

Meet James Layman



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If you care deeply about students, you already have something in common with James Layman.

James joined the Association of Washington Student Leaders (AWSL) staff in the summer of 2017 as a Program Director, providing support in eastern Washington. We at AWSP have been wowed ever since.

James has been involved in student leadership with AWSL since the summer of 2001, having attended Mt. Baker Leadership Camp and serving as a Junior Counselor at Mt. Triumph Leadership for three summers. James currently serves as Director of Mission Peak Leadership Camp, is a Senior Counselor at Mt. Triumph, and supports our other AWSL summer programs at Chewelah Peak. He's our "Agent 509," serving both sides of the state, but focusing on the needs

of districts and buildings in the 509 area code.

James is also AWSL's social media guru and is taking over the helm of the AWSL Student Voice and Advocacy Board. He helped develop the daylong "I AM | WE ARE" program that empowers students to make changes in themselves and their schools in order to create an atmosphere of acceptance and respect.

James is a graduate of Central Valley High School and attended Eastern Washington University with focuses in Music Education, Psychology and African-American History.

James taught band and marching band throughout the Spokane area and is still an active marching band show designer. James currently serves on the strategic planning committee for the National Association of Workshop Directors (NAWD). James lives and works in Spokane where he enjoys hanging out with family and friends.

Want to get in touch with James? Email him at jamesl@awsp.org.



Appy Hour: Calm and Headspace

With personal and professional wellness on our minds, we have two apps to share with our members that might help reduce stress and bring a little more peacefulness to your day.



Calm: Calm's mission is to make the world happier and healthier. Self-described as the #1 app for sleep,

the Calm app is honored to be an Apple BEST OF 2018 award winner, Apple's App of the Year 2017, Google Play Editor's Choice 2018, and to be named by the Center for Humane Technology as "the world's happiest app." Calm is free to download and includes a collections of meditations, sleep stories, mindfulness tools, nature scenes and music for focus, relaxation and sleep. Learn more at www.calm.com.



Headspace: Headspace is meditation made simple. With the app, you'll learn the life-changing skills of meditation and

mindfulness in just a few minutes a day. Users may find themselves stressing less, focusing more and even sleeping better. Headspace offers a free Basics pack, which is a 10-day beginner's course that guides you through the essentials of meditation and mindfulness. It'll give you a solid foundation to build your practice on. Subscriptions start at \$12.99 per month, or \$7.99 per month billed annually. There is also a family plan. Learn more at www.headspace.com.

Did You Know?

Networked Improvement Community Grants Available to AWSP Members

One great way to be the lead learner in your building is through AWSP's revised Networked Improvement Community Grants, which longtime AWSP members might remember as Cluster Grants. We've revamped our application process this year to make it a little more rigorous and so that our grantees

can make their learning visible to the whole state when all is said and done. Check out the new application on our website at www.awsp.org/NIC. We have 10 grants to give out per ESD and we expect them to go quickly. Questions? Contact Jack Arend, AWSP Associate Director, at jack@awsp.org.

