

A chairde,

The expectations others have of us, or even those expectations we have of ourselves, may be realistic or unrealistic. However, much of what upsets us is outside of our control. Losing control can feel uncomfortable at times, yet holding onto a sense of failure and unrealistic expectation can be damaging to our health and wellbeing. If you have tried your best to resolve a difficult situation and cannot do anything else, can you acknowledge your best efforts? Can you acknowledge that it is outside of your control? Consider to whom you need to communicate this and how.

Is sinne le meas,

Leadership Support Team.

### **BoM**

- Have arrangements been put in place in consultation with the Chairperson for a meeting of the BoM?
- Has an agenda been agreed?
- How will this be communicated?

If any issues arise in relation to the BoM, the Patron should be consulted.

### **Administration**

- With the onset of more adverse weather conditions, if de-icing products have not been purchased, you might delegate this task to the Secretary or Caretaker.
- Ensure that you have sufficient units for TextaParent to cover any emergency communications to parents such as closures to bad weather conditions, changes to timetable, cancelled events, etc.
- Remind parents to ensure that all contact details are correct and current, particularly mobile phone numbers.

### **Staff communications**

- Remind all teaching staff who are due to renew their registration at this time that they should do so immediately via the Teaching Council online portal.
- If a Staff Leave Policy has either been developed or reviewed and subsequently approved by the BoM, ensure that it is circulated to all staff including those on leave.
- Collect Cúntais Mhíosúil for November
- Continue preparations for newsletter/pre-Christmas communication to parents.
- Circulate details of preparations for pre-Christmas events to staff. Ask for help in the planning and delivery of these activities.

**Time to Think** – an essential priority for every school leader.

"It's your own expectations that hurt you. Not the world you live in. Whatever happens in the world is real. What you think should happen is unreal. So, people are hurt by their expectations. You know you're not disappointed by the world, you are disappointed by your own projections." -

Jacque Fresco