



UPSTATE NY PDRC

Newsletter, December 2020 Issue 8

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Reflection and Resilience: Setting the Course for 2021

UPCOMING EVENTS

Check out our [Frontline Catalogue](#) for winter Professional Development offerings

PRACTITIONER SPOTLIGHT

This month we spotlight the collective wisdom of our [Think Tank](#) Members. Check out the advice they shared when asked,

"What would you tell your September self?"

Click on the link above to view and download.

DID YOU MISS IT?

[Check out previous newsletters](#)

ARCHIVED WEBINARS

Get inspired with [these PD webinars](#).

This month we press pause and focus on **YOU**. This issue is dedicated to helping educators reflect on lessons learned so far while offering strategies for starting 2021 with renewed energy and enthusiasm. We explore the essential question *What is the best way to support educators' professional and personal growth during these uncertain times?* As you head into the winter break and the start of a new year, we offer you some ideas to help you relax, recalibrate and reimagine your practice.



Professional Learning by the Numbers

COVID 19 has certainly presented a challenge to the delivery of Professional Development. Our data indicate that you have met this challenge head on and embraced new opportunities to learn so that you can best serve your students. The data below, from the Upstate PDRC offerings since April, indicate that you have made your own professional growth a priority.

- **38** Professional Development sessions offered (*reflects multiple sessions of same offering and includes courses, focus groups, and forum*)
- **844** Individuals registered for at least one session
- **296** Different schools represented in the registrations
- **384** Number of views of Quick Guides
- **74%** (Approx. 3 out of 4) of teachers

"Almost everything will work again if you unplug it for a few minutes... including you."

CONGRATULATIONS!
to our RISE Conference
Amazon Gift Card Winners:

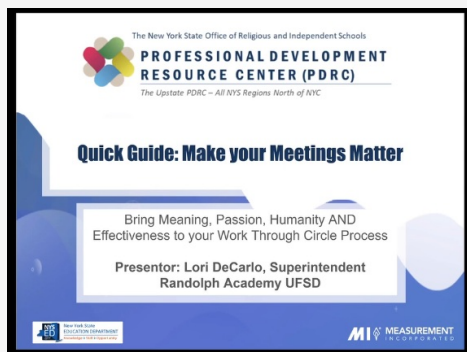
Joe Mcgee
Denise Chonski
Barb O'Callaghan
Karen Donahue
Laura Nowosielski
Maureen Young
Debbie Timmis
Suzanne Solomon

reported that their practice would be impacted by the material they learned in a session

- **73%** Felt prepared to implement the new learning into their classroom after attending a session
- **6:** The number of people on the Upstate PDRC team ready to support your professional learning!

Contact us at upstatepdr@gmail.com and let us know what you need

FEATURED QUICK GUIDE: [Make your Meetings Matter](#)



[More Quick Guides Here! Including: Google Classroom Organization, Flipped Learning, Restorative Practices, and many more!](#)

An important element of self care is ensuring that your time is well spent and valued. Join Randolph Academy UFSD Superintendent Lori DeCarlo as she walks you through a process for bringing meaning, passion, humanity, and effectiveness to your work. In this 20 minute Quick Guide you will get an overview of restorative practices and learn strategies for using these practices in your team meetings-even in remote settings. Lori shares a sample meeting script and testimonials from school leaders who have used this process so you can begin using the strategies right away. Let this quick guide be your first step toward helping your teams do their best work.

RESOURCE ROUNDUP: Looking for More? Check out these Resources!

Holiday well-being for teachers



Safeguard your health and happiness with these activities.

1 Reflect.

Take time to reflect on your classroom practice. What worked? What didn't? Is there anything you can change to make next year even better?

2 Get organised.

Do what needs to be done in the first few days, then forget work for the rest of the holidays.



3 Recharge.

Teaching can be draining. Rest when you can, maybe grab a cheeky nap!



4 Clean up your social media.

Mute, block and unfollow negativity and follow positive, optimistic accounts. Next time you log in, it'll be a nicer place to be.

5 Reconnect!

Set aside time to disconnect from your device and reconnect with a friend, family member or work colleague that you don't get time for usually.

6 Be grateful.

Being aware of all that is good in your life helps cultivate positive feelings. Keep a gratitude journal or make a list of anything that you feel grateful for.

7 Brain food!

Eat real food; not too much; mostly plants. Nourish the brain as well as the body.



8 Switch off from work.

Turn off school related emails and notifications from your personal devices.



9 Read, read, read!

Reading makes us feel better and feel more positive too. Find yourself a good book and make time to chill.



10 Make plans.

Take some time to plan out your day, week, or term. A clear plan makes it easier to focus on priorities. Make sure you plan lots of fun, non-work activities too!

11 Use technology for good!

Download positive apps or visit sites that help you in some way. Perhaps you could learn something, a new language or skill.

12 No more notifications.

Turn off non-essential notifications so you're not a slave to your device. Just check-in when the time is right for you.

13 Move!

Whatever suits you, do it. A stroll, run, swim, or cycle - just move. 10-15 minutes each day will help you feel energised.



14 Unplug.

Not just from technology, but from everyday distractions. Make a conscious decision not to answer calls or emails or even listen to music.

15 Focus.

Set realistic goals. Don't get overwhelmed with long to-do lists, focus on a maximum of three main tasks to complete each day.

16 Close the tabs

Physically and mentally. Clear your inbox or to-do list, then switch off.



17 Do not disturb...

Ensure you take time for yourself; self care is essential.



18 Healthy spaces.

Make your environment more positive. Whether it's your classroom or home, a clean up can reframe your outlook and reduce stress.

19 No guilt rewards.

You deserve a treat! Watch your favourite show, take a nice bubble bath or enjoy some retail therapy.

20 Productivity planning.

Where in your life are you not productive? How can you change to improve your productivity?

21 Enjoy yourself!

Do something you love that you don't normally have time for. A hobby can help you refocus on what matters and switch off from stressful thoughts.

22 Find support.

There are groups online for every aspect of life. Find and join groups that promote and support you in work and day-to-day life.

23 Ditch the negativity.

Not very productive? Don't sweat it! Have a break, do something else and come back when you're ready. Try to keep a positive outlook.

24 Let go...

There are some things that are out of your control like other people's thoughts, attitudes and actions. Put these out of your mind.

25 Be mindful.

Deliberately pay attention to things you normally wouldn't notice. Become aware of your present moment or experiences as they arise.

Pobble.com – More writing. More progress.




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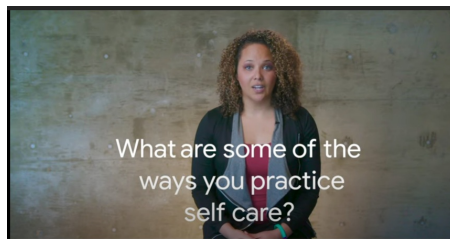
READ

WATCH

LISTEN



[Taking a Moment to Dream:
How can we Reimagine What
"School" Looks Like?](#)



[2020 Teachers of the Year on
Practicing Self Care](#)



[The Silver Lining of
Remote Learning for
Teachers and Students](#)



[Planning for Better
Professional Development
in an Uncertain Future](#)



[Learn to Shine Bright:
The Importance of Self Care
for Teachers](#)



[The Teacher
Recharge Podcast](#)

UPSTATE PDRC: SERVING ALL NYS REGIONS NORTH OF NYC

[How can we help you? Visit our website to find out more!](#)