

PDS Spirit

The Magazine of Presbyterian Day School

The BOWS ARE BACK



Remember Your
"Armor"
Emotional Intelligence

WINTER 2022

Highlights from
the First Half of
2021-2022





PDS
Spirit
 WINTER 2022

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REMEMBER YOUR ARMOR

How PDS Cultivates a Culture of Emotional Intelligence

On the Cover:

After a school year with no singing, the bows (and boys) were definitely back in style! Our 2021 Christmas Pageant received rave reviews from the community.

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From the Head of School



As we step into 2022, we all hope and pray that the scourges of COVID-19 are waning, even if this moment of intensity may feel otherwise. As we launch into a new year at PDS, we do so with a mindset of gratitude. “When it comes to life the critical thing is whether you take things for granted or take them with gratitude,” G.K. Chesterton, the famed British journalist would say. While we cannot predict the ebbs and flows of the latest variant, we begin this year with a renewed dedication to unique learning experiences and memorable moments of shaping minds and character.

There is no greater joy to PDS educators than to see the development of our boys as they move from grade to grade and learn to embody the virtues and a scholastic framework for their future. We always count it a privilege and honor to work with such bright and talented boys from every zip code in Memphis. We are excited and grateful to press ahead with the types of experiences that capture the attention and curiosity of boys.

You may have heard it said before that “it takes something more than intelligence to act intelligently.” That phrase seems almost intuitively accurate. Reflect only for a moment on your experiences in life, and that phrase is affirmed. We know that schools are not mere factories for developing brains. Creating the complex chemistry needed in a school to build boys takes more than developing just their IQ.

I know my first experiences walking the halls of PDS, interacting with the boys, and meeting alumni of this school gave me a profound sense of well-rounded development. Respect, manners, regard for others, and emotional intelligence were some of the first impressions that came to mind of PDS boys. Our cover story, ‘**Remember Your Armor: How PDS Cultivates a Culture of Emotional-Intelligence,**’ explores the components of emotional intelligence and how PDS strives to develop boys’ EQ. We aspire to ready these boys for the next level by setting the foundation they need to thrive and excel.

We all want an education for our children that develops them to their potential. We want our boys to be pushed to the edge of their abilities, and PDS boys thrive on challenge. The development of boys’ emotional intelligence is one more marker of what makes the PDS experience dynamic. We know the important skills and habits of tomorrow will be grounded in EQ.

PDS is a vibrant place of many activities and events for boys and their families. If you are like me, every reminder helps. This edition of *PDS Spirit* Magazine includes lots of those reminders. As you flip through each page, I hope you make note of the many upcoming events and happenings.

As always, thank you for your continued support as we strive to build boys and make men for the future!

Sincerely,

Brad Sewell
Head of School

Accolades

5 PDS Alumni Named National Merit Semifinalists

Five of the eight semifinalists from MUS were PDS boys!

Congratulations to these members of our Class of 2016 who were named National Merit Semifinalists at Memphis University School: Mark Hieatt, Forest Rudd, Witt Smith, Garner Uhlhorn, Christopher Yarbro.



Russell Lindeman Wins 2021 Spelling Bee

The tension was thick in the Fellowship Hall on the morning of November 11 as the 2021 PDS Spelling Bee went into *multiple* overtimes. With the three final contestants all missing their final word, the finalists all got another shot...and then another. And then there were two left... and two again. After multiple dramatic rounds, 6th-grader Russell Lindeman emerged victorious.



3rd Grader Places in State Chess Tourny

Calix Rodrigues won 2nd place in the Tennessee Scholastic Individual State Chess Championship for grades K-3!



2021 Middle School Model UN Conference



6th-grade delegates representing India, Togo, Syria, South Africa, and Venezuela had a great day at the Middle School Model UN Conference. The delegates from Syria, Russell Lindeman and Sajan Goorha, won Outstanding Resolution. They were chosen to present in front of the General Assembly. Their resolution passed 35-0. Dewey Drinkard was named an Outstanding Delegate.

Participants: Dewey Drinkard, Nate Fahey, William Frazee, Sajan Goorha, Peo Hughes, Russell Lindeman, Ari Madasu, Jack Mavar, Andrew Selecman, Benjamin Sims, Garrett Thompson, Walker Wilhite, Will Walk

7 VIRTUES BREAKFAST

Our 7 Virtues of Manhood Breakfasts are for elementary grade boys in first through

sixth grades. Because of the nature of this breakfast, each boy must have an adult host in order to attend.

Look for registration information in upcoming *PDS Express* newsletters.

FEB
4 **Bold Adventurer**
Virtue Breakfast

MAR
4 **Noble Knight**
Virtue Breakfast

APR
1 **Faithful Follower**
Virtue Breakfast

Community Events

FEB 24 **Father & Son Dinner**
4TH-6TH GRADES • 6pm

Featuring an inspirational speaker.



MAR 4 **March Mania Kickoff Party**
ALL PARENTS • 6pm-8pm

ALL NEW EVENT FOR 2021-2022!
Join us for a special night of food, drinks,
& fun at Old Dominick Distillery.



MAR 24 **Early Childhood Family Night**
YK-SK FAMILIES • 5:30pm

Celebrating the work of our EC boys.



APR 7 **PDS Maker Faire**
ALL FAMILIES • 5:30pm

A celebration of innovation and creativity.
PDS boys in 1st-6th grades are encouraged to embrace
the maker movement and make a project at home to
showcase at the Faire.



MAY 6 **Field Day**
1ST-6TH GRADES



MAY 12 **Sports Banquet**
4TH-6TH GRADES • 5:30pm



Music Programs

APR 26 **Instrumental Music Recitals**
Tuesday, April 26

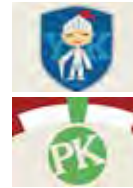


MAY 3 **Band Concerts**
Tuesday, May 3



Grade-Level Events

Parents, mark your calendars for these events where
parents are on campus during the school year:



Mother's Day Tea
Tuesday, May 3 • 9:30am



Valentine's Day Program
Wednesday, February 9 • 8:30am
Mommy and Me
Wednesday, May 4 • 10:45am



Mother's Day Tea
Thursday, May 5 • 10am



Parent Meeting
Thursday, April 21 • 9am
Mother's Day Picnic
Wednesday, May 4 • 12:30pm
Class Day
Friday, May 20 • 8:30am



Books for Breakfast (Dads)
Wednesday, February 23 • 8am
Class Day
Wednesday, May 18 • 8:30am



Yipes Stripes
Friday, February 22
Class Day
Tuesday, May 17 • 8:30am



Father/Son Kickball
Friday, April 29
Class Day
Monday, May 16 • 8:30am



Father-Son Dinner
Thursday, February 24
6pm



Father-Son Dinner
Thursday, February 24 • 6pm
Student-Faculty Basketball Game
Thursday, March 10 • 1pm
Mother-Son Luncheon
Friday, April 8
Father-Son Retreat
Friday, May 20
Graduation
Friday, May 27 • 9am

REMEMBER YOUR ARMOR

How PDS Cultivates a Culture of Emotional Intelligence

In a recent fourth-grade class meeting, a size 15 pair of loafers, once owned by former NFL player Barrett Jones, rests on the floor. An energetic group of boys admires the shoes — all waiting for a chance to wear them. The idea of “walking a mile in someone else’s shoes” is on full display. One of the students slips into the enormous shoes and begins his journey walking around the room while PDS school counselor Tom Edwards reads out an all-too-common scenario.

You find out that you aren’t invited to a party that many of your friends are attending. How does that make you feel? As the student walks, he describes how someone might feel in that situation. Sad. Embarrassed. Mad. Betrayed. Surprised. Worried. Left out. The depth of discussion is not surprising. What might be surprising is that the scenarios used in the exercise are written by the students themselves. They actively engage in every opportunity to role-play some of their own experiences. Yes, they are young, but PDS boys are quickly learning the value of becoming emotionally intelligent.



IQ vs EQ

Often, in a boy's mindset, the definition of being successful in school means being the first to finish his work, the fastest reader, or the one who has the most to say (whether or not the comments are on topic!). In their minds, fast equals smart and the only path to success. PDS teachers are always working to combat these misguided interpretations of intelligence. While the intelligence quotient (IQ) may be an indicator of success in academics and measure how well a student is able to process, reason, and store information, IQ is only partly responsible for how successful a student will be in life.

Almost 30 years ago, psychologist Daniel Goleman ignited a conversation about emotional intelligence (EQ) when he published *Emotional Intelligence: Why it can matter more than IQ*. According to Goleman, EQ is the measure of one's ability to recognize his or her own emotions and the emotions of others. Goleman states that emotional intelligence accounts for 80% of career success. He goes on to say, "Most people are hired for their intellect and business expertise — and fired for a lack of emotional intelligence."

Studies continue to support Goleman's work and the idea that emotional intelligence is a learned skill set, one that can and should be taught in schools. Yet, the vast majority of schools fixate on academic abilities and ignore social and emotional learning. The PDS mission is a constant reminder of the very important task we face daily — glorifying God by developing our boys in wisdom, stature, and favor with God and man. The wisdom we are called to impart, a combination of academic, spiritual, social, and emotional learning, is the foundation for a successful future, a future that finds favor with God and man.

Along with our fantastic faculty, PDS is fortunate to have Tom Edwards, a licensed clinical social worker, on staff as the school counselor. Mr. Edwards spends a great deal of time meeting with first through sixth graders teaching them about the importance of remembering their ARMOR, an acronym he developed in his private practice to represent the most critical components of emotional intelligence.

5 Components of Emotional Intelligence

Awareness

One component of being emotionally intelligent is the ability to recognize a feeling as it happens and monitor those feelings from one moment to the next.

A common stereotype of boys is that they are not in touch with their feelings. In actuality, boys experience a full range of emotions, but they are slower to develop the language skills necessary to express what they are feeling. They don't always know the verbiage associated with the varying degrees of *happy, mad, sad, and scared*, the most common words used to express emotion. Also, it can be difficult for young students to decode nonverbal cues from others' facial expressions.

Through both class meetings and seminar classes, PDS students are exposed to an expansive "feeling" vocabulary and practice using words from it on a regular basis. Younger students use a feelings chart with facial depictions as they talk through a variety of emotions.

Regulation

Everyone has experienced a hot-button moment. Something that wouldn't normally be a big deal sets off a range of emotion. In those moments, the amygdala, the area of the brain that helps regulate emotions, is hijacked, and the fight-or-flight response is activated. Generally, the brain's frontal lobes are a bit more rational than the amygdala and help decipher whether the threat is of great concern. Most often the emotional outburst de-escalates.

This relationship between the amygdala and frontal lobes works well to regulate emotions for grown adults. But for young males, frontal lobe development is slower; in fact, it continues developing well into a male's early 20s. This biological truth is important for our boys to understand. As PDS students become more self-aware, they learn to match their emotions appropriately to situations and figure out the best ways to handle and express feelings in healthy, safe, and appropriate ways.

Motivation

There's no doubt that every PDS student loves to receive a Happygram, a handshake, or a high-five. These extrinsic motivators are built into the life of our school to make sure that our boys feel known, nurtured, and loved. But these alone are not enough



of a driving force to modify their behavior. Students who are able to recognize and respond to internal motivators are much more successful in academic and social settings. As children grow, it's tempting to praise every new achievement and tell them how smart they are, but this is counterproductive.

A classic study of U.S. fifth graders by Carol Dweck and Claudia Mueller emphasized the importance of praising effort over intelligence, and the results showed that the students who were praised for intelligence were less likely to focus on being successful, avoided more challenging tasks, and generally found less pleasure in the work being asked of them. As PDS teachers look to share praise with students, the focus is placed on praising their effort or particular strategies used to accomplish a goal. As students mature and learn to respond to their own internal motivators, they grow in their ability to delay self-gratification, become more productive and effective overall, and reap much larger long-term rewards.

Otherness

Michele Borba, author of *Unselfie: Why Empathetic Kids Succeed in Our All-About-Me World*, says students today are growing up in a “self-absorbed craze.” The pressures of self-promotion, personal branding, and self-interest negatively impact a student's ability to recognize the feelings, needs, and concerns of others. According to Borba, there has been a 40% decrease in the empathy levels of teens over the past 30 years. Along with a sharp decrease in empathy, it is not surprising that narcissism is on the rise.

What is PDS' response to this? Teaching empathy! Our boys are asked daily to take on the perspective of others and think about how to love one another well. Through our *Seven Virtues of Manhood*, the students are given explicit definitions for what it means to be a True Friend and a Servant Leader, two virtues that are especially focused on helping students tune into social signals and develop a heart for others. In the EDGE, our boys are asked to evaluate human-centered problems, develop empathy with the issue, and generate solutions that could have a real-world impact.

Recently Mark Fruitt, Principal of the Elementary Division, challenged PDS students with an essential question, “Are you tough enough to be kind?” This question serves as a reminder that kindness must be practiced on a daily basis even though it can feel like a more difficult road to take in certain situations. At PDS, we see what research confirms: Empathy can and should be taught, and our boys are growing as a result of it.

Resilience

When PDS boys hear that inventor Sir James Dyson designed over 5,126 failed vacuum prototypes before finding success, they can hardly believe their ears. Resiliency is not just the ability to recover from a setback but to thrive while doing it, pushing through difficulties, digging deep, and developing grit. In lower elementary grades, this might mean reading a book multiple times to build fluency and understanding, practicing math facts over and over until mastery is reached, or navigating the social dynamics of recess. In the upper elementary grades, students might be balancing the demands of multiple classes or trying to maneuver competitive sports. PDS teachers are quick to model resiliency, talk openly about making mistakes, and intentionally let students enter and wade through frustration zones before stepping in to assist. When it comes to developing resilient students, providing opportunities for failure is the key to success.

When Mr. Edwards is not meeting with an entire grade-level of students, his office is often filled with small groups of students or even those who wish to visit one-on-one. PDS students know that his office is a safe place to talk — or even play a game of UNO as a break from school work. Whatever the reason for the visit, PDS boys leave with a deeper understanding of what it means to be emotionally intelligent. Their EQ is galvanizing strength — one piece of ARMOR at a time. 🟦

RESOURCE: COUNSELOR TOM EDWARDS



Tom Edwards is a licensed clinical social worker who has been practicing since 1992 and is currently in his tenth year supporting students at PDS. Mr. Edwards is at PDS on Tuesdays and

Thursdays and has an office on the second floor of the elementary building. Students are aware that they may request time with Mr. Edwards as needed. He is also available to parents who may need some advice or support. In addition to meeting with students both individually and in small groups, Mr. Edwards frequently presents on emotional intelligence in class meetings. Although his on site hours are limited, he checks and answers emails daily. Mr. Edwards maintains a private practice in Germantown, where he provides therapy for children, adolescents, and young adults. Mr. Edwards is available by phone through the main PDS number and email at tedwards@pdsmemphis.org.

AWARENESS

- Recognizing a feeling as it happens
- Monitoring feelings from moment to moment
- Using language to describe a full range of emotions

REGULATION

- Handling and expressing feelings in healthy, safe, and appropriate ways
- Matching emotions to situations

MOTIVATION

- Responding to internal motivators
- Delaying self-gratification
- Becoming more productive and effective

OTHERNESS

- Recognizing the feelings of others (Empathy)
- Tuning into social signals indicating what others need or want
- Developing “people skills”

RESILIENCE

- Pushing through difficulties
- Bouncing back from setbacks
- Developing “grit”

Five Components of Emotional Intelligence

In the Classroom

Highlights from the first half of the school year.



Young Knights

The magical thinking of our Young Knights makes every day a daring adventure as they discover the world around them. Over time, they conquer each obstacle on the playground and in the classroom through a play based program. They are honing their self-help skills and becoming more and more confident each day. Every day is action packed!



Pre-Kindergarten

Each day in the Pre-Kindergarten classroom brings opportunities to experience the splendor of childhood. No longer the youngest PDS students, they embrace the opportunity to demonstrate their sense of self and how that impacts others in the school environment. They will soon celebrate friends and family with a Valentine's Day Program. Expressions of love will abound!



Junior Kindergarten

An in depth study of the farm complete with "milking" a cow and "churning" butter culminated in a genuine Hoe Down. This was the Junior Kindergarten's first public performance complete with songs, movement and costumes. Our Head of School, Brad Sewell, made a surprise appearance as Farmer McSewell. This first annual Hoe Down was a huge success and packed with learning experiences for all of the boys.



Senior Kindergarten

It is amazing to see the early reading skills emerge in the Senior Kindergarten boys. They are reading and writing with increasing confidence. They will soon study the life cycle of a chicken as they actually hatch eggs. These proud 'chick dads' engage in research, observation, make predictions and journal about their experience.



1st Grade

Flashlight Friday is a favorite treat! Curling up with a good book in a cozy spot is the perfect way for first-grade boys to practice their developing reading skills. Add a flashlight to that combo, and now the boys are set. First-grade boys are loving a year of reading adventures!



2nd Grade

Lettuce, watermelons, and corn, oh my! Second Grade's Giving Garden was in full bloom this fall after the boys spent time working in the soil, planting seeds, caring for the young plants, and then harvesting the crops. Beyond the great learning that takes place in the garden, the boys love sharing the yield with others—thus fulfilling the garden's name.



3rd Grade

Third graders were in a frenzy during their Football Math Breakaway Day. Who knew math and football had so much in common? While wearing their favorite team jerseys, the boys were engrossed in football math mania. By the end of the day, the boys had worked countless math problems and eaten a variety of football-themed snacks. What a fun day!



4th Grade

After reading *A Long Walk to Water*, which tells the story of a young girl who must walk miles for water each day, fourth graders were challenged in the science lab to design a filter out of common materials (sand, gravel, charcoal, cotton balls) to make dirty water cleaner. In addition to learning the difference between freshwater and potable water, fourth graders also grew in appreciation for the ease in which they access water in their own lives.





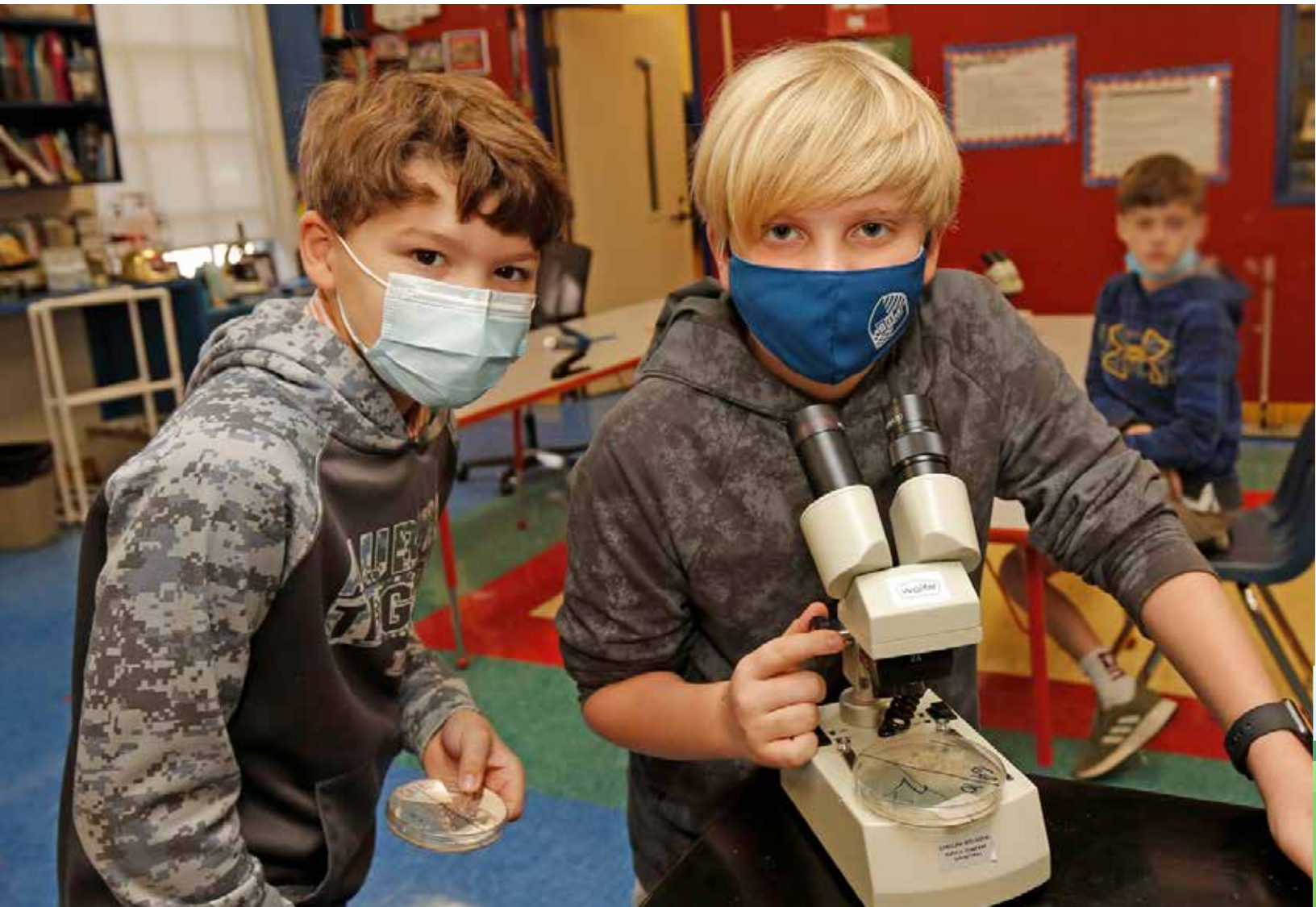
5th Grade

Fifth graders had a blast at their first Victory Ranch retreat! They loved getting to climb the rock wall, conquer the ropes course, play paintball, and spend time together. Most importantly, the boys were excited to discover who would be leading their mentor groups for the next two years. Since then, they have been on a journey to learn as much as they can about the Seven Virtues of Manhood.



6th Grade

Sixth-grade boys love the annual tradition of having a PK buddy. Having met together several times during the fall semester, sixth graders are learning to be Servant Leaders while our PK boys are understanding what it means to have a True Friend. Both grades are ready for a memorable year!





We believe in the *power of play!*

Our philosophy of creating a safe environment in which boys can explore, grow, and learn only expands in the Summer. Even girls can join in on the fun for many summer camps!

At PDS Summer Camp, you can play sports, go on adventures, play games, and learn something new.

Sports Camps are back with even more options for younger campers!

Our **JumpStart** series offers an opportunity for PDS boys to familiarize themselves with their upcoming grade level.

Our **Day Camps** are full of fun—from weekly Water Days to crafts, games, and more!

Enrichment Camps led by PDS teachers give campers a chance to develop new art skills, build with friends, create a movie, explore the Wild, Wild, West, and so much more!

Summer offerings at PDS begin on May 31 and run through July 29 — nine weeks of exciting options for both boys and girls.

Full-day camp options are available from 9am to 3pm.

NEW! Three-day options — available from 9am-3pm Tuesday through Thursday.

Half-day Enrichment Camps are 9am to 12pm and 1pm to 4pm.

Optional **Before Care** starts at 7:30am and **After Care** ends at 5:30pm, making PDS Summer Camps a great option for working parents.



For boys & girls in rising YK - 6th grades.
Register now: pdsmemphis.org/summer

FALL SPORTS UPDATE

by David Rose



It has certainly been an eventful Fall 2021 sports season for the boys at Presbyterian Day School. The football, tennis, and cross country teams all provided the community with loads of highlights.

Our **intramural football** program emphasized sportsmanship, teamwork, and fundamentals. The fourth grade league played seven versus seven on an eighty-yard field while the fifth and sixth grade league played eleven versus eleven on a regulation field. PDS's experienced coaching staff led the program and all players participated. One of the best moments was the annual Football Jamboree and Cookout. All teams participated in a day filled with an abundance of touchdowns, hamburgers, hotdogs, and smiles.

The **football Crusaders** are competitive level teams and are for boys who want more games and practices in addition to the PDS intramural football league. We have a fifth grade team and a sixth grade team. Both teams put in a lot of hard work at practice to prepare for competition against other local schools. Garret Harrison and Paul Warner coached our sixth grade team to a winning season, and our fifth grade team coached by Mark Fruitt and David Rose went undefeated at 7-0 for a remarkable season!

The 2021 **Crusaders Cross Country** team coached by Jackson Boyd demonstrated grit and growth as they competed this season. The boys ran

in the Memphis Youth Athletics League at Shelby Farms and competed in the West Tennessee Regional Championships. There were three Crusaders in the top 10 runners of the Junior Varsity race at that meet. Throughout the course of the season, each boy continued to improve his time in the 2-mile race, and there was plenty of high-fives and fun to go around.

The 2021 **Crusaders Tennis** team coached by Ross Spain entered the Shelby 7/8 tennis season as the lone team comprised of all 6th graders. Throughout the season they continued to improve while playing against older boys. They entered the tournament as the fourth best team and were led by two strong doubles teams which both advanced to the semifinal round. The team of Michael Robbins and Cole Evans won the doubles championship and propelled the Crusaders Tennis team into a 2nd place finish in the region.

Overall, it was a vastly successful Fall 2021 sports season for all teams at Presbyterian Day School because of their commitment to sportsmanship and teamwork regardless of the outcome. The success of our athletic program is a reflection of the strong spirit of our school.





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CONSULTATIONS • FITNESS
BIKES • YOGA • CROSSFIT
RESTAURANTS • CATERING
BEAUTY TREATMENTS • PETS

MARCH 3-8, 2022!

KICK-OFF PARTY • FRIDAY, MARCH 4

Our 13th annual March Mania Online Auction kicks off a little earlier in the month than before. This year, it's *before* spring break, so mark your calendars and get ready to bid!

Also new this year is our Kick-Off Party at Old Dominick Distillery on Friday, March 4 at 6:00pm. Join us for a special night of food, drinks, fun, and an opportunity to see some of the art, jewelry, and class-level items that are up for bids.

Proceeds from the auction help support the school's need-based financial aid program, salaries and benefits for faculty, key educational programs, our *Building Boys, Making Men* character education program, campus security, and many of the other initiatives that help us enrich the lives of boys.

THANK YOU TO OUR PRESENTING SPONSORS





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