



**PRINCIPAL CORNER for January 11<sup>th</sup>**  
**Competence, Compassion, Calm**

I read the words **Competence, Compassion and Calm** on blue panels hanging from the ceiling in the hospital hallway as I walked to my dad's room. As a person who is deeply impacted by words, I was greatly comforted to read these particular ones.

Because my dad was coughing and having trouble breathing, my mom and I drove him to the Virginia Mason ER on Christmas morning. The doctor, nurses and all members of the team listened to my dad describe how he was feeling and then paid close attention to his breathing, heart rate and blood pressure. The team listened carefully, analyzed his symptoms, and developed a plan to support his recovery.

Each of the three days my dad was in the hospital, a different medical team was on call. Clear communication was essential to keep everyone on the teams abreast of what was needed to provide optimal care.

While sitting in the hospital, I found myself thinking about our students. We are very mindful of developing a culture of respect and care at school. Our Schoolwide Learning Expectations (SLEs) focus on faith, service and growth. Two of our SLEs include:

- 1. Listen actively and communicate effectively**
- 2. Solve problems by thinking critically and creatively**

The hospital staff we encountered exemplified the skills and attributes we are working to develop with our students.

I am happy to report that my dad is comfortably at home, feeling much better and breathing more deeply. So am I.

With gratitude and joy,  
Susan Kilbane