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Background: (Slide 1)

- I am the son of an award winning journalist who taught me the power of writing.
- I have lived all of my life with Severe Hemophilia. My younger brother had it as well.
- I lost my brother in 1999 due to heart failure.
- My parents would divorce after a couple of years.
 - I essentially lost my family.
- I went into education to help those that suffer because I know the path out.
- I was fortunate to be a top swimmer in the state and compete in college.
- I don't wonder about working out. I know what that does for me.
- I have always wondered about writing and what it could offer if I invested in it.

Purpose: (Slide 2)

- My purpose in writing on a consistent basis is to determine if it helps my decision making process in a way that working out does not. I want to know how writing clears my head and what I can accomplish because of that.

Wondering & Action: (Slide 3)

- I wonder if writing for 15 minutes each morning will help me clear my head for the rest of the day allowing me to focus more on the needs of my staff rather than my own?
- Sub-questions:
 - How often am I distracted by my own stress and I can't focus on helping?
 - I work out to relieve stress, but that doesn't process the feelings I have over the decisions I'm making. Would writing help my process faster to keep moving forward in a positive way?

Data Collection & Discoveries (Slide 4 & 5)

- I will write 15 minutes a day on Mondays – Fridays.
- I will write a combination of fiction and nonfiction.
 - The writing is for me and it's not necessarily journaling.
- I will write by hand in a journal and then type a second draft in Google Docs.
- I will write in the mornings, or when time allows.
- I will log each day that I write in the journal.

My Discoveries: (Slides 4 & 5)

- I have (what I believe) is a decent story with decent characters.
- Writing brings me joy.
- I wrote nearly 40 pages (double spaced).
 - Those pages began as rough hand written drafts.
- I wrote quite a bit at Bigby Coffee while Bella had piano lessons.

Where am I Heading Next: (Slide 6)

- I write a monthly newsletter and the last page features a Principal's Message. I have had numerous compliments from parents saying how much they appreciate my vulnerability and candidness in those messages.
- My best interactions with staff happen in 1:1 setting.
- When I am vulnerable with them about my stress or anxiety they seem to appreciate that.
 - They don't know what they don't know and they cannot read my mind.
- I will continue to write stories.
- I will do this on my own time.
- I will pursue a publisher when the time comes. Right now, I'm just enjoying the journey.

Bibliography:

- Artist, Frank Moth. We Chose this Road My Dear. Retrieved from <http://frankmoth.com/art>.

Creative Writing to Solve Complex Problems

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Background Leading to this Inquiry

- **Mom award winning journalist**
- **She taught me how to write**
- **Powerful life experiences**
- **Writing helps me process & communicate**
- **Monthly School Newsletters**
- **Writing helps me exhale stress**
- **Individuals encouraging me**

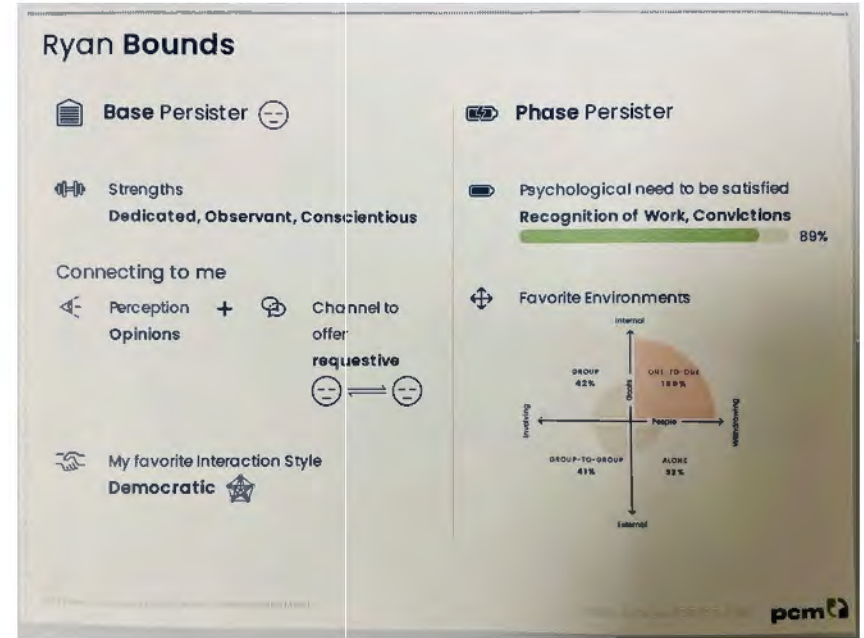
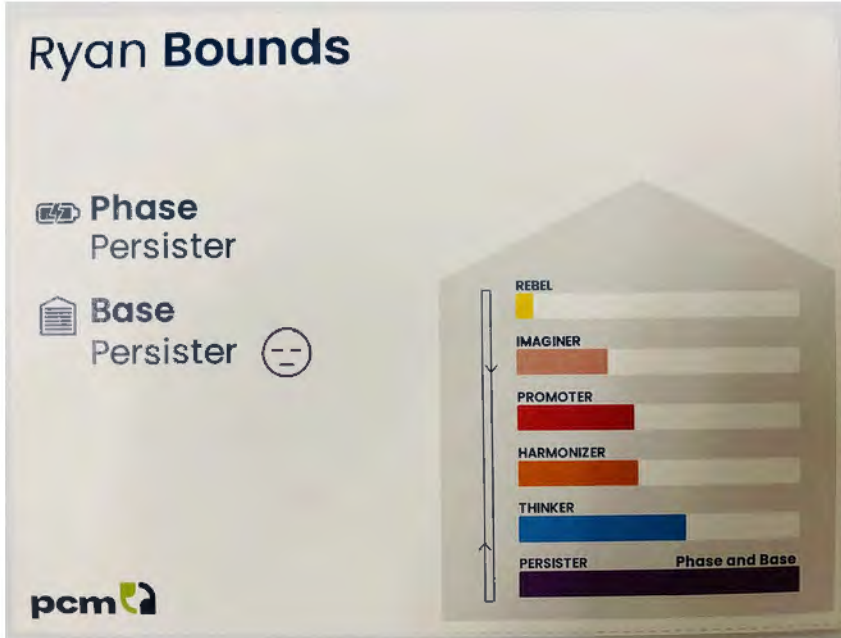


Purpose of this Inquiry

One purpose of this inquiry was to explore if taking time to write creatively could be a tool that I used to decrease stress in my roles as a leader.

A second purpose of this inquiry was to pursue writing out my thoughts and beliefs in the form of fiction and nonfiction in order to see if it helped me to show more empathy when other would share their thoughts with me.

What PCM Taught Me About Myself



I Wonder If...

I wonder if writing for 15 minutes each morning will help me clear my head for the rest of the day allowing me to focus more on the needs of my staff rather than my own?

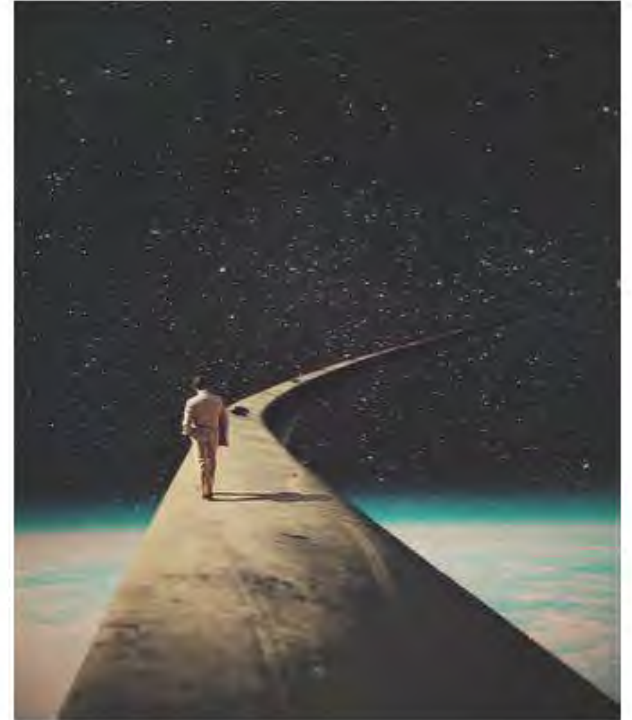
Where Did My Wondering Lead?

For Me Personally:

- 9,372 Creative Words Written = 40 pages
- 4 Chapters in a fictional novel roughly written
- Sharing the chapters with my daughter
- Collaborating with my Mom
- Getting my head and imagination out of work

For My School:

- Building school community through writing
 - Monthly Newsletter featuring a Principal's Message



Other Data Collected

- Surveyed Assistant Principal to gain his perspective on my growth
- I tried logging all the days I wrote in a spreadsheet...that gave me no joy



Where is My Wondering Headed

- I will continue to write stories
- I will do it on my own time
 - I would either get in a zone or not be motivated
 - The 15 min idea just wasn't enough on the days I got going
- I will see where the writing takes me
- I will continue to publish monthly school newsletters which feature some of my writings