Welcoming December with calm.
When do you experience overwhelm? There are times I feel really overwhelmed. It happens when my To Do list is long. I notice when I feel this overwhelm my mind is thinking about how I do not have enough time. However, through my daily practice, I am able to reflect on that idea that this is just a thought and not necessarily true.
Taking the time to sit quietly for at least ten minutes a day actually makes me feel like I have more time. I can recognize that those thoughts are not necessarily true. Close the lights, close the door, find a comfy place to sit and breath. Pay attention to your breath, allow the natural breath to happen and simply notice without judging. Allow yourself the gift of having enough time and letting go of the need to rush and the need to do.

Our RJ Circle schedule is in full swing.
Monday- 1st Grade Spellman weekly, Kindergarten every other week
Tuesday - 5th grade every other week
Wednesday- 2nd grade- weekly, 4th grade weekly
Friday- 3rd grade- weekly, 1st grade Haggerty weekly

I am meeting with all the children in the school through sitting circle and having restorative conversations. This month all staff will work together to begin to implement The 6 Steps of Restorative Conversations throughout Edgemont. I am also working on committee made up of 4th and 5th grade students that will facilitate these conversations with other students. If your child is interested in joining the committee for Restorative Conversations please let me know. Email me for more information please.

Restorative Justice (RJ) is an indigenous philosophy that emphasizes building relationships. If there is a need to repair harm caused by conflict and wrongdoing, restorative justice provides an opportunity for everyone impacted by an incident to come together in a safe space to address their feelings and needs, and reach a resolution that heals and restores relationships.