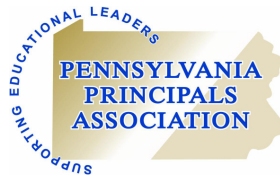


Sheri Thompson

From: Dr. Eric Eshbach, Executive Director, PA Principals Association
<paprincipalsmail@paprincipals.org>
Sent: Friday, September 15, 2023 9:17 AM
To: Sheri Thompson
Subject: "The Main Idea" – 3 things to focus on at the beginning of the school year



THE MAIN IDEA

current education book summaries

Member Benefit

Dear PA Principals Association Member,

Congratulations to everyone who recently started a new school year! I'm in NYC and with the start of schools in the northeast, everyone in the US should be good to go.

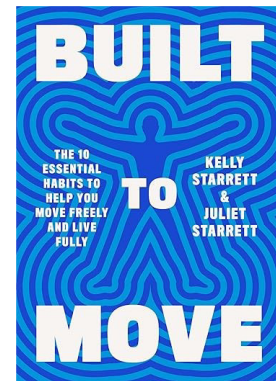
I have resources for 3 essential areas to support you at the beginning of (really throughout) the school year. I'll separate them into different sections below:

- The health of the busy school leader
- Instruction that is equity-centered and trauma-informed
- Building school culture

Wishing everyone a school year filled with peace, purpose, and productivity, and I'll be back next month.

[Jenn](#)

The first area to focus on is **you**. It's a book to help you to become healthy, energetic, and pain-free. Study after study reminds us how essential the school leader is. Our schools and districts need you at your best — to stay at and thrive in your job, day after day.



After 6 months of my own debilitating back pain and finding nothing that worked, the book ***Built to Move*** completely changed my life. I know, it sounds cliché, but it helped me re-think my approach to fitness and health. And it didn't do it by adding a 4am workout routine into my schedule.



I know how busy you are (that's why I started ***The Main Idea***), so I love that this book shows that you can be healthy without adding in more workout time. Whether it's aging, body pains, stress, or too much technology that is hurting your health, this book proposes a novel solution — **movement!** The basic premise of this book is that we are

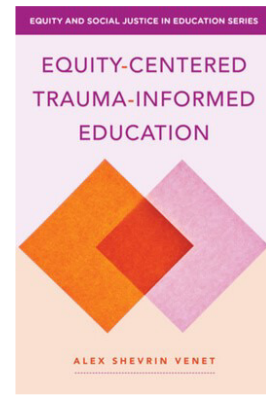
meant to move, and the authors and I share ideas you can weave into your day as it already exists. Much more feasible for the busy school leader!

Click here for the **BookBit** (*a shorter overview*) of ***Built to Move***.

Click here for my **fabulous podcast conversation** with the authors — I deeply admire Kelly and Juliet Starrett. This is well worth a listen if you want to hear their stories and concrete ideas straight from their mouths!

Click here to **learn more or get** the book.

The second area to focus on is **trauma and equity**. Our students continue to come to school with extremely high rates of trauma. Rather than figuring out which students have been impacted by trauma, the book below proposes that you build a school with unconditional positive regard for all students every day in every classroom.

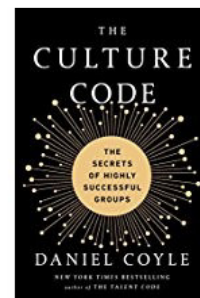


Equity-Centered Trauma-Informed Education helps educators transform their classrooms into inclusive and equitable spaces. I want to thank Dr. Dawn Bentley for writing a **BookBit** for this useful book — part overview, part review. Amazing — thanks! If you have a book that has deeply impacted your work and you might want to write a BookBit, reach out to me!

Click here for the **BookBit** of **[Equity-Centered Trauma-Informed Education](#)**

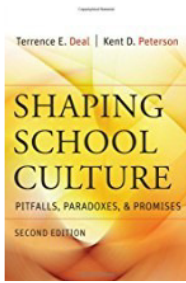
Click here to **[learn more or get](#)** the book.

The final area to focus on at the beginning of the year is **school culture**. I'm pulling two books from The Main Idea's archives (did you know I have over 170 book summaries you can search by topic?) Simply put, nothing is more important at the beginning of the year than focusing on culture.



Yes, academics are why we're all here, but remember the well-known quote, "Culture eats strategy for breakfast." If your school needs work on its culture, below are two classics and two of my favorite:

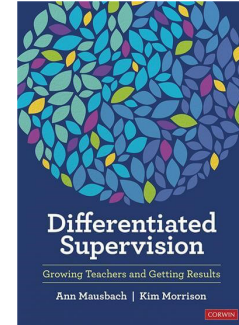
Click here for a summary of **[The Culture Code](#)** by Daniel Coyle to learn how to build safety, share vulnerability, and establish purpose.



Click here for a summary of **Shaping School Culture** by Terrence Deal and Kent Peterson to learn how to infuse your school with passion, purpose, and meaning.

Did you miss last month's book summary?

In ***Differentiated Supervision***, the authors help school leaders improve their supervision by introducing us to four supervisory practices. Together these four create a more comprehensive and differentiated approach to supervision.



Click here for a summary of **Differentiated Supervision**.

*****CURRENT PASSWORD to access over 170 previous book summaries: *sunshine* (you must use lowercase letters).**

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