

## **It's Time To Turn Up the Heat!**

Some children experience "Lethargitosis" around this time of year. After spending sunny days at the pool and late nights at Goodberry's, late August arrives too soon. This ailment brings on extreme symptoms including complaints about early bedtimes, protests regarding rising at early hours, and an overall distaste for routines. Since starting my internship at Combs, my two girls have had the worst case of Lethargitosis. In fact, it has resulted in early morning Pop-Tart flings to the back seat of our car (for breakfast, of course), the usual "I can't find my shoes", and an overall feeling of frustration as we leave our home in the morning.

Recognizing these symptoms, I exclaimed one morning, "It's time to turn up the heat!" My older daughter Emma looked puzzled; since it already had reached 80 degrees outside at 8:00 am... certainly I should be putting on the air conditioning. "Mom, are you crazy? Why would we be putting on heat when it's supposed to be 105 degrees today?" I replied, "We need to get to 212 degrees before we're able to create the steam necessary to change our morning routine."

Later that evening, we met as a family to discuss how our actions were creating a chaotic morning. We laid out plans for going to sleep at an earlier hour, sitting down for breakfast, and making sure that we allowed enough time to be relaxed, instead of rushing out the door. As I embraced my girls, I expressed how proud I was that they were willing to make the extra effort. I knew we were smarter and more capable. We were definitely turning up the heat on our current routine to reach our full potential.

***"To get what we've never had, we must do what we've never done."***

This year, you will notice your child's teacher "turning up the heat" in the classroom. The staff at Combs consists of the finest group of educational professionals in the county. There will be a 212 degree focus in every classroom activity. Our expectations at Combs remain high as we embrace the uniqueness of your child. We ask that you continue to partner with us as we foster student growth and prepare leaders for the 21<sup>st</sup> Century. We must continue to search for innovative ways to evaluate and solve real-world problems, understanding that we are held accountable and evaluated with a variety of tools.

Just as I recognized that I needed to make a change with our morning routine, we ask that you evaluate how you might make daily changes within your routines to foster the best environment for learning. As a parent, wake and act each day with the understanding that your actions will be absorbed by your children... and your children will grow to be contributing adults to the level of your influence. Be bold and incorporate the 212 philosophies into your daily routine.

**Having a simple, clearly defined goal can capture the imagination and inspire passion. I can cut through the fog like a beam in the night.**

Later that evening, as I read several books to my girls, I reflected upon the hard work we had done that evening as a family. I was proud of my girls, but also proud of myself as a parent because I had the courage to embrace the 212 philosophy.

**At 211 degrees, water is hot.**

**At 212 degrees, it boils.**

**And with boiling water, comes steam.**

**And steam can power a locomotive.**

Welcome back to Combs! Small things make all the difference. I challenge you to make each day one degree hotter!

Carol A. Phillips  
Administrative Intern