

Update: April 20 - 24



From the Head of School...

Dear Families,

We're going into six weeks of COVID-19 shutdown, and I am tired. No, I do not mean tired of mandated behaviors, although I am, I mean my mind is tired. Every night I fall into bed, my mind exhausted from the day's work. Why am I more tired than I was six weeks before? I believe it is because my brain is working harder; I am in a constant state of learning. Even the simplest task such as hosting a Zoom meeting requires new skills. How do I create and send an invitation? How do I mute the group? Or my latest challenge, how do I change the background so that I have the Hawaiiin ocean scene that Sarah Mariner and Pete Johnson had in my meeting on Friday?

And this is just the frivolous stuff. Here are the big questions: How do you host a virtual event such as a fundraiser or graduation? How do you continue with enrollment tasks? How do you fill out a SBA application? When is it safe to open the building? How do you assess students' learning? How do you keep a community's spirits up? The solutions to all these questions require a set of new skills that I am frantically trying to obtain. I would argue that my acquisition of new information is rivaling when I was in my peak learning phase from birth to age 5. The problem is that at that wee age, I was napping several times a day. Maybe that is it -- I need to nap more.

Before I head to my bedroom for a nap, let's review the research on the brain. Does learning really make you tired? Research says yes! To distill it down simply, when highly engaged, such as when learning new information or a new skill, your brain cells absorb extra oxygen and glucose from nearby capillaries. Scientists believe that when performing a difficult mental task you burn more glucose, which results in less glucose for the rest of the body, hence the feeling of exhaustion after a long day of thinking.

So it appears that in order to survive learning all these new skills, I have two choices -- take a nap or eat more sugar. Even though I highly approve of these two suggestions, I think a better solution is a little positive self talk. Yes, learning all these new skills is challenging but I am doing a good job. I am doing my best and that is all I can do. In fact, we're all doing the best we can in a difficult situation. We are all in this together and that makes all the difference.

Until next week,

Laurie

Laurie Hoefler
Head of School

Continue to send us pictures!

Do you have any photos of your student participating in distance learning? We would love to see them and share them with the community, with your permission of course. Please send pictures to jaho@pacificnorthern.org.

No School this Friday

Friday, April 24th

PNA will not be in session on Friday, April 24th. This day will provide teachers an opportunity to spend time preparing for the upcoming week's instruction and future end-of-the-year assessments.

Next School Year 2020-21 Calendar

In case you missed it last week, we have released the calendar for next school year so you can start planning. Please click [here](#) to view the school calendar for next year. Please note, there is a Preschool specific calendar to clarify when care is available during breaks and no school days for Preschool families.

The 2020-2021 school calendar may change as a result of the COVID-19 pandemic and state mandates. This is our planned calendar as of Monday, April 13, 2020.

Many Thanks To

John Hardwick and Ral West

As always, our continued success is shared with the people and companies that support us.



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