

# POLLY T DONALD ENRICHMENT FUND 2019-2020

Each year, Friends School makes an award to one or more staff members from the Polly T. Donald Enrichment Fund. Generous parents and community donors created this fund as a tribute to former head of school, Polly Donald. The fund provides a unique opportunity for faculty and staff to revitalize and grow outside of the classroom. Polly believes that an individual's personal growth inevitably enriches those with whom they come into contact. The fund aims to revitalize and inspire and support personal growth, enriching the Friends School Community at large. This year's recipients of the Polly T. Donald Enrichment Fund were teachers Diane Bramble and Erika Norman. Their stories about how they used their awards follow below.

## **Diane Bramble**

### **Middle School Teacher**

I have taught at Friends School for 31 years and am excited to be returning again this fall. Even though my proposed experience is hands-on, project-based, and will support me personally and professionally, my request is an out-of-the-ordinary one for the PTD Fund. Wait for it... surprise... it's a rowing machine.



I know, how the heck can a rowing machine possibly support a teacher's "growth and directly benefit the school community"?

Teaching is powerful, soul-nurturing work. It's also physically, mentally and emotionally taxing. Every educator needs to take care of herself outside of the classroom in order to be her best in the classroom. Exercise needs to be a key component of every educator's self-care regimen.

Not too bad, but I've got titanium joints in my right foot and my right knee. There's so much good about having new joints, but the bad news is that my exercise options have become more limited. For instance, I'm no longer able to run and can only hike short distances. Being able to exercise in a low-impact way on a rowing machine would be a boon for me physically and personally. But, equally important, it's my hope that the addition of this exercise machine will revitalize my energy and teaching practice, which leads directly to the benefit for my students: I will happily share my revitalized dynamism and wellness with the entire community of Friends School - students, parents, and colleagues - through my creativity, engagement, leadership and continued love of learning.



Not Diane, but her rower looks just like this one

## **Erika Norman**

### **Elementary Math Teacher**

NOTE: Erika postponed her award due to COVID-19

I have been a teacher at Friends for 15 years, starting in 2005 when my daughter, Phoebe, started Kindergarten. Life is a series of changes, and I believe that change is



almost always for the better - it keeps us alive and challenging ourselves. In my personal life the change is one in a changing professional role and quickly becoming an empty nester. My two girls have been my greatest adventure and the thing in my life that I am most proud of. I have given them everything I am and am proud of the people that they are becoming. Hopefully, some of that is due to Keith and I, but who knows? Now I would like to think about what I might want to carve out for myself a little bit and remember what I was like before this journey began.



I am planning a three day *Women on the Water* sea kayak trip run through Outdoor Odysseys. This trip is in the San Juan Islands in Washington state. The trip is led by women and designed to- *share the sights, sounds and beauty of the San Juan Island archipelago with like minded women*. This trip serves multiple purposes for me. The first being an incredible adventure doing something I have never done, in a part of the world, I have always wanted to see and explore. The second, is challenging myself physically and socially with total strangers. Finally, it serves as a way for me to have some time to get ready for lots of changes in the coming year at work and in my own life.

---