

## **Stress, Drama, and the Mess of Life**

Building a culture of safety that has minimal stress is no joke especially in the midst of so much uncertainty in our nation today. From the novel coronavirus and the social unrest in regards to equality and race to the very dicey political climate we are now facing, having a stress-free, drama-free school environment is more important than ever. As I was reading in the educational periodical *Educational Leadership* how to create a trauma-sensitive school, I was reminded that

how it is done at all times. It is common language and a relentless attitude towards success no matter what.

As the educators at Kennedy Middle School continue to strive for excellence, it is my hope that each student is able to learn from his/her experiences through positive classroom interactions and a rigorous academic curriculum; thrive as a young person who is discovering what it means to slowly be an adult; and to socially interact with adults and peers that provide positivity to their day. Welcome to Kennedy Middle School! Welcome to our nest!

Souers, K. & Hall, P. (2020). *Trauma is a word not a sentence*. Educational Leadership 78(2) pp. 34-39.

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