



"BROAD VIEWPOINT"
A Staff Weekly Newsletter

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C-urriculum A-ssessment R-emediation E-nrichment Mar 4th –Mar. 9th ,2019



"By lifting each other up we lift ourselves up" – Unknown

Stay Motivated-Avoid Burnout

The pressures of high stakes testing, leading to teacher burnout (combined with behavioral challenges) is becoming a noticeable trend across the country for both students and teachers. As teachers, we do our best to keep our students motivated by offering incentives and other forms of positive reinforcements in order to keep our students engaged. Here are a few suggestions to achieve balance.

Foster positivity: Instead of focusing on the negative, turn your thoughts into positive ones. You need to examine the message you're sending about your job. If every day you're saying, this job is difficult. There are just too many demands, then you really are not giving yourself any reason not to burn out.

Accept that there are things you cannot change: This might be in the form of high stakes testing or legislative actions. While teachers (and administrators) cannot change much of what is thrown at them, they can change their own attitudes towards these challenges.

Learn to relax: Relaxation through exercise is a great way to combat stress. It rejuvenates the body and spirit.

Leave your teaching at school: While this is not always possible, try not to bring homework home every night. You might want to consider coming in early to complete necessary tasks. Use the time in the evening for you and your family.

Week in Review

Monday, 4th

Safety Meeting, AM, Kisten & Morell @ Dolphin Bay El.

School Enhancement Meeting, 1:30PM, Kisten, Morell, Roa, Poitier, district; Principal's office

Language Enrichment Camp (LEC), writing, 2-3:30, selected students in grades 4 &5

Tuesday, 5th

PTA Board Meeting, 9AM, Principal's office

Safety Meeting, AM, McGowan

Math Coaches' Forum, PM, Clark

Faculty Meeting (required), 2:15PM, Human Sexuality Curriculum

Wednesday, 6th

FSA Training, all day, McGowan

Language Enrichment Camp (LEC), writing, 2-3:30, selected students in grades 4 &5

School Operations Supt. Meeting, 4PM, Kisten, Arthur Ashe

Thursday, 7th

Principals' Cadre Meeting, all day, Kisten & Bauvil, Silver Shores Elem.

Publix Family Math Night
(volunteers needed)

Friday, 8th

Café Dolphins Winners

Saturday, 9th

Extended Learning Opportunity(ELO) #
3, 8-12, selected students



Sunday, 10th

