



## WASA News

October 2021



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*The WASA News is a monthly publication that provides key information to you in a concise, quick-read format. For those who want a bit more detail, links to additional information are embedded in the text of this publication. We hope you find WASA News to be an efficient way to keep abreast of new information, emerging issues, and timely resources. Be reminded that previous issues of the WASA News can be found on our [website](#).*

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*“Too often we look for strategies that will shift people out of negative emotion spaces, but that’s not always possible. During difficult times, sometimes we just need to be there for one another.”*  
– Dr. Mark Brackett

Dear WASA Members,

WASA’s Fall Conference last month featured Dr. Mark Brackett, Yale University, as one of the keynote presenters. Dr. Brackett spoke to us about the power of reflecting and then describing with specific words how we are feeling at a given moment. He maintains that describing our feelings helps us to know ourselves, communicate more clearly, and in time develop strategies for managing our feelings.

Brackett says, “labeling helps us in four main ways: (1) It organizes our experiences into categories. When we attach a word to a feeling, it can be compared to other feelings we have and other feelings others have. (2) It helps others to help us. When we have the right words to describe how we feel, we can tell the world what’s going on and how they can lean in. (3) It helps us to help others. When others can find the right words to describe how they feel, we are in a better place to support them. And finally, (4) It connects us to the world by giving us a story to tell. By naming our unpleasant emotions, we can commiserate and problem-solve with others. By putting words to our pleasant ones, we can spread the good stuff and celebrate together.”

Brackett’s **Mood Meter** can help us to think about the subtleties of our feelings. His book, *Permission to Feel*, offers new thinking for cultivating emotional intelligence to yield outcomes that help, rather than compromise the well-being of ourselves, our staff, and our students.

For most leaders, the natural tendency is to tamp down our feelings and emotions in order to sustain focus on the work and provide leadership during difficult times, emergency situations, or extended crises. I believe the pandemic, and the unending cascade of challenges it presents to leaders, requires a different way of thinking—about themselves and those who look to them for leadership. Dr. Brackett offers a different view worth consideration as you engage with and provide leadership for those in your school district community.

Kindest regards,

G. Joel Aune  
Executive Director

## UPCOMING EVENTS

- **Women in Leadership Complimentary Lunch and Learn—Real Women Fix Each Other's Crowns**  
November 3 | 12–1 p.m.  
Registration is now open!  
[Click here](#) to learn more information.

[Click here](#) to download the most recent version of the WASA event calendar.

## GUIDANCE FROM THE DEPARTMENT OF HEALTH

[Click here](#) to see the latest guidance from the Department of Health on October 4, 2021.

## CALL FOR CIVILITY

In case you missed it, WASA and WSSDA released a [statement](#) last week in response to increasingly hostile and aggressive public meetings, online discussions and in-person confrontations directed toward school board members and school district leaders.



There is still time to register to attend WASA's Instructional Leadership Network for the first statewide conference on Tuesday, October 12! Click the links for more [information](#) or to [register](#). Once registered, be sure to review your registration confirmation and your welcome email from Project Director, [Chris Beals](#).



## EQUITY INITIATIVE REGIONAL WORKSHOPS ARE FAST-APPROACHING!

Have you heard about WASA's Equity Initiative—Leading Deep for Equity? If not, you should check out this spotlight on the Regional Workshops! If you haven't [registered](#) to participate in the Regional Workshops yet, please do so now to reserve your spot. Move from talking about equity to implementing equity through organizational design with a systems approach.

## LEGISLATIVE CONFERENCE SURVEY

The 2022 WASA / WASBO / WSSDA Legislative Conference will occur on Sunday, January 30, 2022, with the Day on the Hill on January 31, 2022. Our Legislative Conference committee is beginning to solidify plans for this conference during an ever-changing pandemic! The committee is hoping to seek feedback from you regarding your desire to have this conference in-person in the South Puget Sound Community College auditorium (as has been done in past years), create a hybrid option or have a virtual conference (like was done last year). Please [click here](#) to participate in a short survey.

## RESOURCES

WASA has developed storehouses of resources related to the pandemic and equity. The following have been recently uploaded to our [website](#):

### COVID and Pandemic Resources

- [Education Week Articles on Supporting Teachers and Students](#) (Ed Week)
- [Infobrief: Mask-Wearing and Mental Health](#) (Hanover Research)

## CELEBRATING PRINCIPALS

Principals have always been essential to creating great schools for kids. During the past 18 months they have been managing and leading to ensure students get the best their staff have to offer. October is *National Principals Month*, and this year more than ever they should be recognized for their extraordinary efforts. Check out the great tools and resources on the [National Principals Month](#) webpage.



CELEBRATING WASA at 50

- **Best Practices for Instructional and SEL Recovery** (Hanover Research)

Equity:

- Leading Conversations
  - **FAQ on Critical Race Theory** (California School Board Association)
  - **Truth in Our Classrooms Bridges Divides: A Messaging Guide** (Partnership for the Future of Learning)
- Other Resources
  - **Stories of Culturally Responsive Education** (CRE HUB)
  - **November is Native American Heritage Month**

Other

- **A Culture of Care: How Schools Can Alleviate Educator Stress This Year** (Ed Week)
- **State Assessments Communications Toolkit—Fall 2021** (Ready WA)



**CCDEI + STANDARDS FEEDBACK SURVEY**

HB 5044 requires PESB **to review** and revise Washington's current educator standards, and ensure the alignment of those standards with cultural competency, diversity, equity, and inclusion (CCDEI) practices. PESB has published an online survey, to hear your feedback and insight on the first draft of the revised standards. The survey should take about 7-15 minutes. Your responses will be presented anonymously and in aggregate. The survey needs to be completed by October 27, 2021. **Take the survey.**

**Did you know?**

In 1981 the Association of Washington School Principals (AWSP) was invited to join WASA for the first annual Joint Summer Conference. This began what is now a forty-year tradition: The WASA / AWSP Summer Conference.



WASA / AWSP Summer Conference 1988 advertisement.



## SPONSOR SPOTLIGHT!

This month's Sponsor Spotlight features WASA's Diamond-level sponsors—Pearson and Right At School. We are grateful for their unwavering support of our members and programs! Click their links to learn more about them.

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Contact: [Jeff Lancial](#)



[Before and After School Enrichment](#) | Right At School

Contact: [Cindy Lawson](#)

## AASA CORNER

- [AASA National Conference on Education](#) February 17–19, 2021. Registration is [open](#).



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