



North American International School

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NAIS DIRECTOR DIARIES

ENTRY #1: R&R

As we attempt to navigate this confusing, unsettling, time in our lives, a time that will never be forgotten, a time that changed the world as we know it, I thought I would start the “NAIS Director Diaries”. I am initially planning one entry for each week we are away from school, for each week we are locked down, for each week we are confined to the boundaries of our home, for each week we are kept from our ‘previous normal’ although I feel the ‘new-normal’ will look slightly different after this.

Entry 1 – R&R.

Reflect and Refocus. We have been given the gift of “time.”

With 2 young children at home I realize that there are a LOT of hours in a day. With time we are able to, in fact we are forced to, reflect. **Reflect** on what has happened, reflect on what has been accomplished and how, reflect on errors made and the consequences thereof, and reflect on decisions. Reflection is the key to learning, the key to improvement, the key to progress. Let us all take the time to reflect on our lives, take this time to learn, to improve. Reflection allows us to **refocus**.

Refocus - as we move online, as approaches change, we are forced to refocus, to restart. It can be scary and cause anxiety as it is a daunting task, but it is also an opportunity, and an exciting one. We are forced to learn, we are taken out of our comfort zone, and we are forced to refocus. Change goals, change ideas, change approaches.

So, **R&R**, not the typical usage of this word – ‘rest and recuperate’, but rather the initial gear change for our school and for myself – Reflect and Refocus.

Stay healthy, stay safe and stay home.

Grant Tate

NAIS Director