

From the Desk of Phoebe Lewis

Friday, April 24th, 2020



Dinner Conversation

[Do You Know What Your Student-Athletes Need from You Now?](#) By Tim Elmore

I spoke to a couple of NCAA Division One coaches by phone last week. Both were holding up OK but were inquiring about how to manage their current reality as both student-athletes and coaches are separated, routines are upset, and so many are anxious.

- Recruiting looks different.
- Strength and conditioning looks different.
- Team discussions look different.

Today's student-athletes are from Generation Z, a population of students that only remember the 21st century. They learn about September 11, 2001 as a piece of history. They've grown up with smartphones, regardless of their family income level. They struggle more with mental health issues than any generation in American history. And they are different than you and me.

Especially in this different time, we have to lead them differently.

The One Step That Will Help You Most

The most commonly asked question I hear from coaches is this: *How do I stay connected with my team while we're not together, and how do we get results when we can't do our normal routines? I feel this is a huge disadvantage for us right now.*

I recommend you take an apparent disadvantage and transform it into an advantage, but here is what you need to know:

Generation Z longs for relationships.

What if you pushed "pause" on the X's and O's and focused on the people you coach? Yes, people.

They have fears, uncertainties, hopes, and struggles they'd love to express if they had the chance. I've spoken to student-athletes last season, and they told me so. Here are some quick axioms we do well to recognize in Generation Z athletes:

1. We must focus on relationships, not results at this particular time. We must prioritize team members as people, not players. They long to make emotional connections with us
2. We must think "context" not "control." We must get comfortable with many things being out of our control. What our students need from us to put things in context.
3. We must find a balance between refusing to surrender our goals, and acknowledging we are in a "new normal" for a season. Balance your craft, your family, your goals, and your team.

If coaches will make such connections, players usually reciprocate with commitment.

Now is your best opportunity to earn your right to challenge them through getting better acquainted with them as humans. Find ways to get on a Google Hangout, a Zoom Call or just a phone call, and talk about how they're doing: their dreams, their worries, their struggles.

Begin investing in them without thinking about what they can do for you. I've found when I do this, I win them at the heart level and elicit ownership and commitment without asking.

What My Leader Did for Me...and What It Did to Me

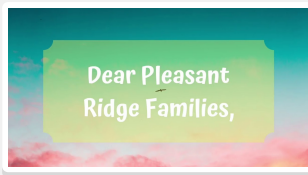
Almost 20 years ago, I traveled to India with John C. Maxwell. I was his Vice President of Leadership Development and was accompanying him as he did several leadership conferences over the course of a week. While I did some speaking, Dr. Maxwell was the "main event," and I was helping to coordinate the details.

Before we left, my wife Pam sent John a message, reminding him that I was a Type One Diabetic and that she'd appreciate him helping me keep an eye on my blood sugar in case it dropped. John acknowledged her note, and we promptly took off for India.

I will never forget what John did, following one especially crowded event. Attendees were swarming him for photographs and autographs. He could hardly walk forward, as hundreds stopped him for a picture or a conversation. John, however, had something on his mind. He pushed past the crowd and made his way over to me, as I gathered our belongings in the front row of the auditorium. When he reached me, sweating from the hot day, he asked, "How are your blood sugar levels? Do you need anything?"

My leader—my coach—was tending to me, with no thought of what I could do for him at that moment. In doing so, he elicited amazing loyalty from me. I would do almost anything for him. Why? Because the relationship was prioritized over results. When we lead this way, the results almost always take care of themselves.

Positive Messages from Students and Staff from PRMS



[SOS - I'll be there for you....](#)

drive.google.com

Quarantine Question

This week we asked you to write a letter or send a card to any hospital or staff member working within a hospital....these are your remarkable words and pictures of your cards

Dear Hospital employees, thank you so much for trying your best to save people. You are true heroes! I hope you all stay safe and continue to save lives!

I wanted to write to all the children at Children's Mercy Hospital South in Overland Park. The children there don't get as many visitors during time, so I want to write this letter to let them know that we are thinking about them. We hope they are staying safe and keep a positive attitude in during this. We love them and we are all in this together.

Dear ER doctors at KU Medical Center, Thank you so much for all the work that you are doing right now. Every day you risk your lives at work to help other people. Thank you!

Children's Mercy Hospital South Attn: Custodial and Cafeteria Staff - Hi! I just wanted to say, thanks for all the work you do during these hard times! A lot of the times, custodial work and cafeteria work goes unnoticed, but I wanted to let you know I appreciate everything you're doing for the hospital!

Dear staff at the children's mercy hospital, I want to thank you for working so hard and for helping kids. My sister was at your hospital before and thank you for helping her. Thank you!

Hi!! Thanks for helping out people, and still doing you're difficult job despite of how hard and long the work days may be. I am grateful that we have such great Doctors, and Nurses!!

Hello. For the past few weeks, everyone I know has been in quarantine due to a virus that hasn't really effect my life much (yet). And from a day to day basis, I couldn't care less about the virus. However, that doesn't mean I don't understand the importance of the virus. Seeing how infectious the virus is (and how much people like to go outside), it is important to stop the virus as quickly as possible in order to stop people from spreading/dying from the disease. And while normally, 80% of people recover from the virus, there will always be that 20% who will never get to see their families or loved ones. It's people like you that allow everyone else to be able to live better lives, and even if I'm a lazy who doesn't do much of anything every day, I appreciate all of the work and effort you put into helping others to recover. Thank you

Dear University of Kansas Medical Center worker - I know it is a tough time and it is probably the world's biggest issue right now. You're risking getting the virus instead of being safe at home to help others who may have gotten sick in these times. I thank you from the dearest of my heart.

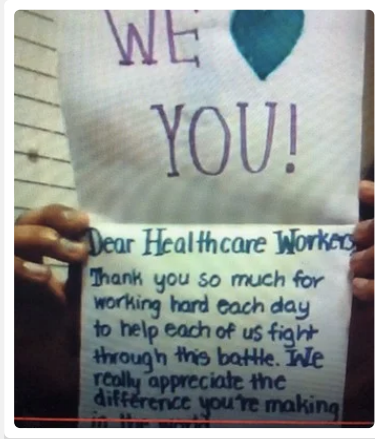
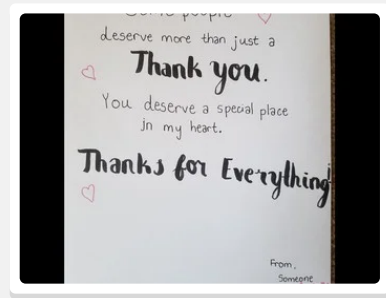
Dear Brave Worker, I want to thank you for helping people through these times and risking yourself to get this corona just to help others. May God bless you for what you have done.

"God can not be everywhere so he sent doctors with excellence and selflessness." If you were not meant to be here you would not be here but you are. Because of you people are getting their spouse

back, their kid back, their parent back. Thank you.

I would choose the custodians at children's mercy south hospital because personally, I think that in retrospect, custodians are a little overlooked and they do a lot of very important work, especially now. Another reason is that without the place being clean, it can look gloomy, which is not good for a kid.

Dear front line doctors and nurses, We all thank you dearly for all of the sacrifices that you make for the treatment and healing of infected people. Your bravery is greatly admired and we are very grateful for everything you have done. Everyone is praying and hoping for your safety in the front lines of this pandemic. Thank you all so much.



University of Kansas Medical Center

Address
3901 Rainbow Blvd Kansas City, KS 66160

Dear ER doctors,

My name is Ethan Jacob, and I just wanted to thank you all for risking your own lives to save and help other lives survive through this difficult and hard time of COVID-19. I also want you all to know that I hope you ER doctors stay safe during the coronavirus, because you all are important to everyone in this world. All of us people thank you for your work, and we all hope for your safety. You will all be part of everyone's heart in Kansas.

Sincerely, Ethan Jacob

Tech Tip



[What is a Fake In...](https://nam04.safelinks.protection.outlook.com)

Students get a second Instagram account called Finstagram along with their real Instagrams (Rinstagrams), to post silly pictures or videos.

Middle School Refunds

Since Governor Kelly announced the closure of Kansas school buildings for the 2019-20 school year, we have been focused on the health and safety of staff, grab-and-go meals for students and our Continuous Learning Plan. Thank you for giving us time and grace to attend to those immediate needs.

Now is the time to turn our attention to fees that were not fully utilized during the 2019-20 school year. A team of district administrators has been working behind-the-scenes to develop a refund process that includes credits to student food service accounts.

Middle School Refunds/Credits

- **Transportation:** Blue Valley Schools is working with Durham School Services to manage prorated refunds for bus rider fees. Stay tuned for more information coming your way soon.
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- **Only for Seventh and Eighth Grade: Fourth Quarter Course Fees:** Fourth quarter course fees will be first applied to any unpaid district fees then the balance transferred to the student's food service account. This would only be ELECTIVE fees for courses for art, pre eng, and FACS. It would be typically around 10.00-12.00 per course.
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- **Trips:** This is for the St. Louis trip for the musical department. You will be receiving a separate email from your child's instructor asking if you would like a full refund or to donate the full amount back to your child's musical department to purchase items for the classroom. It is completely your choice. The refund would be dependent on if you paid a partial payment, a chaperone fee or the full payment for your child. Refunds will be made by check and mailed to your home. Please be patient with our refund time frame due to our bookkeeper having to manually process this information. If you need this as soon as possible, please email Phoebe Lewis, and we will move you to the top of the list.
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- **Relocating?** Please email [Food Services](mailto:Food_Services@bluevalleyk12.org) at mdhollenbeck@bluevalleyk12.org if you are moving and need to request a food service account refund.

We thank you for your patience as our team processes these refunds and credits over the coming weeks.

Live Zoom Lessons

Parents, please remind your child if they attend the live zoom teaching session that will be their work for the day. If they cannot join, they will have an alternate teaching lesson they can accomplish at any time of the day. The link will be placed on their announcement page of the course.

Next Week

Band-7th Grade

Spanish - 7th

PE-7 grade

Computer-6th and student innovation

Theatre-6 and 8

Shatzer: Might do 6th grade

Art 8 grade

6th grade ELA (Wed/Thur)

7th Grade: Science: (Mon/Tues)

8th Grade SS: (Wed/Thur)

Registration dates set for 2020-21 school year

Mark your calendar! Registration for the 2020-21 school year will open on May 13. Please note this date is later than usual to give staff and families time to prepare during these extenuating circumstances.

- **Returning student registration for the 2020-21 school year:** Registration for returning early childhood and K-8 students opens on May 13, 2020. High school registration opens July 8, 2020. ParentVUE login and password are required.
- **Fee payments for the 2020-21 school year:** Fee payments for early childhood and K-8 families open on May 13, 2020. High school fee payments open on July 8, 2020. To provide needed flexibility for families with changing financial situations, fee payment will be open through July 30.

Registration is required every year to review/update information about your child(ren) including phone, email, emergency contacts, health data, etc. By completing your registration, you confirm that your child(ren) will return to school in August.



Welcome Sullivan Krouse

Congratulations Casey on your beautiful bundle of joy!!!

From Nurse Bonnie

Hi 6th Grade Parents!

In the next few weeks many of you will receive a letter about immunizations your 6th grader may be missing. Doctors are not doing well child visits at this time but I still wanted to remind you that vaccinations will be needed when things open up. If you have a patient portal, you can check to see if your student already has these shots- just email them to me, please!

Stay safe, I miss you all!

From the PTO

WE NEED YOU!!

We're looking for members of our community to serve next year's PTO in a variety of ways: as a member of our Executive Board, as a Committee Chair, or as a Committee member.

Open Positions for 2020-2021

PTO Executive Board (2 yr term).

President Elect

VP of Fundraising

Committees in need of a Chairperson

Or grab a friend and co-chair the event!

Trivia Night

Activity Night
Box Tops
Restaurant Nights
6th Grade Social
7th Grade Social

SCHOOL SUPPLIES FOR THE 2020-2021 SCHOOL YEAR ARE ON SALE NOW!

This year they've been upgraded to include QUALITY, name brand products like Crayola, Scotch Tape, 3M Post-It's, and Sharpie!

We know the end of the school year is looking a little different this year, but it's time to start thinking ahead to the 2020-2021 School Year! School supplies for next year can now be ordered at www.pleasantridgepto.com. Save yourself time, and the hassle of running from store to store trying to find what you need! **Deadline to order is June 10th**, and pre-purchased kits will be ready for pickup at Roundup at the Ridge.

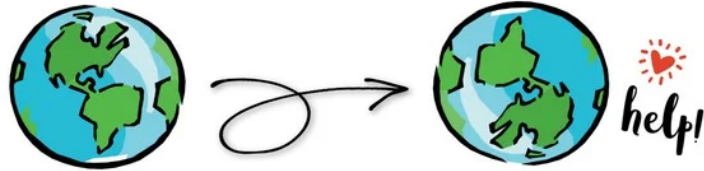
While ordering supplies, you can also [Power Up the Ridge](#) and become a [PTO Member](#) for the 2020-21 school year.

Want to order school supplies for an **incoming 6th Grader**? Get connected with the PTO? The best way to be in the know, make purchases, and volunteer is to create a free account on www.pleasantridgepto.com. Already registered on our PRM PTO website, but need to add another student? Follow the steps below:

1. Click Login/Register
2. Sign in.
3. Click "My Account".
4. Click on Family Information. On the 2nd page, click 'I have another student'. **Remember to use their current 2019-20 grade.**

Please contact April Kempton at april_kempton@hotmail.com with any questions.

Live Zoom for Mental Health



We are here to help!

The COVID-19 pandemic has turned our world upside down. There's a lot of change and uncertainty surrounding our mental and physical health, our parenting, & our daily life. Building rhythm and resilience can help us cope now and moving forward.

Join us LIVE on Zoom
Wednesdays from 7pm-7:45pm
(30 minute interactive presentations followed by Q&A)

- **4/29** Dr. Michelle Robin from Your Wellness Connection: motivation, health and wellbeing
- **5/6** Kirk Martin from Celebrate Calm: staying calm when strong-willed kids & teens are struggling
- **5/13** Bren Tally, marriage & family therapist: processing grief & loss when everything is cancelled
- **5/20** Julie Gettings, clinical social worker: helping our younger kids cope and connect through play



Register here: bit.ly/2Sezs07
Zoom link will be emailed to you!
Open to the community



Counselors Corner



A grey rectangular box containing a document thumbnail on the left, the text 'PRMS staff office hours' in the center, and a 'docs.google.com' link on the right.

Tech Problems?

During our BV's Continuous Learning Plan some students may experience technology issues. If your student has issues, please work with our BVCare services to get them resolved. Instructions on how to access BVCare can be found at the link below.

<https://docs.google.com/document/d/1NqxKLVI-VqtASIPmL73aq4743jsFFGpcDoVzia8b8hQ/edit?usp=sharing>

Communication

Please follow our Pleasant Ridge PTO Website:
www.pleasantridgepto.com

Facebook for PTO:

Pleasant Ridge Middle School PTO

Facebook for PRMS

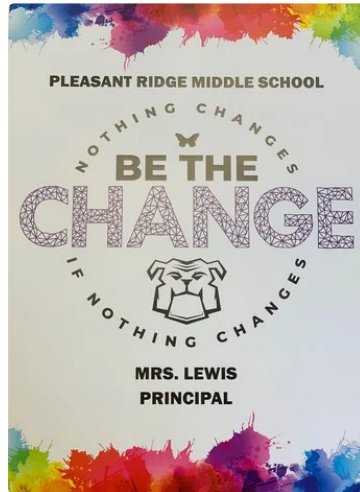
facebook.com/prmsbulldogs

Twitter for PRMS

@PleasantRidgeMS

PRMS Website:

<https://district.bluevalleyk12.org/schools/Middle/PRM/Pages/home.aspx>



Pleasant Ridge Middle School

 Facebook

 @PleasantRidgeMS


Mission:


As a team, we will create a respectful, student-centered, and learning focused environment.


Vision:

Relentless pursuit of each student's success

 9000 West 165th Street, Overla...

 plewis@bluevalleyk12.org

 913-239-5700

 district.bluevalleyk12.org/scho...