

## Superintendent's Message April 1<sup>st</sup>, 2009

We live in a fast-paced world. Between meetings and deadlines, soccer games and piano practice, and all the other hundreds of things that take up our time, it is natural to allow the busyness of day to day life to take over. Every now and then life hands us a reminder of how important it is to step back from our schedules and take a moment to appreciate the people in our lives that make it worthwhile.

Recently, the Moreland school district suffered a great loss to our staff. Cleo Osborn, our Program Director for the Preschool and Extended Day Programs, died very unexpectedly on March 8, 2009. The loss has been deeply felt within the Moreland Family, which Cleo had been a part of for over 17 collective years. Cleo touched every corner of our school district, and made it a better, happier place to be. She was a vibrant part of our community, and will be deeply missed.

With this sad passing, I've had a chance to reflect on the shifting nature of life. Our lives are not meant to be constant; our circumstances are continually changing. It's easy to look back and be so caught up in the way things were that we can miss the beauty that today has for us. It is right to grieve and to celebrate the past, but unless we want today to become a yesterday with regrets attached, we must be fully present in everything that today has to offer. Tell the people who are near and dear to you how special they are. Take five minutes to appreciate the sunset and take a deep, uninterrupted breath. Make that coffee date you've been putting off. Don't miss an opportunity to read your child a bedtime story, or to tell them that you are proud of them. Random Acts of Kindness Week was celebrated in February, but I encourage you not to wait for a special week once a year to choose to act out in kindness. You could potentially make a great difference in another person's life. One of my favorite suggestions from The Random Acts of Kindness Foundation ([www.actsofkindness.org](http://www.actsofkindness.org)) is "for one week, act on every single thought of generosity that arises spontaneously in your heart, and notice what happens as a consequence."

I hope that we can all learn to celebrate what needs to be celebrated, grieve what needs to be grieved, and then be fully able to live in the joy that is here, now, today.

Sincerely,

Glen Ishiwata, Superintendent