HAPPY NEW YEAR!

A NEW DECADE, A NEW YEAR, AND A NEW SEMESTER!

Welcome Back,

It's always so hard to return from a vacation, especially a two week vacation. The coffee is not nearly strong enough and those faces of sleepy children just make you want to drive home, jump back in bed and pull the covers over your head until...maybe March. On the bright side, it's also a new start. It's a chance to build on what worked first semester and revise what didn't. For students, it's a chance to continue with their success or a chance to redeem themselves. The first day is the hardest, but once Tuesday comes, you will feel like you never left.

Outside the classroom, a new year always brings those resolutions that we tend to discard by mid February. I like to make subtle changes, read more, be more active, less time on my phone, eat more veggies and drink more water. But, I also like to reflect on the past year and ask myself, 'What am I most proud of this past year?' As an educator, I am sure you have several answers to that question.

I hope you have a great start to the new year and semester, and cheers to a new decade!

...Carolyn Johnson
HOW TO AVOID TEACHER BURNOUT SYNDROME

As I shared with all of you at our first meeting this year, I suffered "Teacher Burnout Syndrome" and quit the profession after two years as a high school English teacher. I was young and I had an abundance of energy when I began teaching, and I believed I could change the world, one student at a time.

After two years of no sleep, incredible stress, no social life and a yearly salary of $13,200, I decided to call it quits and try my hand at another profession. However, I could not shake the calling I had for the classroom and decided after a year off, to try it again. I landed at a different school, still teaching English, and made a vow to myself: I would manage my time better so I had a life outside of school. Of course, as a beginner teacher and even as a veteran teacher, we all know that to remain on top of work, the day never ends at 4. However, I would find time to grade or lesson plan that still allowed me to have time for me. For example, as a mom, I would grade in the car during football or soccer practice. I always carted my papers to the doctor's office or anywhere I knew there would be a wait. As my children grew and became more independent, I would stay at school until 5 to do work so that when I was home, I was home. In other words, I managed my time so that I had time for my family and me.

I also became involved in the culture of the school by becoming the drama advisor and many years later, a class advisor. This gave me a different perspective as an educator, as I developed a rapport with my students that carried over into the classroom. They appreciated the time I spent as a teacher and as an advisor and seeing students in a different arena allowed me to utilize their strengths in the classroom.

The profession of teaching can consume us, so knowing how to best use your time is the key to your success. Balance is crucial, and it takes a while to be able to balance work with home. What works for one teacher, may not for another, so you need to find what schedule best works for you. Also, know that as your life's demands change, you need to adapt and be creative with time management.

Here are 2 great articles that tackle the national epidemic of teacher burnout. One has tips to avoid burnout, the other has grave statistics about the growing epidemic and teacher shortage crisis. Hopefully something speaks to you, and you will make 2020, the year of taking care of you. For the sake of you and our children, take care of you first.

"Ten Ways to Avoid Teacher Burnout", by Christopher Mumford
"The Teacher Burnout Epidemic, Part 1 of 2", by Jenny Grant Rankin, PH.D.
A funny thing happened in class the other day...

After a coworker had finished his English lecture and his class had filed out, a tenth grader stayed behind to confront him. “I don't appreciate being singled out,” he told his teacher. The teacher was confused. “What do you mean?” “I don’t know what the ‘oxy’ part means, but I know what a ‘moron’ is, and you looked straight at me when you said it.”

—Jannie Smith, Ashville, Alabama

What if Algebra teachers are really pirates

And they are using us to find "x"
so they can find the treasure?

more awesome pictures at themetapicture.com

************************************************

DON'T FORGET TO
ACCESS THE
BEGINNING TEACHER SUPPORT PROGRAM
LINK UNDER EMPLOYEE RESOURCES ON OUR HOME PAGE!!!!

************************************************
YOU DESERVE A PAT ON THE BACK

Mr. Nathaniel Grant at Charles England Elementary is an invaluable asset to the CEES family. He is a wonderful role model for all students and is willing to do whatever it takes to help our students grow and achieve success. Furthermore, Mr. Grant is a team player and works with all staff to make CEES better each day. He has 28 students and never complains. He pushes daily and never gives up!!!!!

Ms. Victoria Norman at South Lexington Developmental School is accepting of ways to help her grow as a teacher. She asks great questions and is open to responses and help from others!

January is take care of you month so why not settle down by the fire with a good book...And Barnes and Noble is making January EDUCATOR APPRECIATION MONTH WITH 25% OFF ON WEEKENDS FROM 1/4-1/26 AND...10% OFF ALL CAFE TREATS!!!!!!!

And don't forget to read this month's BT Regional Newsletter. Click on the link to read an article from Shelia Patterson, the Piedmont Triad's Regional Teacher of the Year.