

TIPS Alert- October 8, 2009

Some of you might be feeling the effects of your first few months of teaching. You might be tired because you are staying up late grading papers, writing lesson plans, or responding to parent inquiries. You might feel pulled in many different directions: family, friends, teaching, meetings, and errands. You might feel overwhelmed as you try to manage your time, your resources, and your work. You might be starting to realize that this new career does not provide you with a lot of free time. You might be feeling a little frustrated that you weren't totally prepared for coming into this career. You might be trying to fight off the different illnesses your students bring to school each day. And, to top it all off, you are wondering if all of your hard work and commitment is really making a difference in the learning of your students.

You are not alone. The months of October and November can be a very difficult time for new and veteran educators alike. The enthusiasm, energy, and idealism that propel teachers through the first few months of the school year are slowly starting to fade. Educators are working hard to drive their students to successfully complete their first nine weeks while preparing for the start of the second nine week period. This alone can be exhausting! But don't worry, this time of fatigue and frustration will soon pass, and you will have the opportunity to enjoy friends and family, and rest over Thanksgiving and winter breaks. Not only will you feel revived by some time away from the classroom, but your students will come back from their holidays knowing your expectations and ready to finish the year as well. Hang in there! It will be worth it!

PROFESSIONAL GROWTH OPPORTUNITIES COMING UP:

Fall Chat and Chew: Join colleagues for an evening of perspective! You have spent many days attending professional development offered by your school, your learning community, the district, and TIPS. Take a break from traditional professional development for instruction, pedagogy, and technology training. The Fall Chat and Chew will be held on Monday, October 12 from 5:00-7:00 at West Ashley High School. Sign-up for a session to help you explore wellness opportunities in the community.

- **ERO # IND30152—Introduction to Pilates:** A former Social Studies teacher with CCSD, Charleston native Jodi Bateman, leads this session designed to introduce participants to basic mat pilates. A teacher recruiter in the Office of Teacher Employment, Jodi leads Spinning classes at ECO Fitness and Prime Time Fitness and teaches regular pilates classes on Daniel Island. When she is not recruiting for the district or teaching classes, she enjoys other fitness activities, including outdoor cycling with her husband, Ned Forney.
- **ERO # IND30153—Using Yoga and Breathing Techniques to Manage Stress:** Noele Pace, owner and primary teacher for Serenity Now Yoga located in Mt. Pleasant will lead this session as an introduction to yoga. Noele has received training through New York City-based OM Yoga director Cyndi Lee. She has found yoga to be her personal path towards living as a more fully evolved human being and finds it a great privilege to be able to share the experiences of her own journey with others. Join Noele as she takes you through basic yoga techniques.

- **ERO # IND30154—Living a Balanced Lifestyle:** Dave Spurlock, a former coach, teacher, and athletic director, shares his experiences from his years working in Charleston County School District. Dave currently works as the district's team associate for Physical Education, Health, and Athletics, a career change that has given him the opportunity to work with teachers, athletes, and coaches throughout the district. Dave's humorous yet poignant stories will help you to understand the importance of keeping a healthy perspective about your new career.
- **ERO # IND30156—Active Lowcountry Living:** Want to learn more about all Charleston has to offer? Join Ned Forney, the Education Director for Patriots Point and a cyclist on the Charleston Bicycle Company Racing Team, for an overview of the educational museums in our city as well as the many recreational activities, including cycling, mountain biking, hiking, kayaking and more! Ned, a graduate of The Citadel and former 2nd Lt. in the United States Marine Corps, will share his personal insight and expertise about recreational opportunities in the area. A former teacher and principal, Ned applies his love for education and learning to share his passion for the outdoors.

Sessions begin at 5:00, so plan to arrive a little early. A casual dinner will be served after the one-hour sessions. Participants who register for pilates or yoga should bring a yoga mat or thick towel with them to the session. Please dress casually. Parking and sign-in are located in the front entrance to West Ashley High School. Park in the front parking lot of the school.

Book Club: Join Gwen Benton, 2007-08 Charleston County School District Teacher of the Year and 08-09 District Nomination for State Teacher of the Year, for a book chat in the coffee shop at Barnes and Noble in West of the Ashley. The book chat will open discussion regarding the first half of the text, *Educating Esme*. Participants are expected to read the text prior to attending the book chat. The first session of the book chat will be held on Wednesday, October 14 from 4:30-6:30 at Barnes and Noble. Participants should register for the Book Club prior to attending.

Please let me know if you have questions or concerns as you continue the work you are doing. Take care of yourself and have a wonderful weekend!

Melissa

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