

With so much uncertainty surrounding the public education system, and with COVID-19 still very much present, it's important to focus on what you and your colleagues can do to best prepare for the 2020-2021 school year. Here are a few guiding thoughts I have which might help you start strong and remain well during the upcoming year.

Stay connected

There hasn't been a more important time than now to stay connected with colleagues and professional peers. With so many situations that are bound to be fluid from school-to-school and community-to-community, it's important to be kept up-to-date and feel you are on the same page. By staying connected, we reduce our uncertainty, better manage our anxiety and are better prepared to address emerging issues and themes. Make a point of establishing communication 'trees' within your school or district, and reach out to your local PVP colleagues to address common systemic challenges or concerns. Try to create consistent 'check-in' days and times to maintain some rigor to your connections. By creating regular check-ins, we can generate a sense of commonality and camaraderie that can go a long way to staving off isolation, misconceptions and unhealthy assumptions.

Maintain vigilance around your health

Many of us take advantage of the Summer to re-establish healthier personal self-care behaviours, and to focus on our well-being. It's no surprise that many are very successful in gaining greater health outcomes given how much flexibility we have over the Summer in focusing on ourselves with far fewer demands and expectations. The trick is to carry that momentum into the Fall and establish self-care plans that are sustainable and realistic. By taking time to identify what activities and behaviours provide the best value, and those you can realistically be consistent with through the Fall, you are more likely to be successful in maintaining the health gains and behaviours you've developed over the Summer. Reach out to the [EIP Program](#) should you need a hand in prioritizing and establishing your 'plan.'

Wishing you a great start-up to
2020-2021 and healthy school year.

Be well.

Jack

Back To School Readiness

Stay in front of your wellness

Maintaining professional connections and attending to your customized wellness plan at start-up provides many administrators with the means to start the year off on the right foot. Yet we all know that the best-laid plans are sometimes not enough to protect us from professional health and safety challenges. If there is one thing I have learned over the years it's that getting in front of emerging health and wellness concerns is paramount. Should you find yourself starting to worry about your health and emotional well-being, reach out. Whether it is communicating with your GP, following up with a counsellor, connecting with a BCPVPA representative or accessing the [BCPVPA EIP Program](#), make a point of connecting with someone who can help you. Many issues and challenges are far more easily dealt with, and worked through, earlier in the process.

by Jack MacNeill
humanworks

Jack MacNeill is a registered clinical counselor and organizational counselor who has worked in the education sector, specifically with teachers and school leaders, for more than 25 years. He is the founder and president of humanworks consulting group inc

YOU GOT THIS