



Principal Seeking Personal Wellness

Principal Name: Ryan Jenkins

School Name: Central Elementary

Principal's Email Contact: rjenkins@svcs.k12.in.us

Background Leading to My Inquiry (Slide 2)

This is my 9th year as a building principal. In all honesty, I love being a principal and being around kids. I have a great building with a strong, positive culture. My staff supports me and I them. I don't get bogged down with too much discipline and have the support of my parents and community. Things should be going great for me, but they are not. I find myself stressed, not eating well, and not feeling healthy. Most of these stresses are things out of my control such as the well-being of my students outside of school and policy matters. The stress impacts my home and school life.

The Purpose of My Inquiry (Slide 3)

Therefore, the purpose of my action inquiry was to examine myself and how I was directly contributing to these stresses through my diet, lack of exercise, and lack of time for me to reflect.

My Wondering (Slide 4)

With this purpose, I wondered if I am purposeful and accountable to my own physical and mental well being, will it enable me to be the best husband, father, and principal I can be?

My Actions (Slides 5/6)

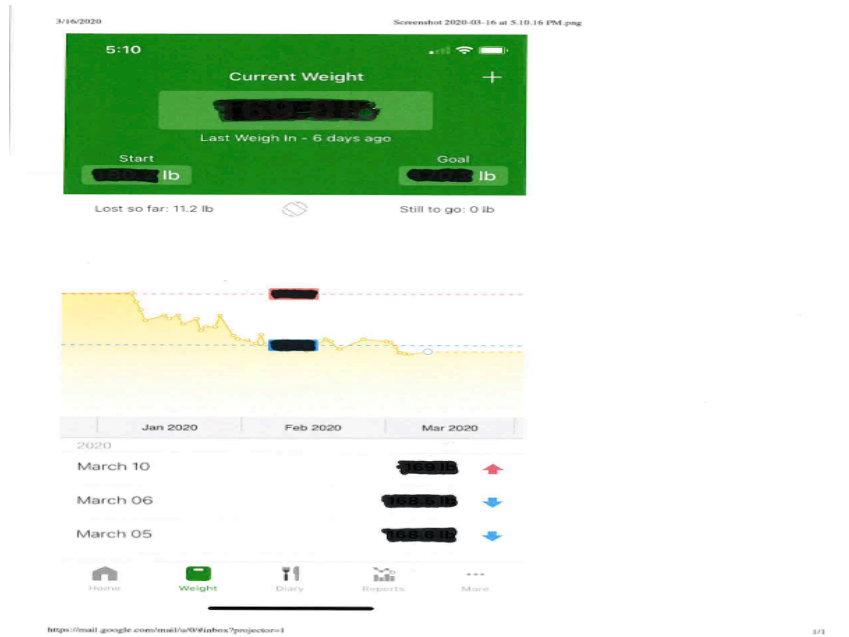
- ▶ Regular meetings with a nutritionist through our wellness clinic
- ▶ Abstaining from drinking sugary drinks and am mindful about the foods I am eating
- ▶ Making a point to walk my dog on a regular basis
- ▶ Attempting to work out from home*
- ▶ Being present with my family time and not preoccupied with school matters
- ▶ Listening to ebooks while driving to and from school
- ▶ Not checking my phone past 8:00 every evening!!!!

Data Collection (Slide 7)

- ▶ Fat Secret app and account set up by the nutritionist to monitor daily weight and foods consumed

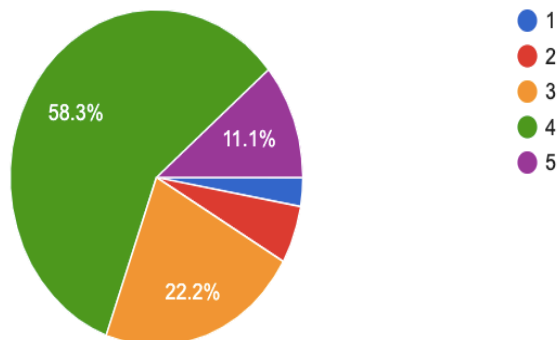
- ▶ Google survey that I take daily to judge how I feel about the day
- ▶ InBody app done at appt. visits with nutritionist to measure body fat etc.

My Data (Slides 8-14)



How did I feel today? 1- being I'm ready to quit 5- being I could do this forever

36 responses



Timestamp	How did I feel today? 1- being I'm ready to quit 5- being I could do this forever		
home with sick kid			
1/15/2020 14:25:34	4		
1/16/2020 15:47:54	2		
1/17/2020 14:44:32	5		
1/20/2020 14:29:41	4		
1/21/2020 15:52:21	4		
1/22/2020 16:11:25	4		
1/23/2020 7:09:36	4		
1/24/2020 7:09:40	4		
1/27/2020 7:14:49	4		
1/28/2020 14:29:05	4		





My Discoveries (Slides 15-17)

- ▶ Learning Statement One: Diet makes a huge difference! Being accountable in monitoring my calories and keeping daily weight logs made an immediate impact. I lost half of my target in the first week in cutting out soda and watching my calories. As the graph dictates, it was clear when I had a 'cheat day' or special event that I attended where I wasn't watching what I was eating and drinking. The results were glaring.
- ▶ Learning Statement Two: Reflection at the end of each school day allows me to see the positives.

- ▶ The data showed clearly that the majority of my days were good days. There may have been some bad moments, but they were still good days overall.
- ▶ Learning Statement Three: The first two statements help me to be more focused at home and at school.

During this time of discovery, it was clear to me that I was more productive at school which allowed me to be more focused on family at night when I was home.

Where I Am Heading Next (Slide 18)

- ▶ I won't continue to track my daily weight and mood of the day. However, I will continue to monitor the foods and beverages going into my body and set aside time to reflect on my day even if it's just on the ride home from work.
- ▶ Being a principal is a stressful job. There are many factors that are out of my control. I need to remain focused on the positives throughout the day which proved to be overwhelmingly the case. Further, I need to be purposeful in my time spent with family and keep my focus on them and not work.

Bibliography (Slide N/A)

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CENTRAL ELEMENTARY

RYAN JENKINS
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Purpose of This Inquiry



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My Actions



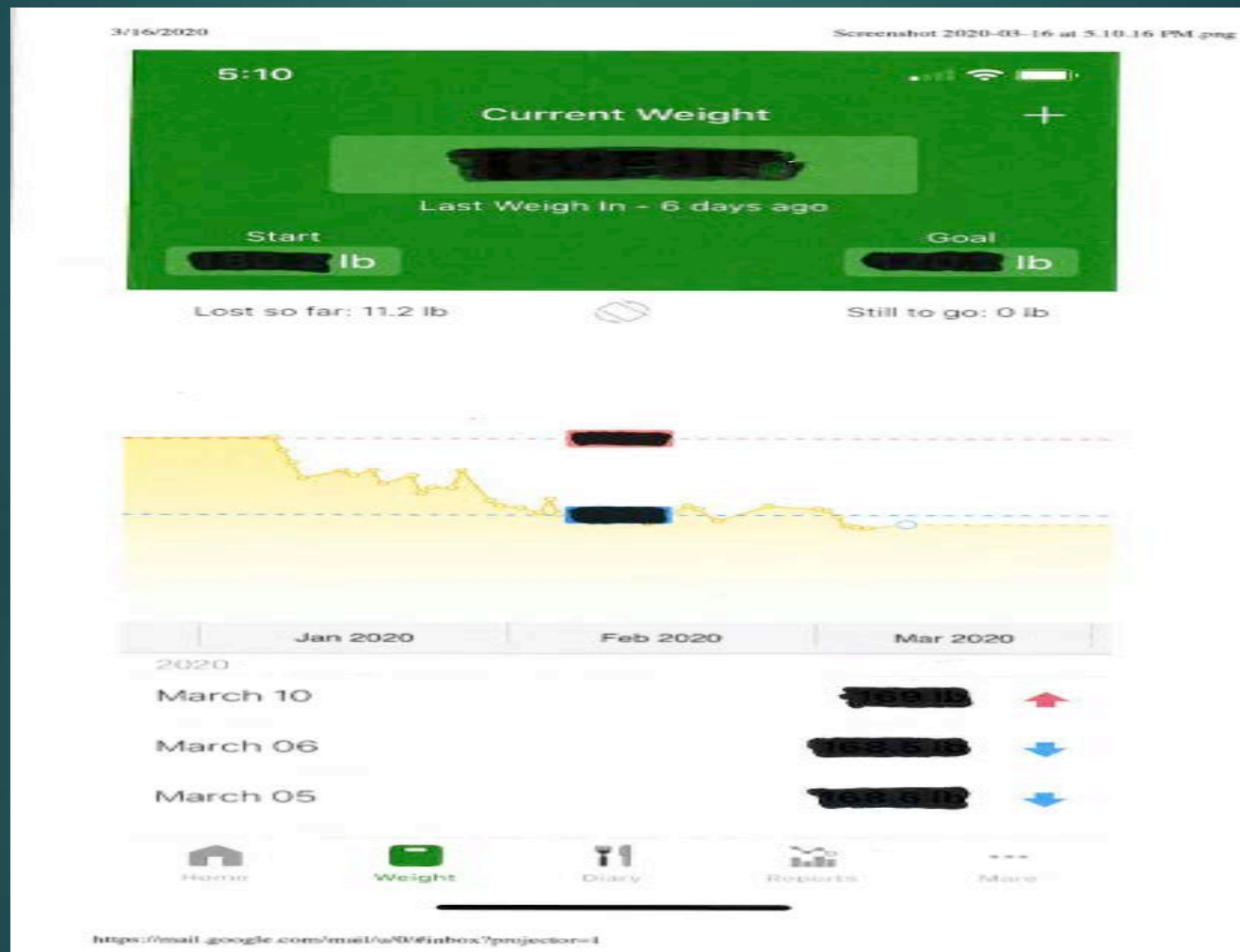
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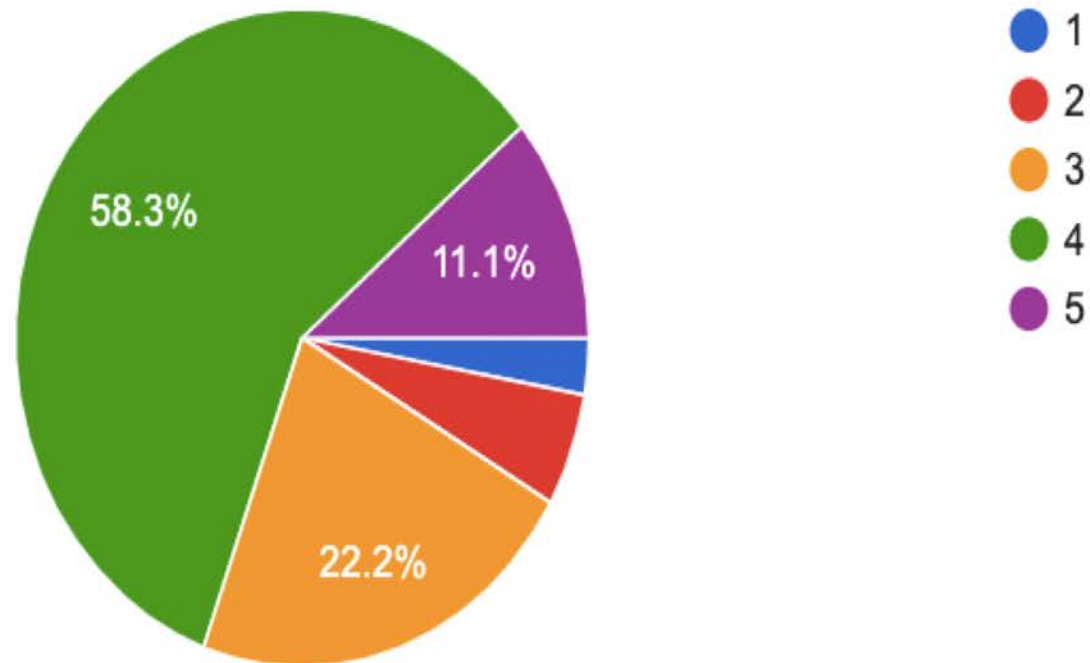
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Data cont.



Data cont.



Data cont.



Data cont.



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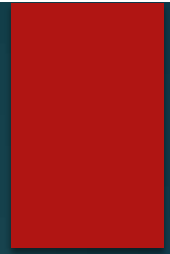
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