

December 4, 2020

Hello AMS Friends and Families,

As we close out another week and prepare for potentially the first snowfall of the season, in an eerily quiet building, our closing thought this week is that we are missing the in person energy of our students. The (mask muffled) laughter in the hallways, echoing sounds of desk shields moving from classroom to classroom, the dull roar of the cafeteria, the exhaust of the buses and cars at arrival and dismissal- we miss all of it. With that said, we are hopeful that this period of remote learning will allow for our community to take the proper precautions to ensure that our students are back, in person, in just five more school days.

Also, this is the time of year when our monkey brain takes over. We swing from thought to thought, trying not to miss a branch and make it all seem graceful and easy. "Did I submit that report.." "I still have to call back..." "Should I buy that for..." "Are we going back to school in a week or..." "Why am I eating this..." If you can think it, well, it will come. The problem with our monkey brain is that it never stops. So, we have to stop it consciously.

This time of year is stressful enough. Throw a global pandemic and a shift in how we live our lives we are swinging from branch to branch all day. The next time you feel this happening, tell yourself to shut up! Really, you have to put that monkey in check.

Do what you need to stay present. Listen to music, force yourself to watch the world around you and if needed ramble off what you see. You have to consciously make yourself present and live in the moment, if not, it will disappear. You can't change the past, predict the future, and control everything. So, let go a little this weekend. Find and do what helps you be present, and enjoy a little time of peace in this crazy world.

Our new item update is relatively short this week:

1. AMS Art Gallery
2. Principal's Advisory Council

As always, if we can be of any assistance, please reach out at any time.

Stay well,

Dave Kimball
Dave Kimball
Principal

Kristina Wallace
Kristina Wallace
Assistant Principal

Schedule for the week:

| 7- A Day | 8- B Day | 9- B Day | 10 - A Day | 11- B Day |
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New Items:

Art: Take a look at what our students are working on in their art classes: [AMS Art Gallery 9-11/20](#)

Principal's Advisory Council: Our next Principal's Advisory Council meeting for students to chat with us is on Tuesday, 12/8, at 4pm. Students can join via the google meet link in the Principal's Advisory Council google classroom.