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