

BE THE
REASON SOMEONE
smiles TODAY

Monday Morning Thoughts
For the Week of May 24, 2021

"Laugh as much as possible, always laugh. It's the sweetest thing one can do for oneself & one's fellow human beings."

Greetings ~~

Congratulations to Carolyn Koskela Whitney on her recognition as the ODE Regional Teacher of the Year for 2022. There were several highly qualified and deserving applicants and I know that Carolyn will represent our County well.

As we head into a season of sunshine and warm days here's a list of some wonderful summer reading - and available from Shannon's bookshelf.

Permission to Feel by Marc Brackett

Grading Smarter Not Harder by Myron Dueck

I Read It But Don't Get It by Cris Tovani

Rising Strong by Brene Brown

Teach Like a Champion by Doug Lemov

Explore Like A Pirate by Michael Matera

Start Right Now Teach and Lead for Excellence by Todd Whitaker, Jeffrey Zoul and Jimmy Casas

Teach Writing Well by Ruth Culham

Positive Discipline in the Classroom by Jane Neslen, Lynn Lott and Stephen Glenn

How the Brain Learns and How the Brain Learns Mathematics by David Sousa

Lost At School by Ross Greene

Emotional Poverty by Ruby Payne

Fair Isn't Always Equal by Rick Wormeli

What's Math Got To Do With It by Jo Boaler

For two days I was involved in full day trainings. The morning was all about safety plans and threat assessment planning; sobering and a bit intense. Then in the afternoon I participated in Social/Emotional curriculum training. A stark difference to the morning as we learned techniques, played games and had fun talking about the ways to connect and interact with students. While these were two VERY different trainings, I think I discovered a link. That link is what we have talked about all year (maybe the past two years) and what I will continue to remind us of: THE POWER OF RELATIONSHIPS. Here are just a few of the quotes that I found to be profound and continues to reinforce the importance of relationships and connecting with our kids (and really most everyone we interact with).

Zakrzewski emphasizes that the most effective way to nurture those social-emotional skills is to model—or better yet—embody them. That can mean showing gratitude for kids, even middle schoolers, when they are at their worst. "As a teacher, the best time to tell a student that you're grateful for them is when you're absolutely not," Reed says. Balance your approach; kids can spot a phony, warns Zakrzewski. "The more a teacher can practice gratitude in his or her own life, the more it will become a part of who they are, the more they will naturally express it in class," she says. Gratitude may start with teacher modeling, but it doesn't end there. "It builds a bond that is never going to be undone," says Reed.

"When you're grateful, you're positively transformed," Bono adds. "You tend to take yourself more seriously, you value others more, and it strengthens your relationships.

Building a classroom community that focuses on healthy social and emotional development for children of all ages starts with the commitment of a classroom teacher who understands that children are not simply "little adults." Children at every level of development need support, encouragement, and opportunities to practice managing their emotions. Research shows that when classroom teachers embed social and emotional learning into everyday learning, students begin to understand that feelings are normal.

Adults accept cussing, venting, drinking, or stress eating as acceptable ways to process our feelings. We are less willing to allow kids those same opportunities because their expression can be a distraction, especially in school. But just like adults, kids need to feel safe in order to reflect on and learn from emotional experiences. They also can't manage extreme reactions to their emotions at the same time they are learning these skills.

That's why teaching strategies for emotional regulation, like de-escalation, breathing, meditation, using I-language, and even writing or drawing about feelings, must all be taught separately from an emotional experience.

The time you invest in teaching your students how to identify and process the emotions they are feeling in your classroom develops healthy habits so kids can flourish as they learn and grow.

GRATITUDES:

- ***JILL, SUE and PAT ~~ THANK YOU THANK YOU THANK YOU***

WEEK AHEAD ~~

- Monday, May 24
 - Janet is out of the office
 - Cori is out of the office
 - Shannon and Sandy Volle visiting Double O and Suntex
 - Shannon to Pine Creek in the afternoon
 - ODE Office Hours Zoom 3:00 p.m.
- Tuesday, May 25
 - Janet is out of the office
 - Shannon - Zoom REN meeting 7:00 a.m.
 - Shannon in BSAT training 8:00 - 12:00
 - Shannon attending EOU Accreditation Zoom meeting 12:00 p.m.
 - OSU Outdoor ED workshop - Fires 1:00 - 4:00 p.m.
 - Blood Drive at BHS
- Wednesday, May 26
 - Janet is out of the office
 - Shannon in BSAT training 8:00 - 12:00
 - OAESD/SSA Liaison Zoom meeting 11:00 a.m.
 - REN Novice Educator Team Zoom meeting 2:00 p.m.
 - Shannon on EAC Zoom meeting with HDESD and Malheur ESD 3:00 p.m.
 - Last day of school for FRENCHGLEN
- Thursday, May 27
 - Janet is out of the office
 - ODE-ESD RA Weekly Zoom meeting 9:00 a.m.
 - Shannon at Drewsey and Fields
 - Last day of School for CRANE, DOUBLE O, DREWSEY, FIELDS, PINE CREEK, SUNTEX
- Friday, May 28
 - Carolyn Whitney and Shannon on 92.7 Radio Talk Show 8:30 a.m.
- Monday, May 31 - Memorial Day
- Tuesday, June 1
 - CELEBRATING JILL
 - Coliform Water testing for Pine Creek
 - Shannon in BSAT training 8:00 - 12:00
- Wednesday, June 2
 - CELEBRATING JILL
 - Shannon in BSAT training 8:00 - 12:00
- Thursday, June 3
 - CELEBRATING JILL
 - Shannon attending monthly OR Women's Superintendent Zoom meeting 8:00 a.m.
 - Shannon attending OAESD Superintendent Council -meeting 9:00 a.m.
 - ODE-ESD RA Weekly Zoom meeting 9:00 a.m.
 - Shannon having lunch with Pat Sharp 12:00 p.m.

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- Friday, June 4
 - Staff meeting/breakfast to celebrate Jill 8:30 a.m.
 - Retirement Celebration Open House for Jill 2:00 - 3:00 p.m.

SEE YOU ALL IN AUGUST!! ENJOY :-)

