

# Beginning Educator Support Team NEWSLETTER

January 2018

## SELF-CARE FOR TEACHERS

Teachers have one of the most meaningful, fulfilling tasks in the world - to educate and prepare the next generation of people to lead society in new directions.

It is also cognitively, emotionally, and physically demanding work. It is the sort of work that is always present; there is always more to be done, and we often feel compelled to lean in and give more of ourselves, even when our reserves are tapped.

Teachers who lead a sustainable, energized teaching life have a few things in common: they learn to prioritize, work efficiently, and take care of themselves, both professionally and personally. They know that self-care positively affects their attitude, provides energy, and offsets secondary trauma they may experience from their students.

*After all, no one can drink from an empty cup.*



## TALKING POINTS

Finding time to reflect with a mentor or colleague can alleviate stress and lead to solution-oriented thinking.

Here are some topics of conversation for mentors and early career teachers this month:

Successes and challenges

Methods of self-care

Ideas for working efficiently, including organization systems and technology

Mid-year student feedback

Goals for second semester

Calibrating overload and determining priorities

## WHY I [COACH]

"I coach because I was a student athlete myself and as a result, I found a sense of family and unity. I want to instill that sense of belonging with the athletes that I coach. So many of our students long for a relationship with an adult and by coaching, I not only build a relationship with more of my students, but also get to establish relationships with students I do not teach. Being able to watch the progress each student makes on and off the court makes everything worthwhile."

*~Jaimee Rossi, first-year teacher at Pioneer MS, 6th grade girls volleyball and boys basketball coach*



## NEED TO KNOW

### BEST PLC (first-year teachers)

January 25, 4:00-5:30  
District Office Mill Creek Room

### No School for students

December 25-January 5, January 15

### Video Learning Lab (second-year/ new-to-assignment teachers)

January 9, 16, 23, February 6, 3:45-5:45  
Davis Elementary, College Place

### OSPI SE Regional Mentor Roundtable

January 30, 4:00-6:00  
SEA-Tech Skills Center

### Connecting with Mentors

Find time to connect, reflect, and engage in learning through observation.

### Nature & Needs of HiCap Learners

January 11, 3:30-5:00  
District Office Boardroom

# BRIGHT IDEAS

Self-care is different for each person. Some people are energized by being with others, while others need solitude. Some feel relaxed in an unfamiliar setting, while others enjoy the familiar. It is important to find what works for you, both personally AND professionally. Here are a few key considerations:



## PERSONAL SELF-CARE

- getting enough sleep
- exercising regularly
- eating a healthy diet
- setting aside time for leisure activities
- attending to our families
- making sure we have time with family and friends

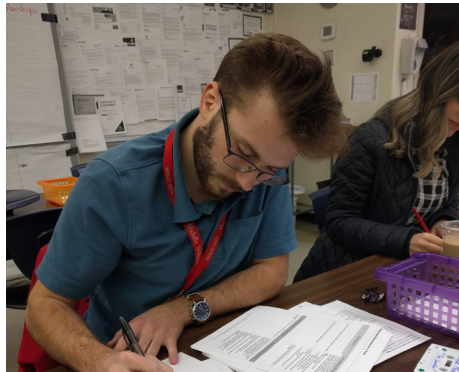
## PROFESSIONAL SELF-CARE

- prioritizing our work tasks
- doing what is effective and cutting the rest
- balancing social and work time during the school day
- completing work in a timely manner
- building positive relationships with students
- using positive self-talk
- paying attention to what is going well (not just what isn't)

For more about these ideas and other issues around teacher self-care, see the Compassionate Schools: The Heart of Learning handbook here:

<http://www.k12.wa.us/compassionateschools/HeartofLearning.aspx>

# MENTORING SPOTLIGHT



(Upper: Mentors gather to build skills, problem-solve, and consider the topic of self-care; Soundtracks of our first semester teaching; Lower: first-year teachers, Kyle Royce and Anne Marie Jones, analyze transcripts from recordings of their instruction to refine their practice

We asked teachers how they practice self-care to fill their cups and be ready for the classroom everyday. **Here's what they said:**

"I plan, prepare, then try to remind myself that flexibility is key."

"Every day I look for the joyful moments in my room, the little sparks of amazing."

"Breathing and meditation help me get centered... and I try to find humor in my day-to-day life."

"The one thing that I do that really helps me feel centered is working out. I love the refreshed feeling. I go before I come to school and when I get here, I am awake and ready to take on the day."

"Kids fill my cup. The conversations that I have with them about themselves. Pushing them and helping them until the light bulb comes on - that is my favorite moment."

## CONTACT

Comments, questions, or want to know more about supporting early career teachers in Walla Walla?

Contact:

**Erin Dorso**

Program Coordinator, Beginning Educator Support Team

[edorso@wwps.org](mailto:edorso@wwps.org)

(509) 526-6782 office / (904) 990-4526 Google Voice/Mobile