Teacher's 2019

"In learning you will teach, and in teaching you will learn."

Phil Collins

March

They don't know that we know they know we know...
Key

- Task
- Task Started
- Task Complete
- Task Cancelled
- Task Migrated
- Task Scheduled

- Event
- Meeting/Appointment
- Note
- Urgent
- Deadline
- Irrelevant
T-E-A-C-H-E-R

Saturday
It's like...
Christmas Morning

and
Your 10th Birthday Party

#all the feels
RAPID LOG
Tuesday, Feb. 19

- Collab Presentation
- Bullet Journal Prep Convention
- Large Canvas
- Prep Art Therapy
- Palette Knife Prep
- Add jr. High Art Students
- Ab. Psych Due Dates
  - Email Rите: Anti-Bullying
  - Mark English 30.2

Ryder Carroll's official bullet journal webpage:
bulletjournal.com
My Lit' Pixel Mood Tracker

LEARN from yesterday
LIVE for today
HOPE for tomorrow

LIFE IS SIMPLE. JUST ADD WATER.

= 500mL
Ideas for Self-Care

Nurture Yourself:
- Sit in the sun
- Take a bubble bath
- Read a book for fun
- Listen to music
- Go to bed early
- Crochet/knit a gift for a friend
- Record your gratitude pages

It is during our darkest moments that we must focus to see the light.

Master Chore List

Weekly

Bi-Weekly

Monthly

6 Months

3 Months

My house was clean yesterday. Sorry, you missed it.

6 Months

3 Months

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Jan 1....7

- Family Skating in Ezekiel
- Repeated work on playroom - made 2 sheets tomorrow
- Painted playroom. Ru and Flame artwork. in kitchen! Tabulous!!
- Reached Aurora's playroom. no more art attacks in kitchen! Tabulous!!
- Sent e-mail to Sales
- Thank you to Gym & Family
- Thanksgiving dinner for 15?
- Set up shelf in Aurora's Room - went through clutter

Men
1
2
3
4
5
6
7

I am grateful for...

Sunday January 7
our medical system is sick and fell and hurt herself but was able to go into the hospital without worrying about costs.
WEEKLY

List five things that always, and immediately, bring a smile to your face.

- hearing my children laugh and play together
- watching Aurora nail a new skill in cheerleading
- getting a call from Auntie
- listening to small kids use their imaginations and play
- making my family proud

CHALLENGE
Rise And SHINE each and every day with LOVE & Gratitude on your Mind.

- Divine Intervention: Was supposed to teach book folding but it ended up being cancelled, which gave me time to pack.
- New friends, lots of laughs, memories to build.
- My son, who was willing to pay his insurance early so that we had cash to get us through to next week.
- Coaches that believe in my kids and their skills and work hard to do their best.
- PD that helps me learn strategies that help my kids at school and at home.
- Anxiety Info. It is amazing for the to be able to go home when I am feeling like absolute crap.
- Aurora Chur
BUILDING BLOCKS
BELONGING
"There is no easy solution, advice or
magic "formula" to create friendship"

So what can we do??
Focus on Building Blocks to
foster relationships and
learning

1. SHARED ACTIVITIES
   - SAME ACTIVITY
   - SAME PLACE
   - SAME TIME

2. PROXIMITY TO PEERS
   - You can’t connect if you aren’t close
   - enough to communicate.

3. RELIABLE COMMUNICATION
   - Design communication system with
   - Peer conversations in mind.

4. COMMON INTERESTS
   - Passion v. passion? - if there isn’t a club,
   - make one!

5. VALUED ROLES
   - Why do we assign undesirable roles to our
   - Students without disabilities?

6. INFORMATION ABOUT ONE ANOTHER
   - ORIENTING TO YOUR ROLE

7. “Just Enough” SUPPORT
   - Be careful your support doesn’t
   - “Set students apart” or limit social interactions.
   - Decrease conflict; “hinders learning; achievement.

8. REGULAR REFLECTION
   - What are the available supports?

IS WHAT WE ARE DOING GOING TO HELP US REACH OUR GOALS.
PROTECTIVE FACTOR
building & maintaining healthy, positive relationships.

#1

0 Common sense, but backed by science!

ACES TED TALK ➔ Childhood Trauma
Nadine Burke Harris

"What the hell is in that well?"

"We marginalise the issue not because it DOESN'T apply to us, but because it DOES!"

This HEALTH issue is TREATABLE and BEATABLE.

there is HOPE

Alberta ACES study 2013 corroborated results of original ACES study.

You CANNOT move forward with TIP if your staff doesn't understand brain development and impact of toxic stress!

www.albertafamilywellness.org

TRAUMA-INFORMED PRACTICE:
Fundamental 5

SAFETY FIRST!

CHECK YOURSELF BEFORE YOU WRECK YOURSELF

What are you bringing to work today?

Start your day in a good mood; and in a good mood:

ADJUST YOUR LENS, AS YOU WOULD TO VIEW A CHILD.

What has happened?

CULTURAL LENS. WITH TRAINING LENS.

PEEL BACK THE LAYERS. EVERY TEXTBOOK HAS A PURPOSE

UNDERSTAND AND ACCEPTANCE.

APPLY WHAT YOU KNOW.

TRANSMITTED AND GIFTED.

KNOWLEDGE.

HUMOR allows us to remain curious and present when we are regulated.

WSU - compassionate schools
Hollywood Homeless Youth Project.

ARC framework

- website
- a book
- an article on social media

3 Domains: 10 Competencies.