

(1/3/24 District Administrator's Corner Article)

This week the River Valley School District teaching staff had the opportunity to learn from a national speaker, Tasha Schuh. Tasha is an inspirational speaker who equips youth and educators to be resilient for their mental and emotional health. The four components of her speech, **PATH** (Purpose, Attitude, Team, and Hope), helped Tasha be resilient after a life-changing theater accident at age 16, which left her paralyzed from the chest down. She now lives a vibrant, fulfilling life with her husband and manager, Doug.

Tasha and Doug speak to audiences across the country, focusing on her message of **PATH** and resilience. Tasha has received many awards, including The National Rehabilitation Champion Award and The Hometown Hero Award. Beyond her inspirational message, Tasha is passionate about helping educators build a foundation for resilience so that they can continue to share their talents with students.

Purpose: Tasha talked about purpose being the first way to be resilient in life. She asked staff to consider the following questions: *What is my purpose within my school? How can I live out my purpose each day? How can I help students find their purpose in school?*

Attitude: Tasha shared the power of "Yes, I can" in her message and the importance of daily gratitude as a way to be resilient and to improve our mental and emotional health. She asked staff to consider the following questions: *How can I use "Yes, I can" daily? How can I have a more positive attitude? What can I be grateful for? How can I help students believe in the power of being positive?*

Team: Building a team is crucial to being resilient and to get through the challenges in life. Staff was asked to consider the following questions: *Who is my team (both personally and professionally)? What is one thing that I can delegate? Where am I asking for help or not asking for help?*

Hope: Tasha shared about the power of hope in her journey. She explained how the acronym "Hold On Pain Ends" is crucial to believe if we are going to be resilient in any challenge that we are facing in our lives. She asked staff members to consider the following questions: *How can the acronym "Hold On Pain Ends" help you today? What parts of school and home bring me joy? Are there easy ways to improve and find balance? How can you add more of this hobby/activity into your life?*

Tasha Schuh inspired us to remember that we have to care for ourselves, if we need to care for others. Teachers are physical, emotional, and academic caregivers on a daily basis. They need to be reminded about their important work. During their afternoon with Tasha, teachers were reminded that no matter the circumstances, they make a difference in the lives of River Valley School District students every day.

Sincerely,

Loren Glasbrenner, District Administrator
River Valley School District