



ASSOCIATION OF WASHINGTON STUDENT LEADERS

A division of the Association of Washington School Principals

Thoughts from James | April 27, 2020

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A simple message from a colleague and friend Jack Arend this weekend lifted my spirits in an incredible way. Just a “checking in” and “seeing how you are doing” message was simplistically poignant and needed for me, as after last week I was feeling quite zoomed-out.

In these times of uncertainty, and in times where often we are unsure what we are ‘supposed’ to feel or moreover ‘supposed’ to do to support one another, this simple message from Jack reminded of an important reminder – “start small.”

So much of what is going on we cannot control, and certainly many of our feelings run the gamut – but through all of this, we can start small. A simple message of support. A simple message of checking-in, a simple kind word, sentiment, meme, joke, etc can so all of us a world of good to remind us that we are not alone in this.

Often times we go the route of “big” and “monumental” when we process what we ‘should’ be doing I’m a believer that often times the smallest of actions create much-needed ripples of light in world that can feel dark at times.



Thank you Jack for reminding me to start small, and beautifully illustrating the power of reaching out.