

Sunday, Sunday, Sunday

Food

Faith

•

Family

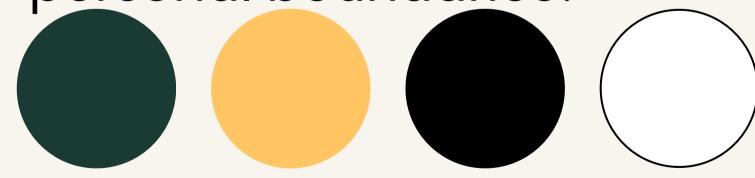
Freedom



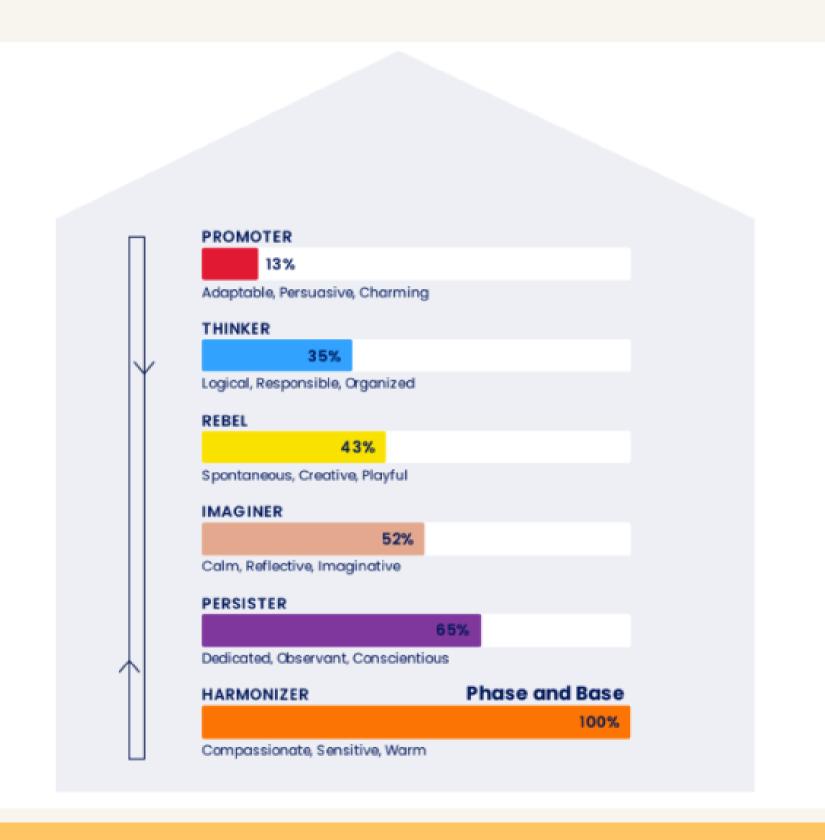
Wondering

If I meet my phase needs, on Sundays by spending time with family and doing things I enjoy, will I be a better leader during the week?

- Have I nurtured relationships that I care about?
- Have I taken care of me?
- Have I asked for what I want?
- Have I maintained my personal boundaries?



My Phase Neds



Base/Phase Needs

Inquiry Research

Method/Timeline

September

Reflect on profile.

Oct. - Nov.

Determine reflection Question.

Dec. - Mar.

Track data and take observatioinal reflection notes.

April

Reflect on data.

Digital Reminder

Reflect on Weekend Time

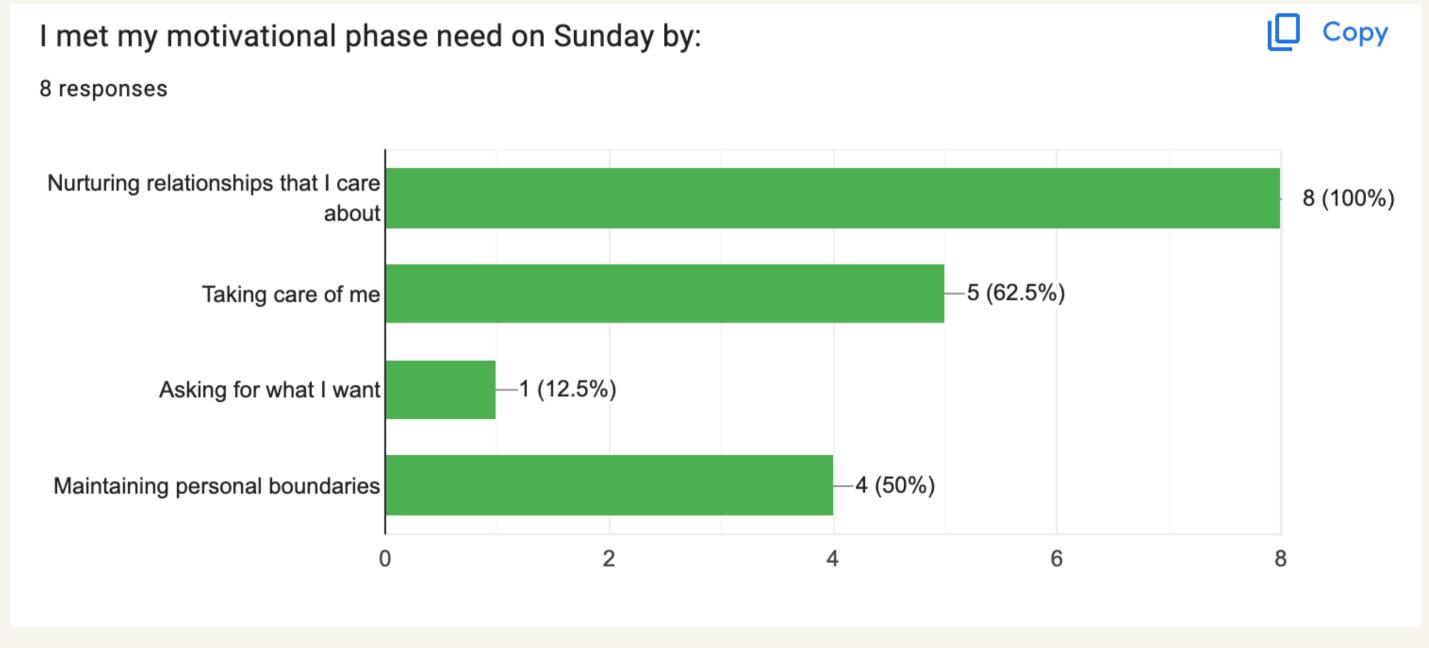
Review Results

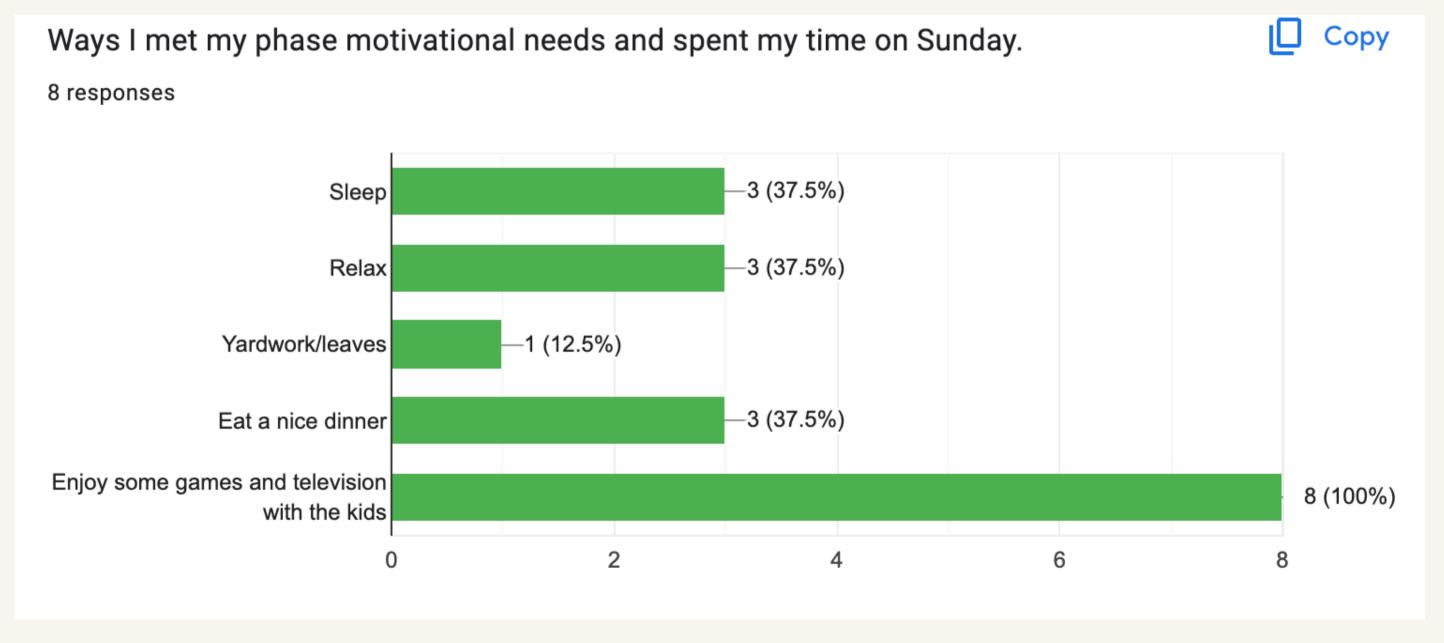
Sunday, Sunday; Living for a Meaningful Sunday

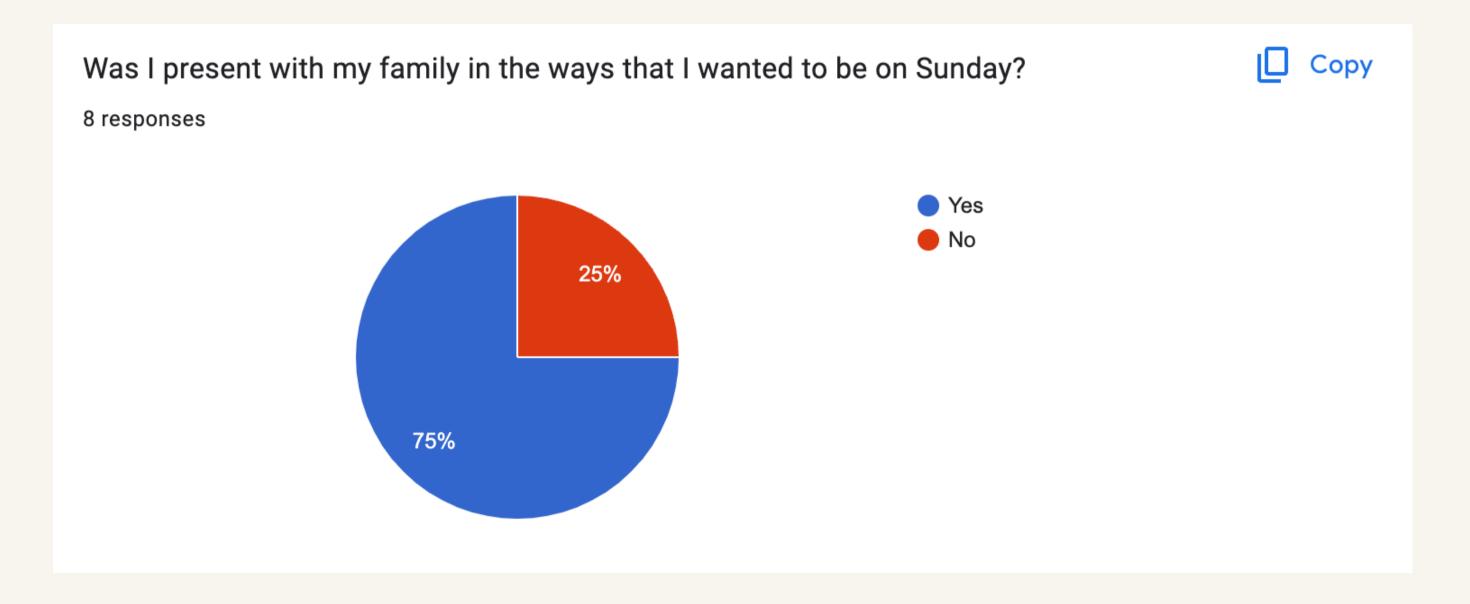
 $\mathsf{B} \quad I \quad \subseteq \quad X$

Relax. Refresh. Engage. Live in the Moment on Sundays personally and with my family.

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If I selected "sort of" or "no", what made it difficult?

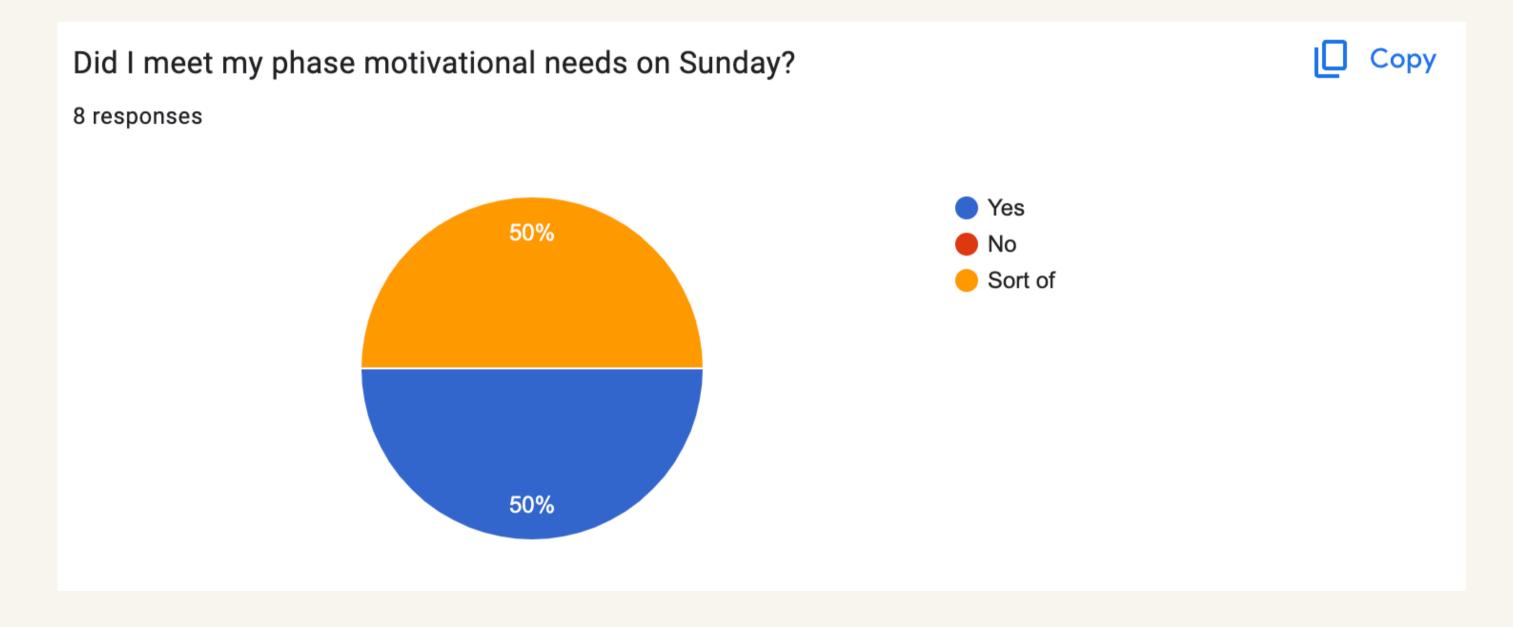
4 responses

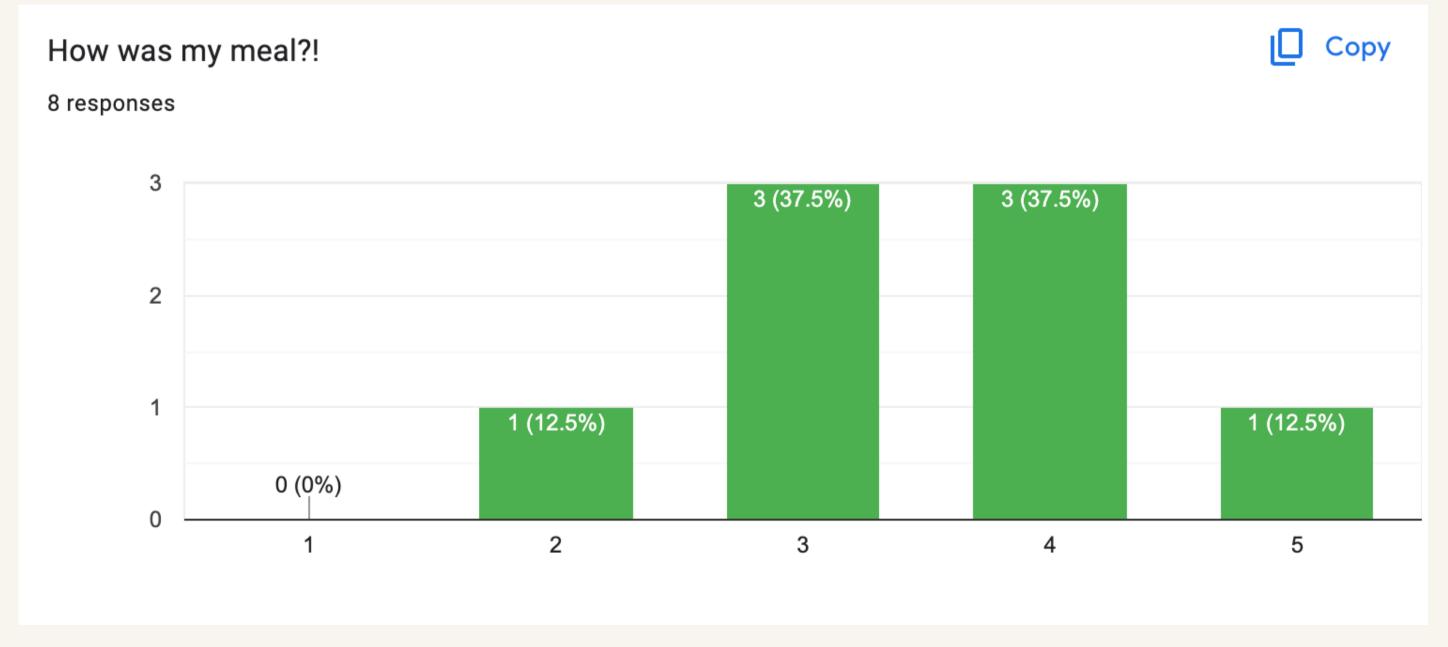
Very busy day running errands, cleaning up bills, taxes, etc.

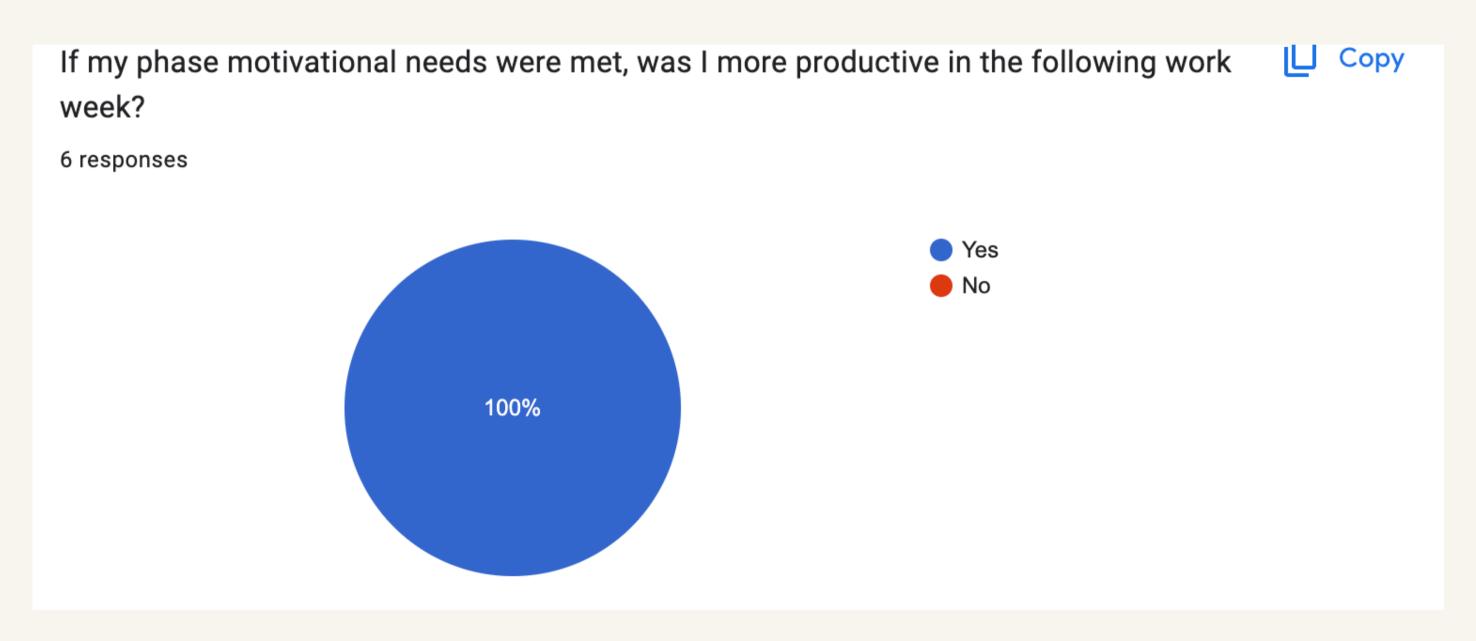
Winter blues, excessive errands, etc.

Felt stressed about things needed to be done and the thought of next week.

Not enough time to get to everything



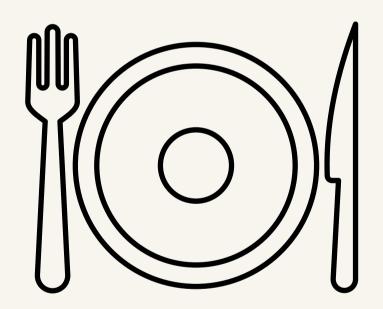




What I did to Prioritize Myself



Sleep

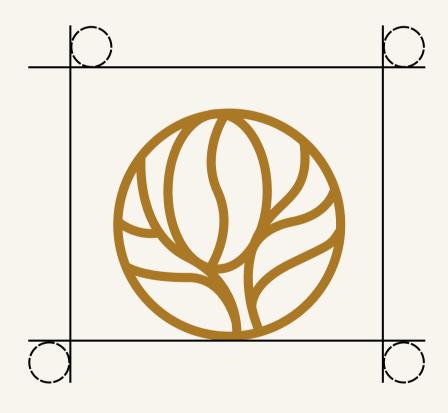


Eat

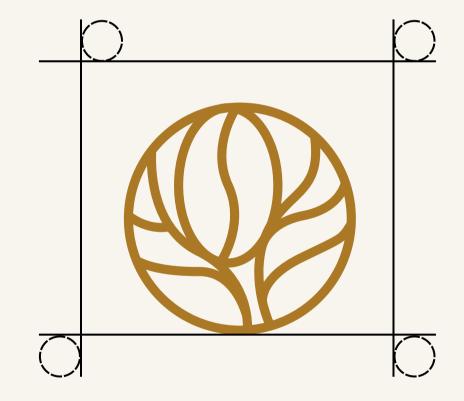


Enjoy Games & TV with family

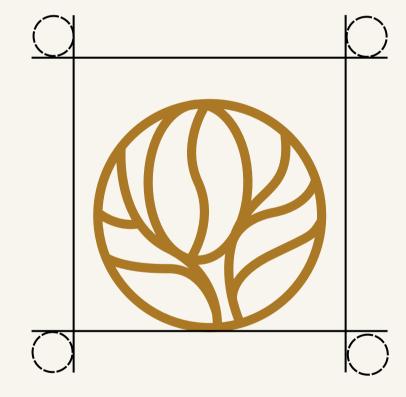
Where Did I Find My Successes?



Self Time, Rest, & Food



RelationshipsBeing Present & Intentional



BoundariesLimit emails & Work Items

MIN WAS important to me?

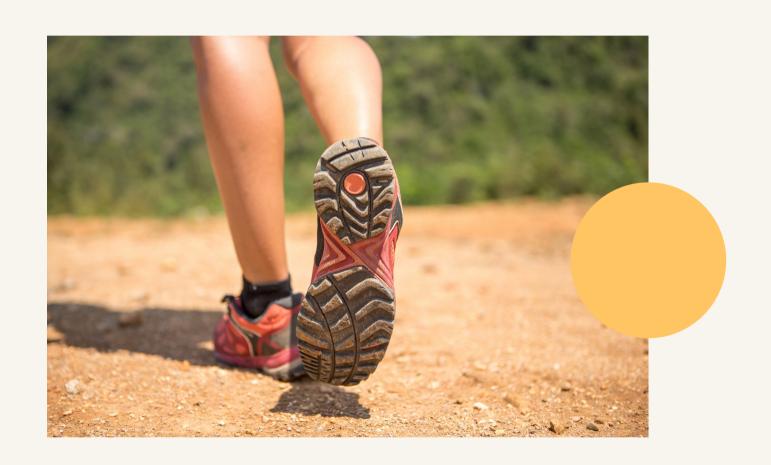






Conclusions

Conclusions: Having a meaningful Sunday is not easy for me - but being present and intentional on that day has helped me be present and focused during the following work week!



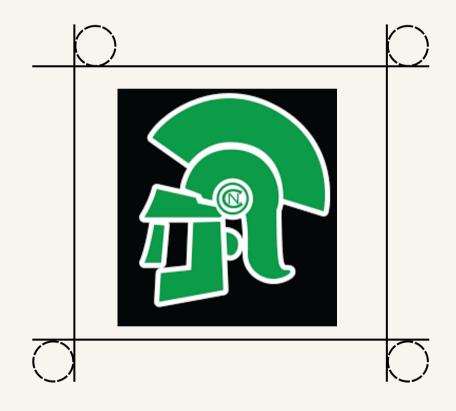
Next Steps

This has been an ongoing project (now a way of life) during these last few months. I feel a strong sense of accomplishment that I have made important steps to live in the moment on Sundays and beyond! Progress Made but still improvements necessary!

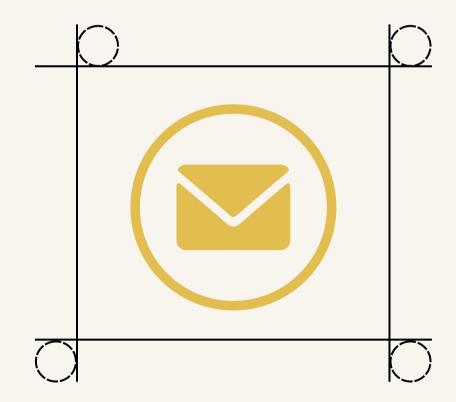


Food, Faith, Family & Freedom

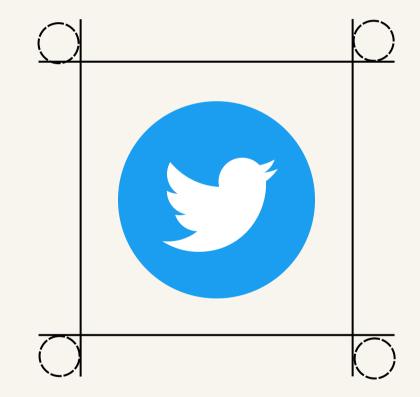
Sunday, Sunday, Sunday



Kirk Amman



kamman@ncweb.me



@NewCastle_HS



Year 1 Template for AR Narrative [Title of Action Inquiry Project]

Principal Name: Kirk Amman

School Name: New Castle High School

Principal's Email Contact: kamman@ncweb.me

Background Leading to My Inquiry (Slide?)

Outline what led you to this particular inquiry. Include the following:

- Context I have always struggled with work/life balance, especially on Sundays trying to live in the moment and not stress and focus so much on school matters.
- The Issue/Tension/Dilemma/Problem that led to your action research: The issue is
 to work on living in the moment on Sundays and not stress so much. My goal
 would be to enjoy my family and personal time more and live truly in the
 moment.

The Purpose of My Inquiry (Slide?): To relax, refresh, engage, and live in the moment on Sundays – personally and with family.

Therefore, the purpose of my action inquiry was to . . .

My Wondering (Slide?)

With this purpose, we wondered . . . I wonder what happens when I ask myself the 4 motivational needs questions each week? 1. Have I nurtured relationships that I care about? 2. Have I taken care of me? 3. Have I asked for what I want? 4. Have I maintained my personal boundaries?

My Actions (Slide?)

In this step, begin by outlining how you gained insights into your wondering. Then, share what you did to conduct this AR cycle.

In this section, provide the following:

An articulation of any change/intervention/innovation/procedures you introduced

An excellent way to think about creating these segments is chronological – what did you do first, second, third, etc. You should include such things as the timing and amount of each detail you share.

Method:	Utilized a Digital Calendar with goals, purposes, actions, reflections, next steps, etc.			
Data Collection:	Notes on a google spreadsheet - thoughts, actions, data that I hoped to achieve before Sundays. The follow-up was the data and reflections on how I did.			

Calendar:	November-March Time Period, I documented almost every Sunday a log of what I did that day – followed by reflection.		
Data Analysis:	Tracking the areas of time spent, tracking trends, analyzed time and specific actions, came to conclusions		

Data Collection (Slide?)

Share the ways you collected data to understand better what was implemented. I used google sheets to collect data on Sundays and then I journaled my reflections on the results provided. Please see my data collection part of my project (provided in this document's slides).

My Data (Slides?)

Display data and share the ways you analyzed the data. You may need additional slides.

Please refer to my project presentation slides(located towards the end of the document).

Quantitative data is often presented in graphs/charts,/tables. You may wish to give quantitative data in at least two kinds of graphs organized in different ways to help you explain various aspects of your learning.

Qualitative data is often presented as excerpts of text from a journal, teacher reflections, etc. You may wish to offer qualitative data by including one or more text samples to help you explain different aspects of your learning.

My Discoveries (Slide?)

In this step, summarize your learning in two to three brief statements that illustrate the most critical facets of what you learned:

- Learning Statement One: My findings showed that I experienced some success on Sundays with living in the moment, but I was not always consistent.
- Learning Statement Two: **Using a simple google form to summarize my Sunday events was very useful and practical for me.**
- Learning Statement Three: I was more effective at work the following week when I met my motivational needs on Sundays.

Next, restate each learning statement and explain it. The explanation of your learning statement should refer to your data, and you should include actual data within the description.

Where I Am Heading Next (Slide?)

In this step, reflect on your action research journey as a whole that accomplishes the following:

- General reflection on the specific action research cycle just completed (Some
 Questions to Consider: What have you learned about your school? What have you
 learned about your teachers? What are the implications of what you have learned
 for your work?) I have learned that being fresh and fulfilled by my Sunday
 has helped me with all endeavors at school during the next week.
- Generation of Directions for The Future (Some Questions to Consider: What changes will you make or have made in your practice? What new wonderings do you have?)

As you present your concluding thoughts, once again, consider weaving a reference or two into your conclusions to connect your findings to the field of administration at large.

The key for me is consistency and building this momentum into productive habits both at home and work. I have noticed that this type of approach is helpful to our teachers and staff as well!

Bibliography (Slide?)

In this step, provide the bibliographic information for any references you cited in any of the previous actions. List your references in alphabetical order by author's last name. Follow APA, 6th Edition, to enter information about each of your references. Some examples are provided below. Examples of other reference types can be found here: http://owl.english.purdue.edu/owl/resource/560/06/. You may also find the Citation Machine helpful (http://citationmachine.net/).

Books

• Author, A. A. (Year of publication). *Title of work: Capital letter also for subtitle*. Location: Publisher.

Single Author Article

• Author, A. A. (Year of publication). Title of article. *Name of journal, volume (number)*, page numbers.

Multiple Authors Article

• Author, A. A. & Author B.B. (Year of publication). Title of article. *Name of journal, volume (number)*, page numbers.

Websites

 Author, A. A., & Author, B. B. (Date of publication). Title of document. Retrieved from http://Web address

Citing Your Presentation and Publication

Congratulations on completing the Year 1 Action Inquiry process! You can list your project as both a professional presentation and a professional publication on your resume. Here are examples of the correct ways to cite:

Presentation

Andrews, K. (2022). Providing effective feedback. Presented at the annual Indiana Principal Leadership Institute Action Research Showcase, Indianapolis, IN.

Publication

Andrews, K. (2022). Providing effective feedback. Retrieved from https://Web address

Amman, K. (2023). Sunday, Sunday, Sunday – Living for a Meaningful Sunday. Presented at the annual Indiana Leadership Institute Action Research Showcase, Indianapolis, IN.