

# Manzanita Site Council 2018-2019 Year End Report

The 2018-19 Manzanita Site Council consisted of: Kim Boling (Principal); Kelsey Faber (School Counselor); Donna Fisher (Gr. 4 Teacher); Michelle Kluth (Office Clerk); Cathy Larter (School Secretary); Hillary Marcus (Parent); April Pollow (Multiage Teacher); Cynthia Tigrero (Kdg. Teacher); Lukas Zurcher (Parent).

The Council met on the following dates: November 29, 2018; February 7, 2019; March 7, 2019; and April 11, 2019.

Our main project for the year supported CFSD Deep Learning Goal #2 (“Raise the engagement of students so they are highly motivated to set and achieve increasingly challenging goals for deep learning”) and aligned with our strategy of “building the capacity of teachers to assist students in developing and utilizing self-regulation skills in academic and social settings through the use of mindfulness strategies and techniques.”

The Site Council aimed to develop mindful spaces around the campus. We surveyed classes about potential locations for such spaces. The playground was the most frequently suggested space to be developed. A Manzanita family donated a concrete bench that was placed under a tree in the northeast corner of the playground. We placed some boulders for sitting nearby, as well. Further enhancements to the area (wind chimes, mindfulness strategy cards) are forthcoming.

Mrs. Fisher’s class enthusiastically embraced the challenge of researching and creating a labyrinth to go in one particular space (south of the MPR). They investigated everything from the history and meaning of labyrinths, to different designs, to cost of materials. They extended their learning to determine, mathematically, how to create the design. They prepared the actual space (raking, spreading decomposed granite, staking off particular marking places), and then actually built the labyrinth. Furthermore, they created the language for banners that were made and will be hung on the fence adjacent to the space, explaining what a labyrinth is and how to use it. They also created some cards with mindfulness strategies that were laminated and clipped to the fence. We held a “grand opening” of the labyrinth at our Family Evening of the Arts at the beginning of May. Mrs. Fisher’s class subsequently offered guided tours to classes to teach them how to use the space.

These projects were supported by the Manzanita FFO, as well as by Simon Fisher (Donna’s husband, who owns a landscaping business). We look forward to having this area as a part of our school for years to come.

Respectfully submitted,

Kim Boling

## Manzanita Principal

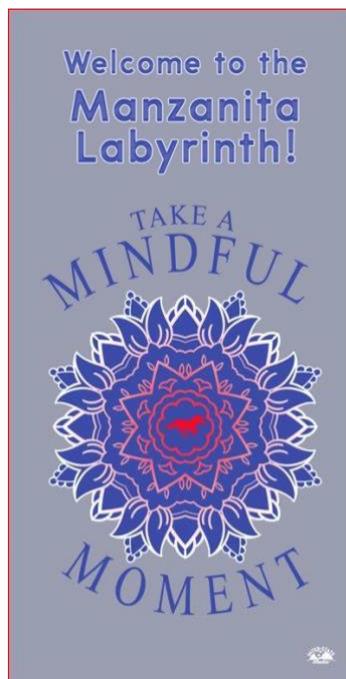
Planning and building the labyrinth:



The Grand Opening:



The banners:



### What is a Labyrinth?

The labyrinth's combination of the circle and the spiral into a meandering but purposeful path represents a journey to our own center and back again out into the world. This ancient symbol can help us relax and be calm.

### How do you use a Labyrinth?

Enter the labyrinth and follow the path as it winds its way toward the center.

Pause in the center as long as you like, then turn and exit the labyrinth on the same path you came in, just going the opposite direction.



## **As you walk the Labyrinth, you might:**

- Set an intention to receive inspiration - an answer to a question or solution to a "problem" you have.
- Walk with the intention to unwind, to let go of a worry or burden of some sort - letting it go when you reach the center, allowing your mind to be quiet.
- Use the labyrinth for learning more about yourself and life, by simply being aware of how you walk it and what you observe as you walk it.
- Think about things for which you are grateful. Consider choosing a gratitude stone to hold as you wander, and leave it inside the center circle.