



# NORTH JUDSON-SAN PIERRE

## SCHOOL CORPORATION

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Dr. Annette Zupin  
Superintendent

When we think of the month of February, we tend to think of Valentine's Day. Valentine's Day is that special day when we can celebrate relationships. When I think of celebrating healthy relationships, I think of all healthy relationships—not just the relationship with a significant other. So, I ask this question now: How is your relationship with your student's school? Research provides many characteristics regarding Healthy Relationships. Those same characteristics can be applied to the relationship you have with your child's school. Let's take a look.

### **They both truly value the relationship.**

Both school and family are loyal to one another and willing to work through conflicts and struggles together. The school understands that the family serves as the most important teacher in the child's life, while the family knows and trusts the teacher is the professional expert on the delivery of instruction. They both know that in the relationship they are committing to the growth of the student.

### **Feelings are shared honestly and openly.**

Both school and family share their genuine feelings with one another freely—respecting and accepting each other's position. Open communication is essential in a healthy school and family relationship. While email is a convenient means to communicate, sometimes it is beneficial to make a phone call or schedule a face-to-face meeting. When we can hear and see tones and facial expressions, it leaves little room for assumptions or interpretations.

### **Both partners are willing to put the relationship before themselves.**

In a healthy relationship, both partners are able and willing to consider their partner when making decisions. Both school and family need to communicate and share thoughts regarding important issues and decisions. Being willing to work together as a unit, to ensure the child is gaining the most out of their educational experience is the goal.

### **Each person makes time to take care of themselves.**

Both people in the relationship understand and know that self-care is an absolutely vital component for a healthy relationship. Both school and family know that if they don't take care of themselves and do things for themselves they will be stressed, drained, and exhausted. Being an educator today is stressful—the scrutiny and pressures stemming from high-stake testing seems insurmountable at times. The stress and challenges of

parenting can feel overwhelming—maintaining an orderly home and the pressure of raising children in today’s society can lead to regular anxiety. Both school and family need to take the time to celebrate small successes.

We all deserve to have relationships that are filled with happiness, joy, and love. I encourage all educators, staff members, school personnel, parents, students, and community members to think about their school and family relationship. Ask yourself: What characteristics on this list are you amazing at? What characteristics could you use some work on? In a school community our size, we have a tremendous opportunity to build a very healthy school and family relationship.

A handwritten signature in black ink, reading "Amanda Green". The signature is written in a cursive style with a large initial 'A' and a long, sweeping tail on the 'n'.