



# A Newsletter for Beginning Teachers in NC

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## A Message from Jennifer Whitley: Southwest Region Teacher of the Year

### Did You Know?

Student surveys *might* be coming to grades 3-12 in the spring of 2016. These surveys are designed for students to provide feedback on their teachers.

Ask yourself...

Do I actively engage students in instruction?

Do I provide relevant feedback to help them grow?

Do my students know they can come to me when struggling to understand assignments?

Do I create a safe learning environment?

Do I differentiate lessons?

Do I treat students respectfully?

Do I meet their needs?

You are not alone! That is the message I want to get to each and every one of you! Empathy is defined as the ability to understand and share the feelings of another. As a veteran teacher, I can all too well remember life as a BT: walking in feeling accomplished and successful with a full semester of student teaching under my belt, ready to conquer the world of public education. And then, I remember sitting in meetings that had an administrator, SRO, parole officer, myself, and the student thinking, "What is wrong here? Where are the parents?" I remember spending all my free time creating lesson plans and

providing individualized feedback on assignments. I remember being exhausted and feeling alone and helpless like I was on the merry-go-round, surrounded by people constantly pushing it to go faster. My BT 1 experience was one where I felt no one else in the school saw me. Life as an educator is hard enough without feeling like you are all alone with no one who understands or has time for you. Please don't allow this to be your experience as a beginning teacher. NC has created a wonderful support system in the BT program, but don't let your support stop there. Your colleagues want to invest in

you! Open your door, get out from behind the computer, set your books and papers down. Experience, explore, and engage your fellow educators. Seek out teachers who are masters at various skills and make them your friends! Ask to drop in their classrooms to experience excellent classroom management in action. Email them when you have no idea how to handle a situation. Seek guidance and above all be reflective! Remember, many have been in your shoes. You are not alone in this journey in becoming the best educator you can be! Thank you for continuing to "fight the good fight" day in and out!

Jennifer Whitley: Union County Public Schools-Forest Hills High School- World History Teacher

Enjoy your break!



*Happy Holidays*



**STRESS** Stress is real and each person handles it differently. Stress can cause health problems, emotional and physical. How can stress be reduced? These suggestions are research-based and have been proven to reduce anxiety levels. Try one!

## Stress: Perception or Reality?



1. Play a board game

2. Go for a walk
3. Plan something fun
4. Laugh
5. Chew gum
6. Call someone (like Mom)
7. Blow up a balloon
8. Exercise

As the holidays approach, find ways to rejuvenate and re-energize for the winter months. With the time change and the colder weather, it is important to remain active.

Don't let the stress of the job detract from the reason you chose to teach. You **are** making a difference!

