



Principal(ing) in Place Resources

Parenting Through a Pandemic with Kas Nelson

April 30, 2020 | Notes from Webinar and Chat

Remember: Our best is good enough! It is ok to not be perfect!

Struggle 1: Principal and Parent

- Setting boundaries
 - Know that it's ok to fold the parent lens into the Zoom meetings
 - Put your family first
 - Set office hours, communicate it
 - You don't have to be tethered to email and phones
 - Have an accountability partner
- Scheduling
 - Remember to extend grace to themselves
 - Scheduling the day, empowering older kids to do their own schedule
 - Set office hours as a principal-this is a must
 - Start your day an hour to two later
 - Follow your schedule
 - Kids creating schedules with alarms set and pictures
 - Be transparent with families
- Physical Space
 - Is your space helping you create that boundary between work and home?
 - Can you set your space up for some self-care things (yoga mat, bike, and walking)
 - Finding creative work space (outside, facing certain directions, quiet areas)
 - Walking around while on call, not always sharing video

Struggle 2: Or is it parent and principal

- Making time for your family that doesn't include school
- Family first, then principal
- Districts doing Fridays as self care/catch up day for families
- Tik Tok: No Rush Challenge

Struggle 3: Principal, parent, full time chef and housekeeper

- Housekeeping
 - Split it up with kids
 - Daily chore list so they are spread throughout the week
 - Give things up and delegate (at home and at school)
- Meals
 - Crockpot and Instapot meals



- Leftovers
- Older kids cooking and helping
- Using a basket to put the snacks in for the day
- Calendar with food and meals
- Blue Apron and meal kits
- Kids plan dinner each week/day, have them help
- Notes, Google Keep, iOS Notes App
- Food channel recipes
- Google notes
- Sunday food prepping
- Cooking with embedded learning (math, reading, science)
- Online ordering for groceries
- Old school notes

- Positives
 - Gift of time
 - Saving money to give to charity
 - Family game time
 - Self reflection
 - Home projects
 - Rearrange home
 - Sitting down at dinner
 - Painting and starting a book
 - Backyard improvement
 - Daily exercise (walking, yoga, running, biking)
 - Professional development
 - Watch the news in moderation