



# ÉCOLE GLENMORE SCHOOL

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Dear GME Parents and Guardians;

**RE: The Importance of Falling Down and Getting Back UP**

**You may have noticed that I missed the first term of the 2017-2018 year. I spent 4 months getting back up after a fall. Though I would never wish this experience on anyone, I would never not want it to have happened to me. I am not the same person that I was, I am forever changed. What I learned is the importance of asking for help, being persistent and bringing a team around myself that has the expertise that I do not have. Through my struggles, I have learned so many valuable things that will help me to help others.**

**Humility does not come naturally to most of us. When I was not able to think, move or look after myself even in the most basic ways, I had to humble myself and ask for help. In my work, I am used to being the person who helps all others, not the one asking for help. In order to get back to be able walk and look after myself, I had to ask for a lot of help from a lot of professionals and friends. I had a very large team of Western medical professional and alternate/naturopathic helpers. If I had only had one or two of them helping me, I would never have been able to get healthy again. I am sleeping better than I have in 30 years and my physical body is feeling better than it has in 10 years. Pain is an indicator that we need to do something differently, I wanted to treat the root cause and not just mask the symptoms. I have never worked harder in my life. It was worth every struggle, set back and success.**

**Of course, my struggles and learning make me think of what we are doing in education to try to transform it to better meet the needs of all of our learners. Our raison d'etre at GME is that all learners have the right to dignity, purpose and options in order to make the world a better place. We focus on the 7 Principles of Learning based on years of international research. Last year when we scanned all our learners and asked them the questions: Can you name two people at GME who believe that you will be a success in life? What are you learning and why is it important? How are you doing? What do you want to learn next? Your children told us that they wanted us to focus on the 7 Principles of Learning even though they had never read the international research. Wow, that was an unexpected happening.**

**The 7 Principles of Learning are painted on the wall of the entry hallway. They are: Learners are at the centre, learning is a social process, emotions are integral in learning, all learners are different, all learners need to be stretched, assessment is for learning, build horizontal connections in our learning. As I learned with my health, we need to be doing all 7 to make a difference. Your children are all geniuses and we need to support each of them to follow their passions, encourage them to persevere through struggles and get out of their way so they can make our world a better place.**

Wendy Briggs  
Principal Learner