self-care. What wisdom there is in that simple safety instruction.

Sincerely,

PBA Lighthouse Team

## Editor

Hello!

I'm Donna Moore, the editor of the Charter Chatter. We want to know what you think! If you have something you'd like to submit, write us a note. The content will be approved by the school. We do reserve the right to edit your material for appropriate content and to fit the space available. Thank you!

- 04/05 Friday Early Release Day
- 04/09 Elem. Vision & Hearing Testing
- 04/11 Family Book Club, Trad, 3 pm
- 04/12 Friday Early Release Day
- 04/13 Family Book Club, Trad, 10 pm
- 04/16 Tuesday Tea @ Trad, 8 am
- 04/19 Good Friday – Holiday For All
- 04/23 "Leading the Way Through History @ Trad, 6-7:30 pm
- 04/26 Friday Early Release Day
- 04/26 NUT Day

### UPCOMING

- 05/03 Friday Early Release Day
- 05/08 Elem Leadership Day
- 05/10 Friday Early Release Day
- 05/10 4<sup>th</sup> Grade St. Augustine Field Trip
- 05/17 Friday Early Release Day
- 05/24 Friday Early Release Day
- 05/27 Memorial Day – Holiday For All
- 05/28 Early Release Exam Days through 05/30 (last day of school)

## PBA Leadership

### Administration

- ◆ Madhu Longani – Dir. & Principal, Elem
- ◆ Paul Eichelkraut – Principal, Middle
- ◆ Marilyn Kinsel – Dir. of Operations
- ◆ Daniel Scott – ESE, Elem
- ◆ Kim Gary – ESE, Middle
- ◆ Katlyn Penny – ESOL
- ◆ Nina Orellana – Title I, MTSS

### Board of Directors

- ◆ Jennifer Wolf – President
- ◆ Allison Cunningham – Parent Liaison
- ◆ Brendan Purcell – Board Member
- ◆ Margaret Serwin – Board Member
- ◆ Cynthia Harris – Board Member

Meetings: as posted

### Questions?

- ◆ Busing – Amanda Thibaudeau
- ◆ Curriculum – Marilyn Kinsel
- ◆ Student Reading Assist – Ms. Gilchrist
- ◆ Events – Front Desk
- ◆ Field Trips – Your student's teacher

### Mission

Palm Bay Academy makes the choice to forge leaders every day within ourselves and our students, standing together as the lighthouse of the community.

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### Reminders

- Follow us on Facebook and Instagram!
- Palm Bay Academy is ramping up for FSAs. Be sure students get plenty of rest and eat nutritious meals.



# April

## First Things First

### Reminders

- ◆ Make sure to follow us on our social channels...
  - On Facebook @PalmBayAcademy, link <https://www.facebook.com/PalmBayAcademy/>.
  - On Instagram search for @palmbay.academy
- ◆ Palm Bay Academy is transitioning to a single uniform school! The single uniform of PBA will be a heather gray polo with the PBA logo (tucked in), navy blue bottoms with a belt if there are belt loops, plain gray or navy socks/tights, plain athletic shoes (no bright colors, insignia, or branding)
- ◆ Please remember that the Traditional front office is closed during; Dismissal M – Th 2:00 – 3:00 pm, Dismissal F & early release days 12:45 – 1:45 pm.

**“An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly.” – Unknown**

## Focus Article

### How To Put Your Oxygen Mask On First

“Put your own oxygen mask on first” can be used as a metaphor for taking care of yourself first before constantly committing to the care and wellbeing of others. But we need to be sure of one thing. We can’t wait until there is an extreme emergency before “putting on our oxygen masks”. We must take care of ourselves properly before that time to ensure we can make it through those times.

If we waited for extreme emergencies before instituting self-care we would become burnt out, have stress induced health issues, be overweight, be depressed, anxious, and in pain. We see these results more and more often in our families, our friends, and ourselves.

Don’t wait for your body or circumstances to FORCE you to self-care. Don’t wait for some overwhelming circumstances to occur. You may have referred to these happenings as a blessing in disguise because it forced you or “gave you an excuse” to slow down, re-prioritize, and allocate time and energy for self-care.

I know. Self-care is not easy. Perhaps the models we had growing up didn’t include this important principle. Perhaps we were taught in order to be “good” we must practice self-sacrifice. More likely we were giving in instead of giving. Or perhaps we were compromising instead of looking for the 3<sup>rd</sup> alternative. In any case, when we give in or compromise it shows a lack of self-respect and creativity. But, you may say, we want more for our kids, so we drive them to soccer, to after school clubs, to music lessons, and to theatre practice. Perhaps we feel we can’t risk being laid off from work, so we take on more, fill in for others, take work home, come in early and stay late. Self-sacrificing on a regular basis can build resentment within you. A person who always gives in might feel fine about it when it happens, but over time this type of self-negating behavior eats away at us.

So, what do we do? Here are some simple examples of self-care...

- read a book...for pleasure
- exercise
- say NO to activities or people who drain you
- take a class
- talk to friends on the phone
- schedule time to do nothing
- eat breakfast
- organize a drawer that has been bothering you
- bring yourself a nice lunch to work
- take a bath
- go to bed on time
- take a walk in nature

- meditate
- listen to music that makes you happy
- spend time with people you love or like
- put candles out for dinner
- buy fresh flowers
- send a thank you card
- use positive self-talk
- eat good food
- cuddle with your pet
- get a massage
- set up auto-pay for your bills
- smile
- laugh

It's not enough to identify self-care examples. We have to actually do these things to get results. So, how do we get started? Just start with one thing and do that one thing today, then tomorrow, and then the next day. Commit to doing that one thing all month. When it starts to get difficult, try a different self-care habit. Remind yourself what it feels like doing the nice self-care habit and what it feels like not doing it. Think about what your life would end up like if you didn't ever do the nice self-care habit again. Sometimes, you just need to feel the benefit of a few self-care habits to reinforce your commitment.

If self-care falls by the way side, don't make a habit of self-criticizing, just start with a new, beneficial habit. What's the biggest thing to remember? It takes believing you are worth it. Be there for yourself so you can be a better you for others.

*Donna Moore*

## Featured Interests

### **PBA Winners in the Southern Division Art & Science Fair**

We are very pleased to announce our winners for science at the Southern Division Art and Science Fair at the Melbourne Auditorium...

#### **Award Winners**

Biological

Cruz Cuyler won 4th Place

Environmental

Sebastian Burns won 3rd Place.

**Congratulations to our talented science students!**

### **Father Daughter Snowflake Ball – Thank You All!**

A very special thank you goes to all those that helped make the Snowflake Ball a great success!

Volunteers for Setup and Event: Donna Moore, Ericka Suarez, Luisa Ruiz-Fleming, Jazlyn Henderson, Valencia Andrew Tobias, Patti Quinlivan, Adrienne Allen and family, Botavia Jackson,

Decorations and materials donated by: Donna Moore, Sandra Harvell, Linda Williams, and Exquisite Balloon Décor

Food: Chef Brandy Nahass

The Traditional Campus Cafeteria was transformed with snowflakes, snowballs, ribbons, and cool blue lighting. Everyone had a wonderful time dancing, playing games, doing the Conga Line, and Limbo. See everyone next year!

"We must never become too busy sawing to take time to sharpen the saw."

DR. STEPHEN R. COVEY

## Sharpen the Saw / Franklin Covey

Seek continuous improvement and renewal professionally and personally.

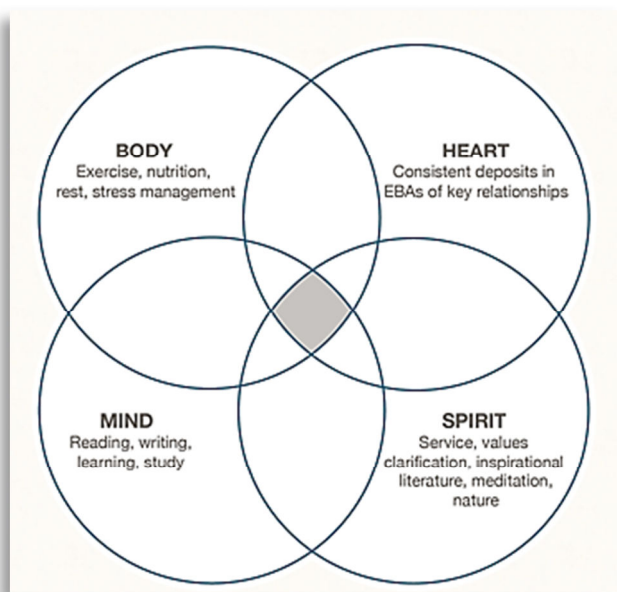
Sharpen the Saw means preserving and enhancing the greatest asset you have--you. It means having a balanced program for self-renewal in the four areas of your life: physical, social/emotional, mental, and spiritual. Here are some examples of activities:

- Physical:** Beneficial eating, exercising, and resting
- Social/Emotional:** Making social and meaningful connections with others
- Mental:** Learning, reading, writing, and teaching
- Spiritual:** Spending time in nature, expanding spiritual self through meditation, music, art, prayer, or service

"Renewal is the principle—and the process—that empowers us to move on an upward spiral of growth and change, of continuous improvement."

DR. STEPHEN R. COVEY

As you renew yourself in each of the four areas, you create growth and change in your life. Sharpen the Saw keeps you fresh so you can continue to practice the other six habits. You increase your capacity to produce and handle the challenges around you. Without this renewal, the body becomes weak, the mind mechanical, the emotions raw, the spirit insensitive, and the person selfish. Not a pretty picture, is it?



### FEELING GOOD DOESN'T JUST HAPPEN.

Living a life in balance means taking the necessary time to renew yourself. It's all up to you. You can renew yourself through relaxation. Or you can totally burn yourself out by overdoing everything.

You can pamper yourself mentally and spiritually. Or you can go through life oblivious to your well-being. You can experience vibrant energy. Or you can procrastinate and miss out on the benefits of good health and exercise. You can revitalize yourself and face a new day in peace and harmony. Or you can wake up in the morning full of apathy because your get-up-and-go has got-up-and-gone. Just remember that every day provides a new opportunity for renewal--a new opportunity to recharge yourself instead of hitting the wall. All it takes is the desire, knowledge, and skill.

## Recognition

### Leadership Recognition

The following classrooms were selected as being the best at exemplifying the leadership principle of Synergy, last month's 7 Habit focus. Congratulations to...

Ms. Doughty's class	Conserve, Feyden Desir, Gaelle Duren, Aaniyah Frank, Anna Henry, Mahlek Johns, Bonnie	Lejuste, Brianna Mosley, Malcom Newsome, Elani Robinson, Jeremiah Scott, Josiah Smith, Na'jada	Stewart-Harris, Karson Washington, Zoe Williams, Jourdain Williams, Skyler
Ms. Walsh's class	Ashrapov, Diyor Boodram, Rashaad Briggs Millan, Viviana Calhoun, Sebastian Gadson, Tyler Glass, Kamiyah	Henning, Paige Hicks, Tatyanna Jhingree, Jessica Lavender, Alyssa Mccoach, Kalia Mullings, Ayanna	Nonon, Destini Ramroop, Aidan Ross, Josiah Velez, Lailani Velez, Laniyah Vilsaint, Woolrich

The students in these classes work very hard to support one another in everything that they do. We commend you!

## Social Media

Make sure to follow us on our social channel...

On Facebook @PalmBayAcademy  
Link <https://www.facebook.com/PalmBayAcademy/>.

On Instagram search for @palmbay.academy