

NORTH STONINGTON PUBLIC SCHOOLS

Boston Red Sox vs. New York Yankees: Moving on Together Through Diverse Perspectives

When we have skills and techniques necessary to regulate strong feelings, we are better equipped to understand ourselves and show sympathy for what others are going through. Among a wide range of possibilities, I direct your attention to the contrasting emotions of elation and disappointment. For some fans, the score after a Red Sox - Yankees game brings about a surge in elation, a feeling of great happiness and excitement about something that has happened. Others feel disappointment, a negative emotion that occurs when an outcome doesn't match up to expectations. The level of passion for your team is proportional to the height of elation or the depth of disappointment. As it turns out, there are both Sox and Yankee fans in Connecticut and in North Stonington. Before and during the game, neighbors, colleagues, and even family members may support different teams. And if, after the game you are elated, others will be disappointed, and vice versa. This is how competitions work. At a school level, we teach our athletes to be good sports, congratulate the opposing team on a "good job", and everyone moves on, stronger and wiser from the experience.

Looking ahead to November 6th, the day after the presidential election, some in our community will feel elation and others will experience disappointment. Due to the high level of interest and passion that many have for this election, the emotions leading up to and after the election will likely be magnified beyond what a sporting event typically elicits. And of course, for many, the stakes are viewed as more consequential than a sports competition. While it is commonplace to reveal one's passion for a sports team, as school employees, we do not share political allegiances. Students should form their own views without influence from school staff opinions. So, are you prepared to digest the outcome of the election while being sympathetic to others? This may be a circumstance in which overt expression of elation or disappointment is inconsiderate. Whatever the outcome of the election, together we will move on with all of our dear family members, colleagues, and neighbors, achieving our school district goal of everyone feeling safe, valued, and a sense of belonging. Despite diverse perspectives, we are all on the same team.

Community Chats

To hear your thoughts and share some of mine about our outstanding school system or education in general, I will host Community Chats on the fourth Tuesday of most months (not December nor June). These events will alternate between morning and afternoon sessions:

- 7:30 a.m. - 9:30 a.m.: September, November, January, March, and May
- 3:00 p.m. - 5:00 p.m.: October, February, and April

All sessions will take place at the Education Center at 298 Norwich-Westerly Road, across from the schools. I look forward to speaking with anyone who participates in these conversations.

If you would like to have a conversation, please feel free to approach me when you see me, reach out to me directly at hopkinst@northstonington.k12.ct.us, or schedule an appointment by contacting Irma Wilhelm, Executive Assistant to the Superintendent, at (860) 535-2800, x-2310.

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