

Fairfield's C&I Update

May 2018
Volume 5, Issue 7



Office of Curriculum and Instruction

Rob Beidelman

Debi Freimuth

Laurie Gage

Laura Griffin

Dan Jeffers

Maegan Noland

Katie Pennell

Katie Pospisil

Debbie Rulon

Jennie Thompson

Lori Wegman

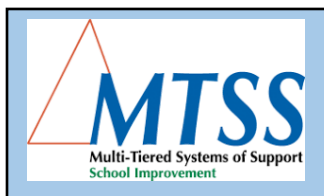
Lani Wildow

Make the Summer of 2018 the Best Summer Ever

With the end of the school year in sight, we can feel both excited and overwhelmed. Summer is a time for everyone to decompress, revitalize, spend time with family and friends, and prepare for the school year ahead. To help get you started, writer Emily Campbell shares [Greater Good in Action \(GGIA\)](#), an online collection of research-based activities, or “practices,” designed to help you become a happier, healthier, and more compassionate person. Below are five of the favorite practices to help you get started and make the summer of 2018 the best summer ever!

- **8 Essentials for Forgiving:** Raise your hand if you have any residual “grrr” feelings from this past school year. We’ve all experienced times when a student, parent, or colleague treated us unfairly or said something hurtful; and sometimes it can be hard to let go of the bad feelings. But holding onto grudges, even small ones, only makes things worse for you. By helping you forgive, these steps can reduce your stress and make you feel better.
- **Gratitude Letter:** Now, raise your other hand if there’s someone who really made a positive difference in your life this past year. It could be someone at school, someone who supported you from the sidelines, or anyone else who you never got to thank properly. Taking the time to write a note of gratitude to them—and even better, delivering it in person—won’t just make them feel great. It’ll make you happier, too!
- **Awe Narrative:** From making intense decisions to dealing with little details, it’s easy to get consumed by the day-to-day challenges of teaching. To break out of that tunnel-vision head space and expand your perspective (and maybe even remember why you became a teacher in the first place!), try thinking and writing about a time you felt awe. Believe it or not, doing this can make you feel like you have more free time and increase your life satisfaction.
- **Meaningful Photos:** Want another way to boost your happiness and sense of meaning in life? It’s (almost) as easy as taking a selfie—but so much more fulfilling. Just take a picture or two each day of things that you feel make your life meaningful and then, at the end of a week, reflect on why those things mean so much to you. Now that you’re no longer stuck in a classroom for eight hours a day, get out there, get creative, and remind yourself of all the wonderful things that make your life worthwhile.
- **Self-Compassionate Letter:** Teachers, on the whole, are a pretty self-critical bunch. We dedicate our lives to caring for others, but we often don’t extend the same kindness to ourselves, instead beating ourselves up over every little thing. Thus, the idea of writing a letter to yourself expressing compassion for one of your own flaws or mistakes may seem strange, but it really works—it not only makes people feel better, but also makes them more motivated to improve. This would be a great way to set the stage for being kinder to yourself next year.

Lani



What is MTSS?

Multi-Tiered Systems of Support (MTSS) is used as an “umbrella term” that includes Response to Intervention (RTI) and Positive Behavior Intervention Supports (PBIS). MTSS targets not only academic issues that may impact a student in school but also behavioral concerns, as well. We know that typically, academic and behavior issues go hand in hand.

Last year, our 6-12 buildings embarked on an MTSS journey with trainer, Margaret Searle. Margaret has had educational experiences, which include teacher, administrator, and an education advisor to President George H. W. Bush.

Her wealth of knowledge is gained from spending time with school districts around the globe. The MTSS teams

who have been trained the past two years have heard critical research and statements that will support the success of this implementation. Here are a few relevant pieces Margaret has passed on to our trained teachers and administrators:

- *The purpose of MTSS (RTI and PBIS) is not always the path to special education. It is to assist all students who need support – gifted to struggling – who may not qualify for special education.*
- *Accommodations are when someone, other than the student, is doing the work (shortening assignments, reading out loud, buddy reading, providing a template...).*
- *Interventions change the way the student thinks about solving his or her own problems. If an intervention works, the student will be able to cope on his or her own when the teacher, EA, etc. is not available (teach the student to break assignments into smaller pieces on their own, teach the student to self-assess their own work...).*
- *Adults can only listen for at most 20 minutes. Children can only listen about the same number of minutes as their age (15 years old = 15 minutes of “teacher talk”).*
- *If only one student is talking, it is still considered teacher talk.*
- *Students must have 2.5 minutes to talk during a break from lecture so that the neurotransmitters can re-energize.*
- *Paraphrase means one can put what someone is saying into different words that moves a conversation forward.*
- *Every single academic issue is rooted in one of the 6 executive functions (focus and attention, impulse control, self-monitoring, problem solving, planning and organization, and memory).*
- *Human voices are not as powerful as music is when trying to get students’ attention (e.g. transitioning to another activity).*



End-of-the-Year Tech Tips!

Before you leave for the summer...

- **ALL TECH ASSIGNED TO YOUR ROOM MUST STAY IN YOUR ROOM! If you are moving to another room or building, Do NOT take the tech with you.**
- Clean off your computer desktop! Make sure any files you want to keep are in either your MY DOCS folder (backed up to the Fairfield server), your Office 365 OneDrive (backed up in the cloud), or on a flash drive. Make sure all shared curricular files are in your content area SharePoint folder.
- Take a picture of the back of your computer, cords and input/ outputs of other tech devices. Label cords. All of this will help you put it back together correctly when you return in the fall.
- Remove batteries from remotes and other ancillary devices. Put them (remotes and the batteries) in a sealed bag and label them with the room number. Store them in a safe location in the room where you will be able to find them.
- Take inventory of any student devices (laptops, iPads, etc.); make sure they are plugged into their carts completely and stored in a safe location.
- **Put in tech tickets!** The only way we know what needs fixed or updated is through your tech tickets. This includes any software installation that needs to occur. When filling out a ticket, be as specific as possible (location, name/ number of machine, your request, etc.) It would be helpful to leave a summer phone number in case the team has a question. For carts/ student devices - be sure to include the cart number and where it is stored for the summer!
- Check your Office 365 MAIL account on occasion over the summer to stay informed!

Contact us if you need assistance!



DECIDE to FINISH STRONG

