



B.C. Principals' & Vice-Principals' Association

MEMBER UPDATE

ReFresh

Wednesday June 23, 2021



Shake it Off!

You made it!

This has been a tough and uncertain year where — consciously or subconsciously — your nervous system has been on a constant alert of threat. We have been experiencing a lack of connection and a sense of grieving during the pandemic, and each of us feels that impact differently. You've been the calm in the storm for your students, parents, and staff. And – in addition to the pandemic – 'regular' life events and situations have continued to require the energy and resilience of our brains and bodies.

When the school doors close this week, this doesn't mean that your nervous system will immediately calm and return to a safe and resting state. This will take a conscious effort on your part to be intentional in your activities and to find ways to soothe both your mind and your body, offering relief from the experience of this hard year.

Dan Kenkel (SD #57) wrote a [fantastic article](#) in the June issue of *Principled* that talks about just this, so I will not repeat the advice here. What I do want to share from his article is the fascinating fact that when a deer has escaped from danger and is now safe, it will shake violently to release the built-up stress. This returns the deer to homeostasis. As humans, we do not have this trait, nor do we regularly practice releasing our cortisol build-up throughout the day. Yet, heed this warning: if you do not 'shake it off' over the Summer, with however you approach releasing and returning your mind and body to

balance, the Fall will be very tiring, and your health will suffer. Use the Summer wisely, be kind to yourself, find ways to just *be* and don't always have to *do*!

Ok, enough of the lecture.

We are amazed and inspired by you, your dedication, and your fortitude this year. So, to you we dedicate this song: ***Shake it Off***

Can you hear the Taylor Swift song in your head? ([Click here if you don't know the song!](#))

Except, let's tweak the lyrics.... [follow along – and sing along! – in this video](#) with my son, Kalen, and a special guest

I worked 'til really late,
Nothing left up in my brain,
And that's not just today, mm, mm
No, not just for today, mm, mm

There's so much on my plate
Need more hours in the day
At least July is on its way, mm, mm
July is on its way, mm, mm
But I keep cruising
Can't stop, won't stop proving
It's like I have this passion
In my mind saying
We do it for the kids

Cause it's just been bomb, bomb, bomb, bomb,
Keeping everybody calm, calm, calm, calm, calm
Baby, I'm just gonna shake, shake, shake, shake, shake
I shake it off, I shake it off (Whoo-hoo-hoo)

The media's gonna speak, speak, speak, speak, speak,
And the parents gonna peak, peak, peak, peak, peak
Baby, I'm just gonna shake, shake, shake, shake, shake
I shake it off, I shake it off (Whoo-hoo-hoo)
I can not miss a beat
Nothing knocks me off my feet
Solving problems all day long, mm, mm
Teaching when staff are gone, mm, mm

I'm feel I'm on my own (weekend plans are blown)
More exposures, oh no (Get the wipes, away I go)
And that's what no one knows, mm, mm
That's what no one knows, mm, mm
But I keep cruising
Can't stop, won't stop proving
It's like I have this passion
In my mind saying
Students are best in school

And the staff is so tired, tired, tired, tired, tired
And I'm really wired, wired, wired, wired, wired
Baby, I'm just gonna shake, shake, shake, shake, shake
I shake it off, I shake it off (Whoo-hoo-hoo)
Cause the districts' gonna ask, ask, ask, ask, ask
I'll just smile and wear my mask, mask, mask, mask, mask
Baby, I'm just gonna shake, shake, shake, shake, shake
I shake it off, I shake it off (Whoo-hoo-hoo)
Shake it off, I shake it off
I, I, I shake it off, I shake it off
I, I, I shake it off, I shake it off
I, I, I shake it off, I shake it off (Whoo-hoo-hoo)
Hey, hey, hey
Just think, while we've been there for staff and students
While the rest of Canada was learning online,
We absolutely go down
As the best Admin EVER!

Min of Ed pushed the FS4 ahead
We're like, "Oh my word!"
I'm just gonna shake
And to the Super over there dodging pressures from the Chair
Won't you come on over here?
We can shake, shake, shake (Yeah)
Yeah, oh
'Cause the Summer's coming fast, fast, fast, fast, fast
Hey, what's that in my glass, glass, glass, (Admin are full of class)
Baby, I'm just gonna shake, shake, shake, shake, shake
I shake it off, I shake it off (Whoo-hoo-hoo)
We made it don't you know, know, know, know, know
Take the summer really slow, slow, slow, slow (ReFresh as you go)

Baby, I'm just gonna shake, shake, shake, shake, shake

I shake it off, I shake it off (Whoo-hoo-hoo)

Shake it off, I shake it off

I, I, I shake it off, I shake it off

I, I, I shake it off, I shake it off

I, I, I shake it off, I shake it off (Whoo-hoo-hoo)

Repeat 😊

The BCPVPA would like to thank Rochelle Morandini, our Director of Member Health and Well-Being, for the thoughtful, informative, and fun ReFresh columns that she has contributed all year. ReFresh will resume again this Fall.