



A Newsletter for Beginning Teachers in NC



The **Teaching Channel** is a great resource for new teachers. Check out the link below for their New Teacher Survival Guide.

<https://www.teachingchannel.org/new-teacher>

Teacher Working Conditions Survey Results– To know your school's results, go to www.ncteachingconditions.org to Survey Results. Click on your district name and the schools will be listed. You will learn how teachers felt about school climate and school leadership as well as professional development and district support.

There are **courses** available at no cost to North Carolina educators that are facilitated by DPI professionals. The courses are completed entirely online. Participants are expected to meet all weekly deadlines in order to receive CEUs. Partial credit will not be given. For a description of the courses and associated CEUs, and for information on how to register, visit our website <https://rt3nc.org/>.

The **NC Statewide System of Support** has created a link to resources for teachers. Here you will find additional links to wikis and other resources and information you may find helpful. [Resources for Teachers](#)



Regional Education Facilitators-NC Department of Public Instruction
www.regedfac.ncdpi.wikispaces.net/home

A Message from : 2016-2017 Northeast Teacher of the Year– Marie Smith



Congratulations on surviving the first few weeks of school! I hope you've had a positive start to your school career and have had the opportunity to discover ways to thrive in a career that can often be demanding, difficult, and draining. Teachers go through several phases during the school year. At this point, you've experienced the initial phase of excitement and anticipation that accompanies the beginning of the school year. From decorating and organizing the classroom to meeting new students and creating new units of study, Back-to-School is a busy time full of new people, plans, and ideas. Once the initial weeks of the school year have passed however, teachers often find themselves struggling to remain excited and upbeat about their career choice. We tend to go into survival mode as the never ending cycle of lesson planning, assessing students,

meetings, and other expectations put us in survival mode. Beginning teachers and veteran teachers alike start to wonder if they will make it to the winter break with our sanity intact and our commitment to our students remaining. These feelings are normal and are shared by teachers everywhere. It's important that you find your balance and keep yourself rejuvenated. To help you stay balanced and keep the joy in teaching, I recommend that you do a few things. First, find your "tribe." It's important to connect with teachers in your building and district so you can share your experiences with these people and give and receive help as needed. Consider branching out farther and creating a virtual learning community as well. Twitter is a wonderful resource for teachers and you can gain a lot of advice and support in 140 characters or

less. Second, regularly take some time for reflection. This can be done alone or with a critical friend. Think about the challenges you've faced so far and how you have reacted to those challenges. You aren't going to always teach a winning lesson or reach every student. Every teacher experiences flops. These are opportunities for growth if we take the time to look at our practice. Don't forget to reflect on the wins as well. We need to give ourselves those pats on the back when we do something right. Third, attend workshops, conferences, and institutes. Think about what interests you in education and find professional development (in person or online) that addresses those topics. There are few things more invigorating than spending time with motivated professionals. Invest in yourself as an educator and feed your desire to improve as an educator.

Marie Smith– Northhampton County Schools– Conway Middle School

The Power of Keeping Your Cool: Responsive, Not Reactive

Excerpt from an article by Rebecca Alber:
UCLA Graduate School of Education &
Information Studies

Once a teacher loses it with a class or student, it takes some time to rebuild that feeling of safety and trust within those four walls, so it's wise to avoid heading in that direction early. If you are a new teacher, it's important to develop good habits around routinely using a calm and appropriate voice level with your students. When you feel on edge, here are some ways to be responsive rather than reactive:

***Take a few breaths.** Step right outside the door. This can help shift emotions really quickly.

***Count.** Before responding to a student count to three...five...or seven...

***Ask a question.** Instead of giving a declarative statement, try, "How might you rephrase that comment so it's more respectful?"

***Smile.** This is the best cover for unpleasant feelings. It can melt tensions or suspend them.

***Pause and think before speaking.** It's OK if they are waiting for your words. The silence creates a space that is calming and contemplative for everyone.

***Wait for the right moment.** New teachers, especially, please know that you don't have to address bad behavior right in that moment. You can wait until after you are done direct instructing or just before or after the class is excused to address that child one-on-one.

Go to www.edutopia.org – check out the entire article and more!

Follow NC Teacher of the Year: **Bobbie Cavnar on Twitter @BobbieCavnar** and use the hashtag **#BeFearless** to share the great things you are doing for education. **Bobbie wants to hear from YOU!**

