

Thinking Differently



... A head of school perspective

OCT 2025

ISSUE #2

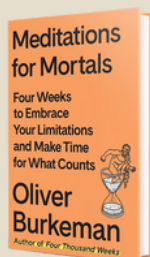
BIG SKY COMMUNITY
SCHOOL

HOW/WHAT WE EAT MAY HELP OUR SELF-MANAGEMENT SKILLS AND SOCIAL-EMOTIONAL LEARNING?

You are what you eat? I got caught thinking differently while listening to an episode of The Easy Feed about raising more aware youth when it comes to eating. Our son has never been a picky eater. We are blessed that he eats just about anything (except leftovers? I know, weird) but also has a sweet tooth (not sure where he gets that from..) and is a growing machine right now with hormones all over the place playing a role in his eating habits. Anyway, I started noticing, without judgment, what I was eating and what my students were bringing to lunch and snacks at school.

I began with a typical Google search and found this interesting. And as I began to dig deeper, that old adage of “you are what you eat” came into perspective. Trying to remain on task as the rabbit hole took hold of my searching skills, I brought my attention back to... well, attention! I realized that much of what we eat and how I eat lacks attention and often intention. I started to realize that often, I will finish eating and ask myself 10 minutes later, “Did I already eat?” YIKES! The awareness needle needs some readjustment. This led me to consider whether and how what we eat is related to, or a result of, or simply connected to our social-emotional learning. Which then led me to write this.... and the rabbit hole takes over into a technological black hole.. something similar to my eating habits.... trends?

WHAT I'M READING



Meditation for Mortals by Oliver Burkeman is a fantastic and helpful way to start your week or recap your week. It is a collection of brief chapters of advice collected by Burkeman in an easy, not too deep, BRO/BRAH language you can understand. Almost every chapter resonated with me and has been helping me navigate all this stuff. One of those is to keep next to your bed and pick up any chapter, and it should have a message if you listen.

WHAT I'M LISTENING TO



Mel Robbins Podcast. All episodes are riveting and in tune with what I'm trying to practice every day! It's sometimes scary when Mel and Dan (Harris) are inside my head. Or is it just that's what all of us are trying to do every day? Trying to figure it out, trying to find tools to help us regulate ourselves, and just trying to help ourselves see the world more clearly?

Dakota's Journey - It just feels like I am embedded in the world of flute ensembles as I work at my daily tasks, and the sounds of our ancestors speak to my deficiencies of self-doubt, self-judgment, and self-love.

THOUGHTS I'M EXPLORING

How do we balance “what *needs* to be done” and “what I *want* accomplished”? Maybe the difference is that my needs and wants are not aligned? Is it possible to find work that is fulfilling and purposeful, so that tasks are no longer considered “work”? Instead, work becomes something we embody every day in its truest form and fashion as pleasurable. I know when I stepped into this project, I “worked” harder than previous spots in education, but was less “stressed”, maybe because the work was enjoyable and in line with my passions or pursuits? Hmmm...

OTHER..

Some other things that are on my mind lately...

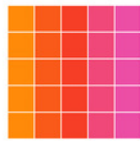
Reading... *The Way of the Five Elements*, as the seasons change, I can always feel it in my body and mind. This book puts some health and spiritual existence into these changes. Although I am not a physician, nor have I played on TV, I can say these practices have the potential to make us transition into seasons differently. I know my acupuncturist at Big Sky Natural Health often taps into these various channels as the seasons change. Here is the actual review... “The author journeys through the seasons of the year and the five elements that comprise the Chinese universe, examining the physical, emotional, and spiritual associations of the most beneficial acupoints associated with each element. Exploring the deeper meaning of the name, function, and healing use of each acupoint, he shows how to use the acupoint in real life, and explains its practical benefits for the reader, which vary from sharpening a sense of smell, avoiding jetlag, curing a headache, to improving a good sense of humour.”

Binge-watching... I haven't had the time lately (probably a good thing), but if I did, I've heard *Wednesday* is good and *Invasion* on Apple is pretty trippy . Anything related to the Addams Family is always interesting. Also, the Premier League soccer season has started, and the qualifying games for the World Cup next summer have started, as well as American Football (Go Birds!).

Phish/Dave Matthews/Grateful Dead on Sirius Radio... always a great listen while driving to Bozeman or elsewhere during the fall season. Reminds me of my youthful days, consumed with interesting decisions that I sometimes question today. No regrets.



before taking a break



after taking a break

@newhappyco



don't let one setback color your day



pause and feel it, then — keep going

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SOME GRAPHICS ABOUT LEARNING THIS MONTH WE BORROWED FROM STEPHANIE HARRISON



our lives are short



but they're long enough
to do a bit of good



and there are enough of us
to add up to a lot of good

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you don't have to follow the prescribed path



you can make a path that is uniquely your own

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UPCOMING AND EXCITING...

Friday Adventures and more (Subject to change and more info coming)

- 10/2- Explore Ousel Falls
- 10/3- Geology and Watercolors on Lone Peak
- 10/10- Bike ride -Uplands/Hummocks (AM) Ceramics (PM)
- 10/13- Observance of Indigenous Peoples' Day: NO SCHOOL
- 10/17- Heart of the Valley Volunteer and Pumpkin Harvesting
- 10/23- Open house for prospective students and families
- 10/24: School Pics at Hummocks Trailhead 10 am - Afternoon of Dia de los Muertos

Community School Pictures

- 10/24 (DATE CHANGE)- get your hair done, new school picture outfits dialed, or just show up as you are and meet at Hummocks Trailhead - 10am more details to come!

Words of the ~~week~~ month-YEAR

- **Accountable** - So easy to point the finger at someone else..How do I help hold myself responsible for my decisions?
- **Don't worry alone**- Ask your teacher, dean, Jeremy, classmates, even Savvy for help!

Curiosities that we continue to answer

- Where can we find balance in the "in-between moments," the small spaces?
- How do we help make the world better than we found it?
- When do we get the excavator out and dig deeper into our ideas?

Families- please consider bringing extra snacks or even a second lunch, these guys diminish their fuel quickly!



JEREMY
HEAD OF SCHOOL

"IF I WERE TO ASK YOU TO NAME WHAT YOU LOVE MOST IN LIFE, HOW LONG WOULD IT TAKE TO NAME YOURSELF?"- CHRISTOPHER CELESTE