



# 21/22

## REFLECTIONS

### Chapter 4 – Pleasure, Joy, and the Importance of Self-Care

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*"I often find it easier to be teaching or giving to others, and often struggle with the place for my own pleasure and joy." -bell hooks*

As the fall semester comes to a close, I want to thank you all for your commitment to our students and families. The impact you have made on them this semester is immeasurable. When I think about how much you all give to others, I can't help but think that it is essential to give to yourselves as well.

I am reminded of SHHS's ongoing imperative to [become masters of self- and community care](#), learning and practicing skills together to remain healthy and resilient. Last week, SHHS offered a Staff Wellness and Self-Care Series, providing opportunities for staff to come together for the practice of self-care. In those sessions, we colored, journaled, stretched, ate, and meditated, emphasizing the role of self-care in community care. It is a joy to see our very own staff be masterful teachers among our SHHS family along with our LAUSD school communities. As we depart from school sites and offices for Winter Break, it is my hope that you will pursue your own pleasure and joy this holiday season, either by continuing with the self-care practices explored in the workshops last week or by adopting and sustaining other wellness practices that resonate with you. By taking care of ourselves, we can bring the best versions of ourselves to the practice of serving our loved ones and our school communities.

I am grateful for your service. Your efforts, diligence, and service have inspired many and brought light and hope where there has been darkness and despair. I celebrate your service and feel privileged to serve alongside you in support of students, families, each other, and ourselves. Thank you again for all you do and please laugh, love, and take care of yourselves during this much deserved break.

With deep gratitude and best wishes for the holiday season,  
Pia

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