This month I am going to focus on gratitude. So many articles, books, and keynote speakers have talked about the importance of gratitude in finding happiness. I want to share my gratitude to the amazing profession that we all have chosen. We have so many negative messages thrown at us each day. Often, our days are filled with helping others be less frustrated, more regulated, and validated. I find that expressing my gratitude helps me focus on the more positive parts of my career path! I hope this list can help you think of the areas of the job that make you the happiest.

I am grateful to work among people who truly value making a difference in the world. All our teachers, ed techs, administrative assistants, custodians, food service workers, guidance counselors, bus drivers, nurses, interventionists chose to make a career in education. Every day, they choose to help others and provide opportunities for young people. Their compassion, dedication, and enthusiasm for their students is selfless, instaible, and inspiring. What better job is there than being a leader of these amazing people?

I am grateful for our students—ALL of them. I am often reminded of the emblem on the Statue of Liberty... “give me tired, poor, your huddled masses yearning to breathe free.” We have students who come to us with diverse backgrounds, ideas, goals, and we collaborate with them as a collective body to make a school community. How lucky are we that we get to be a part of forming a community with a diverse group to change the future?

I am grateful for our association and in particular, the leaders of our association including Mike, Holly, Mike, Patty, and Tammy. They are knowledgeable, compassionate, advocates, and steadfast supporters of education. I appreciate all their encouraging words, thoughtful responses, and representation of us, not to mention their strong work ethic. We are so lucky to have these high-quality professionals working for us! How lucky are we to have such inspirational leaders?

I am grateful for being able to help shape a more educated and thoughtful democracy (yes, it is the Social Studies teacher in me). We work in a microcosm of society, and we help to have hard conversations about important “stuff.” We help to teach students to listen to one another and express their opinions while respecting others. We help students and staff express their frustration, happiness, anxiety, joy, sense of wonder, and curiosity. We help them problem solve, create, influence, and build. We are shaping our democracy every day. How lucky are we to be influencers in building and sustaining our democracy?

I am grateful for our parents and guardians who are trying their best to be good parents/guardians. They love their students and try to advocate for them. They are trying to understand the next generation with their technology, social media, music, interests, fashion, etc. They are trying to help their students grow through childhood and onto adolescents. They are our partners. What better job than to collaborate with the parents/guardians to raise their children?

I am grateful for the leadership above me...the Superintendent, Assistant Superintendent, Board of Education. They have difficult decisions to make every day. They work to share a vision of education and serve as the liaisons between the school and community. How lucky are we to be able to take that vision and make it a reality?

Finally, I am grateful for choosing to be a principal. We get to see the highs and lows of our schools and community. We are influencing the future. Each day is different. It is truly an exciting profession. So, hat’s off to being a Building leader. May you find more joy than challenges and find gratitude in the profession that we have all chosen.

After expressing all my gratitude for the job, I am grateful to know that our jobs—even though we love them—is just a job. I am grateful for a life outside of work: my family and friends, my health, food/shelter, a safe community, a good book, a challenging puzzle, listening to music, boating, traveling to see various parts of the world, and seeing others with a smile on their face. May you all find gratitude for a life that you can go to after your amazing day as a building leader.

It is truly important for each of us to think about, express, and live our gratitude. It is a proven, evidence-based way to find true happiness.

FREE: Job Vacancy Postings on the MPA Professional Webpage

The MPA is listing job postings for administrative positions (principal, assistant principal, dean of students, CTE Directors, etc.) on the www.mpaprof.org website AT NO COST TO SCHOOL DISTRICTS!

Please email your job opening to Tammy at tmcnear@mpa.cc.
PROFESSIONAL OFFERINGS

2024 Maine NHS Annual State Convention and Banquet
“Turning the Page: From Adversity to Opportunity”
Banquet: Wednesday, March 13
Convention: Thursday, March 14

♦ More Information on the 2024 NHS Banquet and Convention
  Click HERE
♦ NHS State Board Election Information
  Click HERE
♦ NHS 2024 Service Project Form
  Click HERE
♦ NHS Candidate Information Form
  Click HERE
♦ NHS 2024 Shirt Order Form
  Click HERE

CLICK HERE FOR MORE INFORMATION AND TO REGISTER.

School Law for School, District, Special Education, Administrative Assistants, and Secretaries
April 2 ~ Hilton Garden Inn, Bangor
April 3 ~ Holiday Inn By the Bay, Portland
Click HERE to Register.

Webinar 5—February 6, 2024 ~ Slow, Flow Art: A Mindful Approach to Connecting Creativity, Gratitude, and Nature with Charlene Lutz
Webinar 6—February 13, 2024 ~ The Science of Reading and Its Implications for Early Elementary Students with Ann Ervin
Webinar 7—February 27, 2024 ~ Making the Move from Teacher to Leader with Alex Kajitani
Webinar 8—March 19, 2024 ~ Redefining Rigor with Depth of Knowledge with Erik Francis
Webinar 9—March 26, 2024 ~ Connecting the Dots to Nurture the Whole Teacher with Allyson Asprey

Click HERE to Register and for More Information.

MPA Winter Webinars
Sign up for one, or the remaining five!!
MCLA is excited to host a Spring Conference on April 8, 2024
From Obstacles to Opportunities: The Power of Learning!

The day will feature our keynote speaker Trevor Ragan, the founder of The Learner Lab. Come join us as we discuss three key areas as leaders: Why learning matters, Identifying the individual and group obstacles that can limit our learning & development and exploring the tools to help us overcome these obstacles. In the afternoon we will host a series of roundtable discussions focused on a variety of topics including MTSS, Literacy, Growth Mindset and more! The conference will be held in person on April 8th at the Hilton Garden Inn Freeport. Registration is available at this link [registration].

Click here to register

Roundtable topics:
- AI
- Literacy
- Growth Mindset
- Project-Based Learning
- MTSS
- ....and more!!

Keynote Speaker
TREVOR RAGAN

APRIL 8, 2024

Location:
Hilton Garden Inn
Freeport, Maine

Trevor is the founder of The Learner Lab designed to unpack and share the science of learning/development.
CALLING ALL POSITIVE STORIES!!

The MPA is continuing to spotlighting the AMAZ-ING things going on in Maine schools. If each of you have a fun, positive, or a “Kids are GREAT,” story to share – I’m putting these positive stories out on the MPA website and social media.

Feel free to share pictures that are okay to spotlight as well. Thank you in advance for bringing smiles and positivity to each other.

Please click on the link below to submit your Positive Story.

https://form.jotform.com/MainePrincipalsAssociation/calling-all-positive-stories

Volunteer of the Year ~ Dr. Phyllis Deringis Service to Maine Youth Award

Do you know an outstanding adult volunteer who is making a difference for students in your school, your district, or possibly beyond?

Each year the MPA honors up to two awardees with the Dr. Phyllis Deringis Service to Maine Youth Award at the Awards Banquet in the Spring.

Click HERE to nominate an outstanding adult volunteer.

SAVE THE DATE

Student Council State Wide Conference

“The Power of You: Motivation for Team Members”

May 17, 2024
Cost: $85/person
University of Maine, Orono

More information to come by March!

GET YOUR MPA SWAG!!

Click on link below for more details:

https://nwd.ink/s/mpa/mpa-merchandise/

Ware-Butler

FREE ESTIMATES | FREE DRAFTING | FREE DELIVERY

Click HERE for more information on Ware-Butler.
Resource for Maine Schools

Homeland Security Investigations (HSI) has a number of free resources for schools to help students navigate social media without falling prey to predators exploiting children online. Here is the link to the NetSmartz material which was developed by the National Center for Missing and Exploited Children: https://www.missingkids.org/netsmartz/home.
MPA Photo Album

Mentor Meeting
January 17, 2024
MPA Photo Album

ELF—Penobscot County

January 12, 2024
UNIFIED ACADEMICS AND ATHLETICS: BUILDING AN INCLUSIVE SCHOOL COMMUNITY

Morse High School
826 Shipbuilder Drive
Bath, ME

March 7, 2024
(Snow Day - March 14, 2024)
8:00 am - 2:30 pm
Stay for a Unified Basketball Game

One day conference for educators who want to bring the Unified Mission to their school community:
• Earn 5 CEUs
• Meet representatives from Special Olympics, Morse High School Unified Coordinators, Unified Content Teachers, Parents and Students
• Learn more about the Mentor and Mentee Model that brings students of all abilities together in an engaging academic setting
• Content Classes: Physical Education, Literacy, and Science
• Extra curricular: Basketball and Volleyball

CONTACT US  ileeman-hook@rsul.org

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