

Ask Dr. Jim...

Halloween is upon us, Christmas is fast approaching. Education now comes in many forms but the basics regarding healthy teaching and learning remain the same. Following a plan or curriculum, knowing our students/children and where they are at in various subjects and ensuring that learning is presented in a meaningful way (for the student!) remain important steps that must be followed.

Helping students also become healthy citizens of the world remains an important task as well. Social interactions between students and with adults provides our children with opportunities to value others, believe in equality and practice empathy as we all live in this world together.

I would challenge parents and children alike to take some planned time each week to consider ways in which we can contribute in some small way to the betterment of our fellow students and neighbors. I say planned in that our busy lives mean we all-to-often get caught up in simply working at survival and can lose sight of the bigger picture. For me, the bigger picture is simply trying to have a positive influence on others around us so that we leave the world a better place when our time comes to undertake the next adventure.

I pet the neighbor's dog when I head out the door, smile and say "Hello" to others around me, plan something meaningful to further one of my own children's experiences in the world, try hard to say "Yes" and not "No", listen before I speak, see value in what others think including children, remember Mr. Roger's teachings and say "Thank you" many times each day.

I recognize anger as often being fear, know that when the going gets tough, the rewards are often more meaningful than with easy things and yet can marvel at the simple things such as a snowfall or a leaf changing color. Nature always leaves me in awe.

As you live life, keep your head up, rely on your belief system and take time to plan how you contribute to our world.

Dr. Jim