

MU IOTA

The Dayton Chapter of Delta Kappa Gamma



Hasn't our recent fall weather been refreshing, crisp, and renewing? For some reason, this cooler weather helps me to feel more energized and get more "stuff" done. That's definitely a positive since October is such a difficult month for educators. Here are a few tips to help with the "October Blues".

- Make Time For Yourself
- Schedule Daily "Recharge" Sessions
- Bounce Ideas Off Each Other
- Get Some Helpers
- Don't Underestimate the Importance of Sleep
- Find Joy In Little Moments With Your Scholars
- Know That This is Only a Phase — It Will Get Better!

I look forward to seeing you on Monday, Oct. 10 at 5:15! We'll be hearing about our own Dayton Sports Hall of Fame. See you then!

Leanne

GOOD NEWS!



Michelle Dennis stepped out of her comfort zone when she competed in a rookie aquabike event in Kerrville where she swam 300 meters and biked 14 miles. She was excited to share this accomplishment with her husband and daughters who were there to cheer her on. Great job Michelle!

Suzanne Chachere went on a fantastic girl's trip with some lifelong friends from college. They visited Carlsbad, Temecula, San Diego and Coronado Island in California.



HAPPY BIRTHDAY

OCTOBER

Alicia Wood - 10/4
Leanne Strickland - 10/4
Scarlette Fabre - 10/16

Apples for Educators



Leanne gave an apple to Laura Ressler who has helped her tremendously during her time as Treasurer, and now as President! Her ideas roll off her tongue like it's nothing, and her advice is immeasurable! Thank you, Laura, for all that you do!

Leanne also gave an apple to Sharon Shumaker to remind her that her hard work and dedication doesn't go unnoticed! Each year when Leanne asks her students that start the year ready for Kindergarten who their PK teacher was she is delighted when they say, "Mrs. Shumaker!" It's no surprise due to her 100% dedication to her students. Thank you!

