

# GENERALS BULLETIN

## Anthony Wayne Local Schools Employee Newsletter

DEAR DIARY . . .

### GETTING STARTED WITH GUIDED JOURNALING

With Intellectual Wellness the focus of the third quarter, remember that keeping our minds sharp and engaged is just as important as maintaining physical health. Journaling has been long seen as a great way to get your thoughts and feelings down on paper, track progress on goals and jot down brainstorm...but it can be hard to know where to start. Guided journaling offers prompts to help structure to our thoughts, encouraging self-reflection and encourage creativity and develop new perspectives.

Adding guided journaling to your wellness routine can help you process situations and ideas, and help keep problems in perspective. Give it a try using the prompts below, ask ChatGPT to generate some questions, or pick up a book ([like this one](#)) written for educators.



**Set aside 5-10 minutes. Grab a pencil, glitter pen, laptop or notes app on your phone, whatever you prefer. Write what feels right—no wrong answers here!**

#### REFLECTION



What made you smile at work today?

What's one thing that went sideways and what can you learn from it?



If your day had a theme song, what would it be?

#### GRATITUDE & JOY

Three **tiny** or **massive** moments that brought you joy today:



Which student made your heart melt and why:

A "work win" you're celebrating—big or small!



#### PROBLEM SOLVING & GROWTH

What's one classroom challenge you'd love to conquer?



Brainstorm three possible solutions: get creative!



One new teaching trick you're itching to try this week:

#### SELF-CARE & MINDFULNESS

How are you feeling right now physically and emotionally?



What's one way you can treat yourself this week?

Describe a peaceful moment from today (even if it was just closing your eyes for 10 seconds).

## KEVIN'S CORNER: A Message from Our Superintendent

Dear AWLS Staff:

At February's Board of Education meeting, I lost the "interim" title and was officially named Superintendent. It was one of my proudest moments—not because of the title itself, but because of what it represented.

This moment wasn't about me; it was about the incredible work that has happened this year and the confidence that our District is truly moving forward.

But let me be clear—progress doesn't come from one person in a leadership seat. It comes from each of you, every single day, in the work you do for our students.

- You are the ones who create meaningful relationships with students and families.
- You provide a place where they feel safe, valued, and excited to learn.
- You give them a space to find their niche, to grow, and to prepare for their future success.

Never underestimate the power of the small moments: the "good morning" as they step onto the bus, the "great job" when they improve their grade, the warm smile as they go through the lunch line, or even the simple nod of encouragement in the hallway. **Those moments matter.**

They shape our students' experiences and remind them that they are cared for.

On opening day, I shared a simple message: *People don't care what you know until they know how much you care.* Being named Superintendent was an honor, but what makes me most proud is the belief that this decision was made because the board—and hopefully all of you—see how much I care. I care deeply about our students, our staff, our community, and this District. And I see that same care reflected in all of you.

Together, we make AW a great place to be. Thank you for all you do.

Kevin Herman, *Superintendent*  
Anthony Wayne Local Schools



## PRIORITIZING SAFETY & WELL-BEING: OUR ROLE IN SAY SOMETHING WEEK

As we prepare for Say Something Week (March 4–8), we want to remind all staff of the critical role you play in ensuring the safety and well-being of our students and school community.

Say Something Week empowers students and educators to recognize warning signs of potential violence or harm and speak up before a tragedy occurs. Whether it is a physical security issue, a student struggling with their mental health, evidence of bullying, or concerning behavior that suggests potential violence, early intervention is critical.

### WHAT TO LOOK FOR

#### Physical Safety Concerns

Unsecured entrances, maintenance issues or other hazardous conditions in our buildings on school grounds. *Report to: your building administrator or maintenance staff.*

#### Student Mental Health Concerns

Self-isolation, drastic behavior changes, talk of self-harm or other signs of distress. *Report to: school counselors or the appropriate student support teams.*

#### Threatening Behavior or Statements

If you hear or see something that concerns you whether in-person, online, or through social media, report it to your administrator, local law enforcement or one of the agencies listed at right.

### HOW TO TAKE ACTION

#### Speak Up

If something feels off, trust your instincts and report it.

#### Use Available Resources

There are resources available for staff and students who need extra support. When needs arise, connect with a school counselor to help a student, and utilize the District's wellness resources for yourself.

#### Encourage a Culture of Safety

Commit to keeping our buildings secure, practice good self-care, reach out to others who need care, and encourage students to be upstanders by reporting concerns.

By working together, we can create a safe and supportive school environment where every student feels heard, valued, and protected. If you have any questions about reporting procedures or need guidance, please reach out to your school principals or counseling team. Your voice matters, and your actions could save a life.



## EMERGENCY? CALL 9-1-1

### LOCAL CONTACTS

Lucas County Sheriff's Office  
419-255-8443

Waterville Police Department  
419-878-8184

Whitehouse Police Department  
419-255-8443

### OHIO SCHOOL SAFETY CENTER

Safer Ohio School Tip Line  
844-723-3764

### NATIONAL SUICIDE & CRISIS LIFELINE

9-8-8

### AWLS FAMILY RESOURCE GUIDE



**AW**


Anthony Wayne Local Schools  
Community Resource Guide


# TIED TO TECH? DISCONNECTING FROM YOUR DEVICE





Smartphones have become indispensable tools for completing work, staying connected socially, finding entertainment and navigating our world. While convenient and useful, excessive phone usage can lead to negative impacts on mental health, productivity and personal relationships.


*If you're finding that you can't put down the phone, it may be time to look for ways to reduce your use. Here's how:*


 **TURN OFF ALERTS:** Constant notifications can trigger frequent, unnecessary phone checks. Disabling some alerts reduces distractions and the impulse to engage with your device.


 **PICK A TIME:** Establish clear boundaries for phone use, such as limiting screen time to certain hours or designating phone-free periods during the day. Build in features like focus modes or 'do not disturb' settings that help manage and monitor your usage.


 **SET A NO-ZONE:** Designate areas in your home, like the dining room or bedroom, where phone use is prohibited, encouraging more meaningful face-to-face interactions and better sleep hygiene.

 **KEEP BUSY:** Replace screen time with fulfilling activities such as reading, exercising, or pursuing hobbies, which can reduce the urge to check your phone out of boredom.

 **BE MORE MINDFUL:** Consciously limit time spent on social media platforms, as they are designed to maximize engagement and can contribute significantly to screen addiction.

 **STAY ACCOUNTABLE:** Share your goals with friends or family who can support your efforts and help you stay on track, providing encouragement and accountability.

 **REFLECT ON PATTERNS:** Take note of when and why you reach for your phone, identifying triggers that lead to unnecessary use, and develop strategies to address them.

 **SEEK SUPPORT:** If self-help strategies aren't working, it may be time to check in with a mental health professional to receive personalized guidance.

## HOW TO DITCH DOOM SCROLLING

### SET A TIMER

Allow yourself time to see what's happening, but be intentional about when and how much.

### CURATE YOUR FEED

Unfollow negative accounts or those you've lost interest in.

### BE MINDFUL OF YOUR MOOD

Recognize when you're scrolling out of stress or boredom.

### PICK UP THE PAPER

Shift from short, sensational headlines in digital form to longer in-depth articles or books in print form.

### UNINSTALL APPS

Remove "bottomless feed" apps from your phone which are easily accessible and make it too easy to scroll on and on, and instead switch to the desktop version.

### TELL YOUR CONTACTS

Let your "reel friends" know you're cutting back on phone use and schedule a "real world" meet-up instead.

**TRY IT FOR 24 HOURS:** The [Global Day of Unplugging](#) is March 7.



# You're looking well!



**CELEBRATING WELLNESS:** Special thanks to the Operations, CAO and Monclova Primary staff for gathering to take a photo in our new AW Wellness tee shirts, and to Savage & Associates for supporting the project through wellness grant funds!



## STAFF DISCOUNT FOR WHITEHOUSE PRIMARY RACE

Whitehouse Primary will host its annual 5K walk/run and 1K kid fun run on Saturday, April 12 starting at 8:30 a.m. All proceeds from this race benefit the Whitehouse Parents Club.

WPC is offering \$5 off for all Anthony Wayne staff who sign up using discount code: **AWStaff2025**. [Click here to register.](#)



## SPRING FORWARD

Daylight Saving Time begins Sunday, March 9.

Set your clocks ahead one hour before going to bed on Saturday night.



MARCH 1	KINDERGARTEN ENROLLMENT OPENS
MARCH 3-7	SAY SOMETHING WEEK SCHOOL BREAKFAST WEEK
MARCH 5	WHITEHOUSE 2ND GRADE MUSIC PROGRAM
MARCH 6	MONCLOVA KINDERGARTEN PARENT NIGHT
MARCH 7	OMEA HS LARGE GROUP BAND ADJUDICATION
MARCH 9	DAYLIGHT SAVING TIME BEGINS
MARCH 10	BOARD MEETING
MARCH 11	AW JUNIOR HIGH SPRING CHOIR CONCERT
MARCH 17	ST. PATRICK'S DAY WATERVILLE FIRST GRADE MUSIC PROGRAM
MARCH 18	WATERVILLE 2ND GRADE MUSIC PROGRAM
MARCH 24-28	CLOSED: SPRING BREAK
MARCH 31	SCHOOL RESUMES
APRIL 1	END OF THIRD QUARTER

## 2024-25 DISTRICT CALENDAR



### GENERALS ATHLETICS

### SAVE THE DATE

Anthony Wayne High School  
Theatre Presents:

### High School Musical

Thursday, April 10  
Friday, April 11  
Saturday, April 12

## BOARD MEETINGS

Meetings are held at the  
Central Administrative Office.

**March 10 - 6:00 p.m.**

Regular Meeting

**April 14 - 6:00 p.m.**

Regular Meeting

**May 12 - 6:00 p.m.**

Regular Meeting

**June 9 - 8:00 a.m.**

Special Meeting, if needed

**June 25 - 8:00 a.m.**

Regular Meeting

**July 16 - 8:00 a.m.**

Regular Meeting, if needed

**August 4 - 8:00 a.m.**

Regular Meeting

**September 15 - 6:00 p.m.**

Regular Meeting

**October 13 - 6:00 p.m.**

Regular Meeting

**November 3 - 6:00 p.m.**

Regular Meeting

**December 8 - 6:00 p.m.**

Regular Meeting

[Meeting Agendas,  
Policies & Livestream](#)

## 2024 - 2025 LPDC MEETINGS

March 10  
April 7  
May 5  
May 19

[Materials Deadlines &  
Representatives List](#)

# Our Generals are AWesome!

## MARCH STAFF SPOTLIGHTS

Staff Spotlights are published on the District website and X.

Shine a light on the outstanding work of a colleague. Nominate someone for a Staff Spotlight by emailing [Rebecca Schwan](#).



Brian Sroczynski  
Maintenance Supervisor  
District  
March 4



Megan Menchaca  
Food Services Director  
District  
March 5



Rebekah Hrcka  
Social Worker  
District  
March 7



Megan Wagenblast  
Social Worker Intern  
District  
March 8



Clara Faust  
Music Teacher  
Whitehouse Primary  
March 11



Tai Knoll  
Music Teacher  
Waterville Primary  
March 20



Adam Ladd  
Band Teacher  
AWJH & AWHS  
March 18

## FEBRUARY SPOTLIGHTS

[Kay-Lynne Schaller](#)

AW Junior High-Penta Family Consumer Science

[Becky Stutz](#)

AWHS-Penta Marketing

[Amanda Valdez](#)

AWHS-Penta Family Consumer Science

[Chris Buehrer](#)

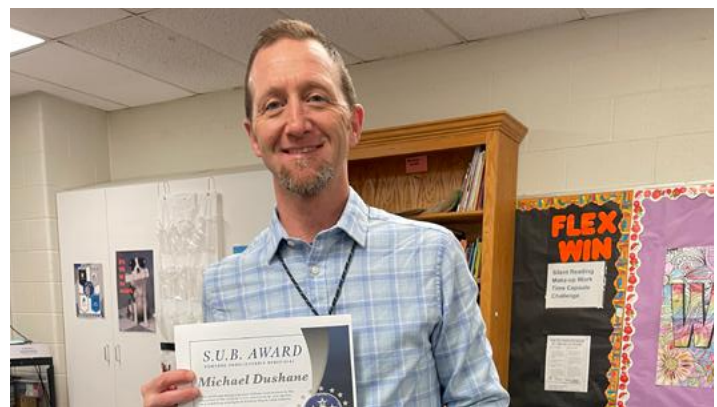
Monclova Primary School Counselor

[Shauna Dunbar](#)

AW Junior High School Counselor

[Michelle Reid](#)

AWHS School Counselor



## S.U.B. AWARD

Congratulations to Michael DuShane for being recognized as Someone Unbelievably Beneficial to the operations of our schools. Thank you for serving as a substitute employee!