

THE GRANDVIEW Connection

March 2021

Resiliency During a Pandemic

The daily quest for
purpose and joy

Celebrating Student Success

Julien R., Michael D.,
and Natalia I., share
their student success

Susan Reiter Joins the Board of Trustees

← 6ft →



Workshop Series

Developing 21st
century skills

Cultivating Creativity Through Art



6ft

Reminder: Physical distancing, mask wearing, good hand-washing hygiene & staying home when you, or someone in your home is sick are imperative steps to keeping our community healthy & well.

Lower School Student, Gabi B. reminding us all what 6ft of distance looks like.



What Resilience Looks Like During a Pandemic - *The daily quest for purpose and joy*

Jackie Westerfield
Head of school

A year into this shape-shifting pandemic, we find ourselves consistently wrapped in a blanket of complex emotions. Daily life exists in an altered form. There are literal screens between us, layers of distance interrupting our connections. We first thought this altered life would be temporary, but even today, with each new variant and vaccine, we vacillate between relief and panic as our minds and bodies are constantly on high alert. Biologically, our flight/fight response is continuously in play, causing us to be overwhelmed by even the smallest obstacles of daily life. Living, learning, and working differently can feel exhausting in ways we cannot even name.

During my time at Grandview, I know first hand that our community thrives on hugs,

whole-face smiles, laughing out loud, and teaming closely to get things done. Pandemic realities make what usually comes easily to us, more challenging. Researchers have named

"our flight/fight response is continuously in play, causing us to be overwhelmed by even the small obstacles of daily life."

this widespread circumstance as an 'ambiguous loss'. To counter its effects, both adults and children can improve our resilience by naming it and acting upon it. According to the Journal of Clinical Psychology, there are three key ways to build resilience and encourage optimism: reassurance, routine, and regulation.

Reassurance

Avoidance and denial are common reactions to a stealth threat (slow-moving and uncertain) like this pandemic. Immediate threats are obvious and require a sudden active response (run from a fire). Both of these threats engage the fight/flight response in the brain which blocks nearly everything else. Our ability to know which part of our brain is in charge at any given moment is critical. Recognizing and naming a threat is the key to its taming. The pandemic opt-out, shut-down behaviors such as procrastination, excessive social media use, and other 'mindless' activities take our 'learning brain' out of the equation. To get beyond this, we must reassure ourselves and our children that we are safe and capable of

carrying on. As our Grandview school creed reminds us, our future rests only in the present moment. The present moment is where every choice lives, demanding our highest thinking to generate our best actions.

Routine

In our current reality, decision fatigue is as real as Zoom fatigue. The thinking brain gets exhausted when it has to choose over and over again. Choice is powerful, but it gets overused on small things when we don't have routines. Routines eliminate small choices about big things. Most of us aspire to be healthy, care for our loved ones, improve our minds, and accomplish goals. Those aspirations don't happen overnight, they happen over time. Failure to dedicate daily time for the big things overheats the thinking brain. A well-crafted life experience starts with making time for what matters without having to think about it. A daily plan to exercise for 30 minutes, read for 30 minutes, etc. becomes a habit after 21 days. This type of routine creates big life benefits as well as clears the mind for real thinking. In education, we know from research that

children benefit from routines, not only because it tackles the big objectives and opens the mind for

Our Grandview school creed reminds us that our future rests only in the present moment.

other things, but routines also support the goal of reassurance-. 'Knowing what comes next' helps everyone feel secure and able to transition to the next goal.

Regulation

Once we are aware of our current mindset, and have developed routines for our lives, we must then consistently regulate our emotions and reactions to the world around us. At any given moment, in any given day, we can feel 'off'. This ebb and flow requires us to constantly balance all that is happening in our outer and inner worlds as the symphony of our lives. We need different things at different times. Tools to help us regulate include breathing, mindfulness, exercise, nutrition, sleep, a conversation with a friend, and detachment from technology. The latter is particularly important as our devices, while valuable for some purposes, rob us of the deeper personal time

we all need to thrive. One of the most important ways we can help our children succeed is to provide guidance and properly model managing 'tech time'. The constant state of partial attention which technology demands interferes with our biorhythms. Being aware of this fact, building a meaningful routine, and regulating all of the above is challenging but necessary to our well-being.

The constant state of partial attention which technology demands interferes with our biorhythms.

It is often in the details of life, the small momentary decisions where we need to summon the highest level of courage. Bravery is obvious when we suddenly and successfully battle a great threat. Yet, the courage to live joyfully and purposefully in hard times takes even more dedication. I am grateful for our community that chooses this moment to be courageous. It is the greatest gift we can give one another. ■

Preparing students for college and life beyond

Finding Your Voice: Fearless Public Speaking is lead and facilitated by Head of School, Jackie Westerfield. Throughout the seminar, students will develop a detailed understanding of the why and the basics of how to present an idea through authentic voice. Students will deconstruct an exemplar oral presentation (by a young person) to study strategies for effective public speaking through the oracy framework (physical, linguistic, cognitive, and social/emotional). By the end of the 90 minute session, students will be prepared to give a short oral presentation.

All Middle and Upper School students will have participated in each workshop session by the end of March.

Semester II: Workshop Series

Middle and Upper School workshop seminars are intentionally designed to focus on the development of specific 21st century skills needed to be successful in college and life beyond.

Creating Your Personal Brand NOW
Michelle Olson-Rogers

Finding Your Voice: Fearless Public Speaking
Jackie Westerfield

Interviewing: The Art of Conversation
Stephanie Wood

Lights, Camera, Action!
How you can use lighting, music and your phone to film
Carrie Furman

Mindfulness: Focused Awareness in the Present Moment
Emma DeStefano

Visual Creations Bootcamp
Stephanie Held

STUDENT SPOTLIGHT



 Julien

Julien R. '21

Julien has always communicated his passion for the ocean and marine sciences. Most recently, Julien has been working with ForEco, a small local organization looking to improve the environment. Through the help of this organization, Julien has helped create an Eco Rotary committee through Rotaract. Currently, Julien's committee is developing project ideas that will have a long term positive impact on the environment in our local community. They are looking into the possibility of designing sustainable architecture as well as projects to improve the water quality of waterways leading to the ocean.

Advice to younger students?

"Take every opportunity that is given to you and take full advantage of it."



 Michael

Michael D. '21

Michael has been an advocate and member of the The Immune Deficiency Foundation (IDF) Teen Council for years. He volunteers his time as a mentor to younger members, advocates through virtual advocacy days & IDF Walks. Additionally, he has spoken on Capitol Hill for patient rights and continued access to care for immune compromised patients, including advocating for HR 2507, Newborn Screening Saves Lives. Currently, Michael is scheduled to attend the IDF National Conference as a Teen Advocate & youth leader.

What does service mean?

"Service is something I believe everyone can do. If I can influence someone to help someone else, then I love that."



Natalia I. '21

Natalia has been an active volunteer with the Boca Raton Police Department for the last five years. Her volunteerism has provided opportunities to participate in ride-alongs, active shooting scenarios, and professional shadows in different departments. Natalia is a member of the Police Explorers Program where she currently holds the title, Alpha Squad Sergeant.

What are your future plans?

"I will be attending American University in the fall which is very close to the Department of Homeland Security. I am so excited for a future in law enforcement!"



Grandview transitions to "pen-pal buddies" in place of reading buddies during pandemic.

*This picture was taken prior to the pandemic

Hibernate, adapt, or migrate?

Early Childhood 4 has not spent the winter months hibernating, but what about their favorite animals? Grandview's youngest students wanted to know how their animal friends were staying warm during this extraordinarily cold winter.

Each student was able to pick their favorite animal and learn about its habitat during the winter. The students were encouraged to create the habitat by painting their dioramas, collecting materials in nature, using tissue paper, loose parts (cotton balls, q tips, pipe cleaners, foam packing pieces, etc..), and lastly lots of play doh to make the animals! **The creativity was endless!**



Kenzi Zipper
Early Childhood 4



Early Childhood Student,
Thea L. showcasing her diorama

Cultivating creativity through art



Emily S., 10th Grade

Students were presented with the task of exploring Contemporary art, artists and popular culture and had to translate their own ideas of what consumption meant to them into a visual art piece.



Skylar W., 10th Grade

Photoshop art piece depicting "Spirituality" in which the artist entertains astral-projection.



Dylan C., 7th Grade

Following the theme of "Spirituality," this watercolor temple gave the artist a feeling of peacefulness.



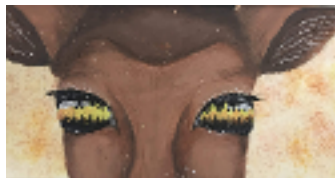
Mackenzie W., 7th Grade

This artist decided to focus on a series of portraits in pencil for the theme of "Memory."



Thea D.P., 11th Grade

Project Criteria: Series Piece
Watercolor + Mixed Media
Illustrate a world issue that is important to you.



Diana G., 5th Grade



Avery R., 2nd Grade



Vincent D., 1st Grade



Grandview @Evert

Grandview has taken customized education to the next level with its partnership with Evert Tennis Academy. Grandview brings its curriculum, faculty, and commitment to personalized learning directly to students training there.

Students have the opportunity to build a customized schedule based on their academic interests and desired goals. This accommodating, well-rounded academic experience provides students the time to develop their athletic talents to their highest potential.



Alan Stob
Head of Grandview at Evert

Middle School students, Noa C. and Emily M. collaborating during their virtual Science class with Ms. Leech

Susan Reiter joins the Board of Trustees



Susan led the client-relationship team for over two decades at boutique marketing firm Digital Pulp in NYC, providing marketing strategy and solutions for a myriad of clients and industries. As Group Account Director, she managed several Higher-Ed clients including *Dartmouth College*, *NYU/SPS*, *Vanderbilt Owen* business school, and *Carnegie Mellon Tepper* school of business, in addition to many non-EDU clients.

Grandview Preparatory School's Board of Trustees officially welcomed its newest member in January adding longtime marketing professional and parent, Susan Reiter, to the group.

We are grateful to have had the Reiter family and their four children (Lily, Sam, Josh and Anya) as part of our Grandview community since 2014. Welcome to the Board of Trustees!

Board of Trustees



Carolyn L. Ehlers



Steven Sherman



Sunny Sharma



Tiffany Wycoff

TOGETHER WE BUILD OUR FUTURE



MAKE YOUR GIFT

Thank you for your service, John Buckley!



The Grandview community extends immeasurable gratitude to John Buckley for his years of service on the Board of Trustees.

"Treats for Teachers"

Grandview's faculty and staff are so grateful for GAP's "Treats for Teachers" initiative this year! The monthly coffee, bagel and pastry feast, sponsored by generous GPS families and provided by SAGE Food Services, has proved to be a major mood booster for our hard-working educators and administrators.

Thank you to our community for your continued generosity during this unprecedented school year!



**Want to support Treats
for Teachers? Email GAP!**

Grandview Association of Parents (GAP)

MARCH 9
NEXT MEETING

Grandview Preparatory School Reviews ★★★★★ 60 reviews

★★★★★ Excellent	51
★★★★☆ Very Good	6
★★★☆☆ Average	2
★★☆☆☆ Poor	0

★★★★★

Our school is an authentic community serving students in grades PK3-12. The mission centers on personalized learning, where each student is valued for who they are and what they hope to accomplish. Values are a vital component of Grandview's culture, with specific curriculum designed to promote student wellness, engagement, and achievement. The academic program focus is on essential skills that will serve students for college and life beyond.

Tell South Florida why you love Grandview!

One of the ways that GPS is able to attract more visibility and recognition online is by increasing its "grades and rankings" score which consists of a few data driven factors, but especially school reviews from parents and students.

We were thrilled when GAP offered to reach out to a specific segment of our school community each month to request parents assistance in filling out Niche.com's review survey. It even came with a special bonus--a chance to win \$1,000! We appreciate everyone who has taken the time so far to help grow Grandview's profile on that platform.

Complete your own school review by clicking below!

NICHE 

Looking ahead

MAR 5	Homecoming
MAR 9	GAP meeting
MAR 12	Senior Class Movie Night (<i>seniors only</i>)
Mar 12	Noon Dismissal - End of Q3
MAR 15-19	No School - Spring Break
MAR 23-26	Everglades Literacy Week



Grandview's 2020 Homecoming Parade!



We are so excited to welcome parade participants & community spectators to campus on Friday, March 5th. The event kicks off at 4:30 with the parade beginning at approximately 5:00pm.

Food will be available for purchase with all proceeds going to GAP.

Bring your own chairs/blankets and remember to keep 6ft of distance at all times!

MARCH 5



Excelsior Ad Augusta

"Ever Upward to Honor"

Together we build our future
one thought,
one act,
one moment at a time.

We believe knowledge is freedom,
freedom is choice, and
choice is responsibility.
We understand we must choose wisely.

We must choose
compassion over apathy,
wisdom above ignorance,
sacrifice over selfishness, and
dedication above indifference.

For we know our future rests in this moment,
this place,
this act,
this thought.

It is our choice to give to one another this moment.
In this gift,
there is honor
now and forever.

Carpe Diem!