



Perform. Transform.

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Hello NYSTEA family!

This fall has been the most “normal” in years, and it seems as though we are collectively making up for lost time. I find myself teaching a brand-new theater class (yay!), directing a fall show for the first time in a decade, performing more than I have in years, and spending *many* hours at my son’s soccer games. As hectic as things have been, I have had to remind myself to take breaks and try to keep things in balance. Although all of the things I’m juggling are good things, there’s definitely such a thing as too much! I’m sure that most (all?) of you can relate. It’s been a while since I’ve felt pulled in so many directions! But it occurs to me that our students might not be ready to handle it all in the same way that we can. These kids, who are in some ways 2 years behind, have the workload that was considered normal years ago. What’s changed is their lack of juggling experience. They are looking to the adults in their lives for guidance on how to manage. So what example am I setting??

My goal for this school year is to try to model a good balance while creating opportunities. Since we’re finally back to all of our pre-pandemic activities, I want to create chances for my students that are meaningful, be it in school or out, on stage or off. They are ready for meatier roles and more responsibility. While I add more to their plates in terms of options, I want to encourage them to maintain their own balance as well. Perhaps we don’t need to be as over-committed as we were before. Maybe some of the things we schedule can truly just be fun. Maybe something that I add to their plate is more of a dessert than a main course. I am reminding myself as well as my students to truly take breaks when we need them, but also to make room for the fun things. Reconnecting with some of my NYSTEA buddies in Syracuse last month was a great moment to recharge. Saying yes to the fun opportunities is so important, as well as allowing ourselves to be fully present in those times. I hope that I am modeling both hard work and a true enjoyment of the things I am doing. A day off from all of it is great too, but when I can’t have that, I hope that I’m able to keep my perspective clear and enjoy the work! A good belly laugh with my 5th period class makes the rest of the afternoon brighter!

As an organization, we are all people who know the love of what we do goes hand in hand with the grind. Just know that any time you feel overwhelmed, you have a network of passionate, dedicated, and very funny people in your corner. Your NYSTEA family is always there for advice, a shoulder to lean on, or whatever you may need. We are all here to help one another to recharge!

Amy Martin

www.nystea.org

