

New Teacher Connection

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Induction, Intern, STSP, & Mentor Programs

Strategy of the Month: Self-Care

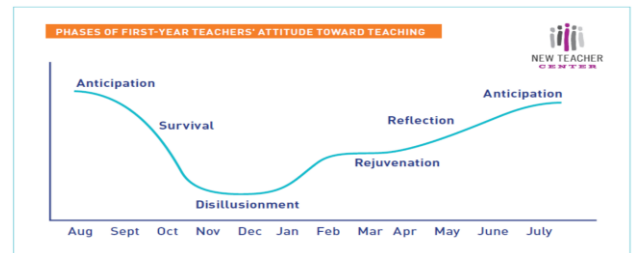
By now, you have probably realized that teaching in general--and each school year in itself--is a marathon rather than a sprint. That achieving excellence as a teacher takes time. Lots of time. You may even be feeling that you've hit "the wall." You're exhausted. The thought of taking one more step overwhelms you. Here's the thing...that feeling, that complete and utter exhaustion, that feeling of disillusionment, it is all perfectly **NORMAL**. In fact, it is so normal that it has a name. It's called "the dip." The good news...it's followed by periods of rejuvenation and reflection. So how do we get through it? How do we continue to trudge on so that we can come out the other side to enjoy the rejuvenation and reflection that awaits? Short and sweet, the answer is – take care of yourself. Find time to put you first, to engage in activities that make you feel good, that relax you, that engage your mind, or your body, or your spirit. Give yourself the gift of grace. Grant yourself permission to disengage from the work for at least a little while each day. You are worth the time!

Hang in there...You've got this!

~ Teresa

Reminder...

Teachers are not perfect. Teachers are not machines.
Teachers make mistakes. Teachers need grace.
Teachers need compassion. Teachers need help at times.
Teachers need other teachers.
And that's okay!



10 Habits of Happy Teachers

(Copied with permission from conference materials provided by The New Teacher Center)

1. **Balance** - Happy teachers understand that work/life balance is critical to fighting burnout and living a more fulfilling (less resentful) life. They rule their lives – not their schedules. How can you be intentional with your time and prioritize things that bring you balance?
2. **Self-Care** - Happy teachers value taking care of themselves through intentional rest and play, exercise, relaxation and mindfulness. How can you take better care of yourself physically, emotionally, spiritually?
3. **Health** - Happy teachers understand the importance of the fuel they give their bodies – and plan accordingly. By creating a plan for nutrition and exercise, these teachers set themselves up for success. How can you fuel your body with the nutrition you need to keep going?
4. **Organization** - Happy teachers set up procedures and systems that keep their classroom (and their to-do list) running smoothly. They remove clutter to cultivate a classroom environment of peace. How peaceful is your classroom environment?
5. **Community** - Happy Teachers have supportive communities of people in and out of school that they use for encouragement and support. These people keep them positive. Does your community lift you up or drag you down?
6. **Mindfulness** - Happy teachers practice mental regulation. They stay in the moment and make decisions to wisely respond to the difficult moments instead of react. Do you react or respond in stressful situations?
7. **Gratitude** - Happy teachers cultivate gratitude on a daily basis through gratitude journaling. This helps them focus on the positive elements of the day rather than dwelling on the negative. What are you grateful for today? What brought you joy today?
8. **Passion** - Happy teachers seek out ways to practice what they are passionate about. They sneak their passions and hobbies into their lessons to infuse happy into their day. When was the last time you felt truly passionate about something? Tap into that.
9. **Purpose** - Happy teachers remember their purpose for becoming a teacher and tap into it throughout the day to bring strength and energy when they are feeling low. Why do you teach?
10. **Authenticity** - Happy teachers stand boldly in who they are. They embrace and love themselves flaws and all. They retain their integrity and sense of self even in the chaos. Who are you? How can you be more authentically you?

Celebrations...

Congratulations to Garden Valley 6th grade teacher, Carl Hardy, on welcoming his first child, Oliver, in early October!



(Have a celebration to share? Send the in, and we will be sure to include them in our next issue.)

If I Knew Then: A Letter to Me on My First Day Teaching



(CLICK image)

(I realize it's not Teacher Appreciation Day, but I think this is worth a watch at this time of year.)

The Task Master:

(A checklist for type A's like me.)



GETTING STARTED TASKS:

(These should be complete.)

FALL MODULE TASKS:

Finish before Winter Break (October - December-ish)

- CSTP Deep Dive Self-Assessment
- Mentor Observation #1
- Individualized Learning plan (ILP): Goal Setting
- Fall Action Research Cycle
- PD Evaluation – Fall Module

Every child deserves a champion—an adult who will never give up on them, who understands the power of connection and insists that they become the best that they can possibly be.

~Rita Pierson



Focus on Relationships...

The Two By Ten Strategy

If you attended our TRUSD New Teacher Bootcamp during the summer, you may already be familiar with this strategy. However, given the time of year and how we are all feeling as deadlines and the holidays loom, I think it's worth sharing again for those of you who may not have read it, and worth revisiting for those that have.

How does it work?

For 10 consecutive school days, spend 2 minutes getting to know your most challenging student(s).

Why does it work?

The "Two By Ten" strategy is a proactive way for a teacher to begin to build a positive relationship with students. The strategy addresses the attention seeking behavior of your most challenging students in a positive, non-confrontational way. Because, as you've probably learned...



To read the article click on the following link:

http://www.ascd.org/publications/newsletters/education_update/jul14/vol56/num07/The_Two-Minute_Relationship_Builder.aspx