



Good Morning I am Jennifer Webb and I am here with my colleague Carole Dibble. We welcome you to the first POP Up PD presented to you today by the Connecticut State Department of Education Turnaround Office. Today's meeting will not be recorded, but the presentation will be available soon on the CSDE Turnaround Office website.

POP Up PD is designed to be quick, timely, and responsive to educators in the field with boots on the ground. Our hope is this is an outlet to join together as a community of learners seeking equitable, positive outcomes for all students. Today's Topic: Self-Care!

# Learning Targets For Today



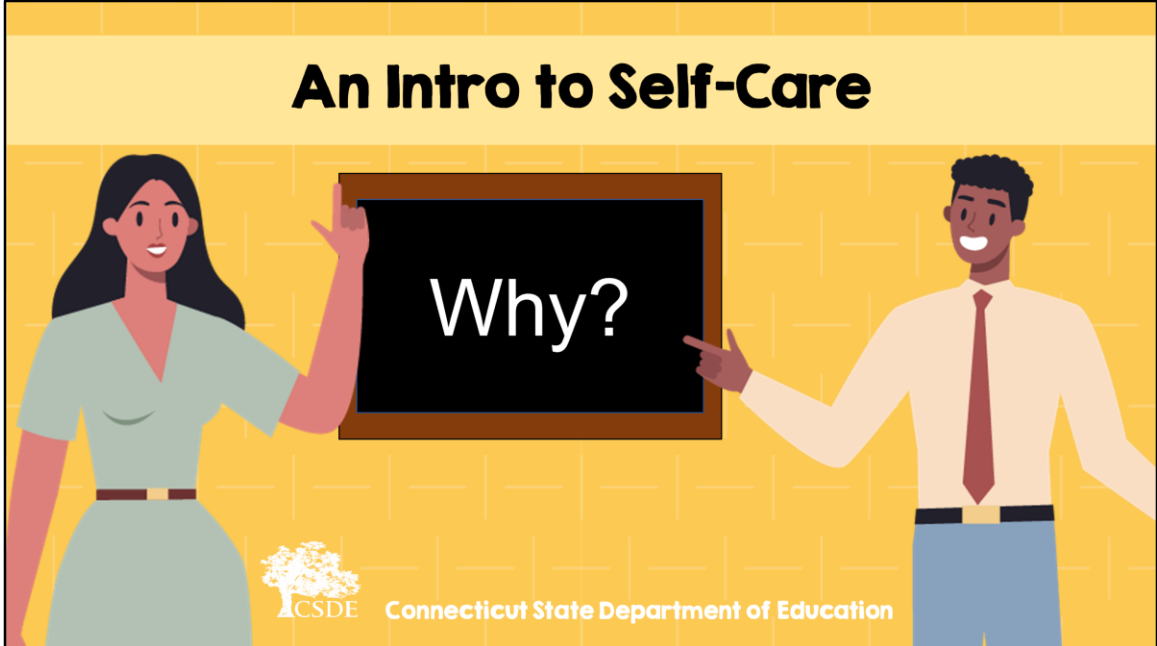
- **Consider the value of self-care**
- **Become familiar with available resources**
- **Learn from one another**



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Here are our learning targets for today. By the end of this learning time, all participants will be more familiar with the value of self-care, have a path to resources that will support your work, and we will all have the opportunity to learn from one another.

# An Intro to Self-Care



We entered the field of education because we wanted to make a difference; because we love children; because we enjoy seeing the expression on a child’s face when he or she finally understands a new concept. That passion that makes us great teachers—but that same passion can also lead to burn-out. Avoiding burn-out is one reason self-care is important. You cannot care for others if you do not take care of yourself.

We heard you express your concerns for your staff members. 2020 has been an extraordinary year with extraordinary challenges. In many of our schools we have high numbers of students affected by trauma and this brings an additional burden and stress to teachers as they seek to meet the needs of students. As we all know, even without the added stressors of 2020, burnout in the teaching profession is a concern. In 2016 the Learning Policy Institute reported that between 19% and 30% of new teachers leave the profession within the first five years. Even after the first five years, the attrition rate in the US is about 8% annually.

In recent years in education there has been a growing body of research that suggests we must address the social-emotional needs of students to promote learning. It is equally important to address the social emotional needs of educators for the sake of

students, educators, the profession, and learning. Promoting self-care is one way to fight against burnout and promote the social and emotional well-being of educators.

# An Intro to Self-Care



**How you are promoting self-care at your school?**

Click Here to See the Video



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Let's kick off our thinking about self-care today by watching a short video created for you using PowToons. Let's watch!

One definition of self-care is “the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.” (click) As we continue the presentation, we invite you to share in the chat, ideas and pictures of some ways you have cared for yourself or your staff or encouraged your staff to care for themselves. We will grab these ideas from the chat and add them to the presentation that will be posted so you will have them for future reference.

# Check out the PD Playlist for Teachers...

Available on the  
CT Learning Hub

Go to Educator  
Learning Hub

Select PD On-  
Demand Playlist

Select Teacher  
Self-Care



## TEACHER SELF-CARE

For educators to be the change agents and meet the demands of an ever-changing environment for learning, they need to actively consider self-care practices. Teacher needs of support in self-care increase when experiencing personal trauma or when educating students groups with high levels of trauma. This guide provides resources to support teachers and staff in self-care.



### Read

Read one or more articles

- [5 Strategies for Teacher Self-Care](#) - ASCD
- [Care for the Caregivers: Wellness Strategies for Student Support Service Providers](#) - CCNetwork & CSDE
- [Healthy Schools Start with Healthy Adults: Strategies to Support Educator Wellness](#) - CCNetwork & CSDE
- [Practicing Self Care During the Coronavirus: 5 Tips for Teachers](#) - Understood
- [Self Care for Teachers](#) - Positive Discipline

### Watch

Watch one or more videos

- [2:50] [2020 Teachers of the Year on Practicing Self-Care](#) - Google Education

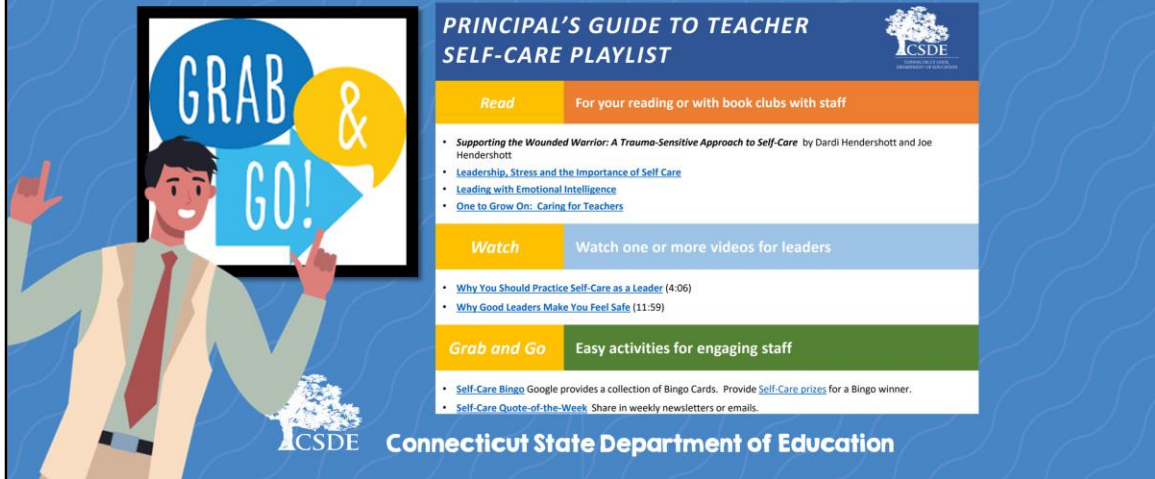
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At the Connecticut State Department of Education, we have a new platform for self-guided professional learning, called PD On-Demand Playlists. A PD Playlist is a curated set of resources for educators to access and embark on a learning journey about a particular topic. The Teacher Self-Care PD Playlist has recently been released. To access it, go to CT Learning Hub on the CSDE website. Choose the Educator Learning Hub, scroll down to the On-Demand Strategies Playlist and select Teacher Self-Care. (Connect if ?? time)

On the Playlist you will find a selection of articles, videos, and podcasts on Self-Care for Teachers. Your staff can choose to read, watch and listen to a few resources or all. Some resources are a quick read or listen, others go into depth and take more time. Your staff can dive as deep as they wish into the topic of self-care. The beauty of the playlists are they have an easy format to follow. All playlists are complete with reflection questions to promote thinking and application of the learning. As a leader, this PD Playlist is a resource that you can use to guide your staff to use during a PLC discussion or have teachers explore on their own and come back for a guided discussion. Any way you use it, this playlist provides teachers with tools for self-care to use during this trying time.

## ...and the Principals Guide to Teacher Self-Care Playlist



**PRINCIPAL'S GUIDE TO TEACHER SELF-CARE PLAYLIST**

**Read** For your reading or with book clubs with staff

- [Supporting the Wounded Warrior: A Trauma-Sensitive Approach to Self-Care](#) by Dardi Hendershott and Joe Hendershott
- [Leadership, Stress and the Importance of Self Care](#)
- [Leading with Emotional Intelligence](#)
- [One to Grow On: Caring for Teachers](#)

**Watch** Watch one or more videos for leaders

- [Why You Should Practice Self-Care as a Leader](#) (4:06)
- [Why Good Leaders Make You Feel Safe](#) (11:59)

**Grab and Go** Easy activities for engaging staff

- [Self-Care Bingo](#) Google provides a collection of Bingo Cards. Provide [Self-Care prizes](#) for a Bingo winner.
- [Self-Care Quote-of-the-Week](#) Share in weekly newsletters or emails.

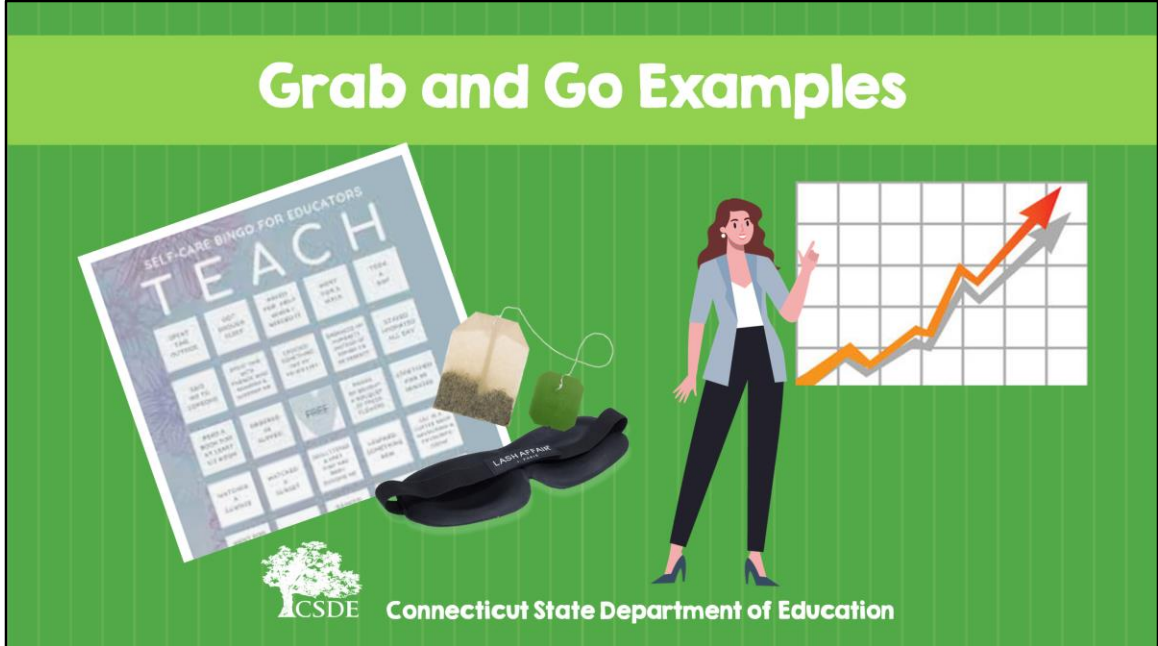
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We have also created a Principal's Guide to the Teacher Self-Care Playlist. Here we curated resources to support leaders as they develop a deeper understanding of Self-Care. (click) One big difference in the playlist for Principals is we included the Grab and Go Section.

Once again to find this playlist, (click to site) you would go to the Learning Hub, select Educator Learning Hub, PD Playlists and you will see the Principal's Guide to Teacher Self Care. The Read section contains articles for leaders as well as a book that you may want to consider for a book study. The Grab and Go section as we mentioned, provides ideas and easy-to-use activities that are ready for promoting self-care among your staff that you could use immediately.

We have also included reflection questions to support leaders in their learning journey.

## Grab and Go Examples



Let's take a closer look at one example from the Grab and Go Section. There is a link to a selection of Self-Care Bingo boards. Print out your favorite and share with staff. Encourage them to fill a line or the whole card. See the list of ideas for self-care prizes and have them ready for staff as fill up their Bingo Card with self-care experiences.

(Click) As with any learning, it is important to monitor and measure the impact. In the Grab and Go Section we included ideas for checking in with staff on their well-being and implementation of self-care. In the Reflection Section we offered ideas for collecting data that can track progress and well-being of staff and give you information so that you can be responsive and supportive.



## Ideas from the Field



- SEL and Wellness circles with Mindful Breathing, Yoga, and Meditation with staff, and online SEL and Wellness circles with remote learners
- Snacks and food with puns or celebrations, i.e. ice cream floats for keeping the school afloat or a Hershey's Super Hero Bar
- Use a mood meter to check in at staff meetings
- Positive notes on cars
- Give out dinner-to-go bags to free up time for staff
- Gift of time to complete work so staff have more time for family and self-care



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Here are some ideas that have been shared by the field...

**What is your next step to promote self-care in your school?**



## **Reflection**



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Before we go, we want to invite you to think about your next step in promoting self-care among your community of learners.

## Resources Used In This Presentation



[www.powtoon.com](http://www.powtoon.com)



[www.padlet.com](http://www.padlet.com)



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Thank you to everyone for sharing your ideas and your participation today. For your reference, we have included in our presentation today a link to the resources we used to engage learners. We hope these resources may provide inspiration as you work with your staff.

**THANK YOU FOR JOINING US!**



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