

From: Superintendent
Sent: Sunday, June 16, 2013 8:20 PM
To: EPS.MailList
Subject: Thank you for the footprints
Importance: High

Dear Colleague,

Runners speak of euphoria that comes to them – when all the early-mornings-out-of-bed, training sessions, pulled muscles, near-misses with cars or dogs, bugs in the nose, and rainstorms fade from memory. A “runner’s high” has been described as a rainbow emotion of elation, happiness, joy and “job well done.”

Scientists tell us that a “runner’s high” is actually caused by our pituitary gland releasing endorphins in response to stress. How about that?

Every school year brings “bumps in the road” stresses for each of us – not at all dissimilar from those a runner experiences. Perhaps the runner’s high is similar to that I experience each year during our high schools’ graduation ceremonies.

In our profession, each year is bookended with commencements and recognitions of incredible achievements of our students – countless individual and collective reasons for elation, happiness, joy and that indescribable feeling of a “job well done.”

Each one of us is a distance runner in some way. I hope you will take a few quiet moments today, our last day of this school year, to think about the many students whose lives you’ve touched, the colleagues to whom you’ve given a boost, and families whose communities you’ve enriched. I hope you’ll experience that euphoric “end-of-year high” as you recount your achievements and the achievements of our students this year.

Runner/author Dean Karnazes describes why he runs. His thoughts about running parallel my feelings about the work we do. *“I run because long after my footprints fade away, maybe I will have inspired a few to reject the easy path, hit the trails, put one foot in front of the other, and come to the same conclusion I did: I run because it always takes me where I want to go.”*

May this wonderful work take you where you want to go! Thank you for the footprints you have left in the sands of 2012-13. Have a wonderful, safe, relaxing, and joyful summer.

Warmest regards,
Gary