

POSITIVE
CHARACTER
QUOTES ON
“DO-
SOMETHING”

North Florida Region



JUNE 2012

Summer Fun

This tip provides 10 simple ways for teachers (and school leaders!) to exercise and reenergize their brains during the summer!

“Even if you’re on the right track, you’ll get run over if you just sit there” - Will Rogers

“You can’t build a reputation on what you are going to do” - Henry Ford

“Opportunities multiply as they are seized” -John Wicker

“If you think you’re too small to have an impact, try going to bed with a mosquito in the room” -Dame Anita Roddick

“Waiting is a trap. There will always be reasons to wait...The truth is, there are only two things in life, reasons and results and reasons simply don’t count” -Robert Anthony

All Found in the book “Monday Morning Choices!”

The brain is a muscle. You have to use it to build it. For the same reason a weightlifter varies his or her arm exercises to build up his or her biceps, so do teachers need to vary their brain exercises to build up their brains. And during the summer months, there are great, diverse activities that you can do to keep your brain fit, resulting in an easier transition back to school.

☺ **Go To Museums**

Walk, drive, or even fly to some history, science, art, or industry museum in the areas or state.

☺ **See Movies**

Rent movies you missed while grading papers. Go to movies, ranging from the blockbusters to small indie flicks. Have you ever opened up *People Magazine* and realized that there’s this whole demographic of celebrities you’ve never seen before? Catch up on culture that flew by during the school year.

☺ **Read**

Read a book that you can’t find in Scholastic Book Clubs. Read old classics and new. Read employee pics and *New York Times* bestsellers. Finally, read the books for your book club that you claimed you’d read, but hadn’t had time to really read. Read books recommended and some you’ve never heard about. Make sure you also read the books that your students are reading. Discover different genres you may not have sampled before. Devour Manga. Get lost in gorgeous picture books. Inhale sci-fi, young adult, fantasy. Join the legions who’ve read about vampires.

☺ **Go to a Botanical Garden**

Sit quietly in nature and look at everything around you. Notice architecture and landscaping. Lay in the grass. Hike to a waterfall.

☺ **Garden**

Grow something that isn’t someone else’s kid.

☺ **Volunteer**

Find a cause that you can really get behind. Find something that gives you the immediate gratification of giving. It’s addictive. Build, donate, deliver, cook, whatever stimulates you. Make sure you do something for someone in need. Don’t forget that in the process of building your brain, you should not neglect your heart.

☺ **Do Art**

Paint, sculpt, keep a book of doodles. Recent studies show that for some people, doodling is a form of multitasking that even helps brain achievement. Try your hand at an art form you never even conceived of doing. You know that dance studio that just opened down the street that claims it’ll help you dance like a star? Try it. All you’ll lose is the first free class, and you might gain a passion.

☺ **Be Active**

Run, walk, hike, jog, garden, swim. Remember that getting more oxygen to the brain increases its productivity. You will be able to do more, think quicker, and build more brain muscle when you deliver more oxygen to fuel your cranium workouts. Being stagnant can cause depression and might make you see upcoming challenges out of whack. Remember that when you’re blue or bored or angry, movement will help bring more color to your life, level out your anger, and release your boredom.

☺ **Rest**

That’s right. After you’ve moved and worked and painted and observed, make sure that you just lay right down and rest. Sigh.

☺ **Don’t Just Review, Learn Something New**

I think this is the most important step of them all. You’ll notice that most of these steps boil down to this one simple thought: keep learning. Take classes. Maintain your professional development. Be a student. Learning begets the desire to keep learning. It’s addictive. Your brain will thank you.

Make Learning Fun



tips by Annette Breaux

Don't look so serious when you're teaching, please don't!

If you don't have fun, then the students won't,

So take every lesson and teach it with zest

And you'll get from your students their very best!

Children learn as children play, so play with your students every day!

While I was conducting a presentation on effective teaching for high school and university teachers, a college professor volunteered the following: "When I walked into the training today and learned of the activities that were going to be conducted, I almost walked out. I thought it was going to be 'elementary.' However, after participating in the activities and having fun doing so, I realized that if I could have fun, maybe my students could have fun as opposed to just listening to my daily lectures. And maybe I'd even have fun teaching!"

In response, a high school teacher enthusiastically added, "I do what are considered 'elementary' activities with my students every day, and they love it!" When I asked what she meant by 'elementary' activities, she explained that she uses lots of cooperative learning, learning games, hands-on activities, group discussion, and very little lecture. "My students love to come to class, because they have fun and they experience so much success." A very interesting discussion ensued where we discussed the fact that students learn best when they are having fun. "So do adults!" added one of the participants.

Too often I encounter teachers who think that teaching and learning should be "serious business." Their demeanors are serious, their classrooms are serious places, their students are bored out of their minds, and discipline problems are evident. Not very conducive to inspiring students to achieve!

The fact is that we all learn best when the learning environment is interesting, exciting, and inviting. Some teachers are afraid to allow their students to have "fun" in their classrooms for fear of losing control of discipline. This is a mistake, in that **"fun" and "chaos" are not synonymous.** Chaos is a classroom management problem. If classroom management is well established, there will be no chaos.

The best teachers know that in the most effective learning environments, classroom management is established, students are actively involved in the learning, lessons and activities are both highly structured and of high interest to students, and students are enjoying the learning process. Yes, they are having fun! Remember that taking teaching seriously and treating teaching as strictly serious business are two very different things. So lighten up, add excitement to your lessons, and watch your students' achievement increase. Your students will enjoy their learning, you will enjoy your teaching, and you will all have fun.

June Birthdays

- | | | |
|--------------------------|-----------------------|---------------------|
| 1-Renee Rodriguez | 12- Carmen Overstreet | 26- Janie Frazier |
| 3- Melanie Via | 13- Angela Ackerman | 27 -Lucy Heinz |
| 4- Jessica Carafano | 14- Angela Andress | 30- Irish McAlister |
| 4- Rachel Ogle | 19- Cassie Demers | |
| 5-Sherry Anderson | 20- Jimmy Menard | |
| 6- Andrea Seets | 22- Sandy Rubbico | |
| 7- Wendell John | 23- Kathy Parks | |
| 10- Monica Byron | 24- LaToya Taite | |
| 11-Michelle VanPortfliet | 25-Q | |



Live by Design, Not by Default—Live by Choice, Not by Chance

By Mack Arrington, PCC Leadership and Work Life Success Coach

Get the Distinction: Optimal vs Potential

Both words are good things, the distinction can make an incredible difference. When we focus on potential, this can have the affect of defining (and limiting) a person by how WE see their potential. On the other hand, when we focus on the optimal we are looking to create the most desirable position or outcome —which might be outside our limited view of their potential.

If we focus on what would be optimal in a person's situation or life, we create a gap that allows them to choose whether or not they want to go for it. For example, my son has the **potential** to make A's and B's in school and be on the swim team. If he can maintain focus, the **optimal** outcome would be straight A's (no B's) while on the swim team.

What would be optimal for you at this point in your career/life, and how would you go for it?

PD Opportunity

This Summer a professional development article will be sent to every teacher and staff member in the North Florida region every Monday Morning. If the title entices you -open the attachment and take a peek...this is totally voluntary but a chance to keep current with some educational trends while relaxing and enjoying the sun's rays!

There will be a post on our region blog:

<http://imagineducators.webs.com/> to respond your thoughts on the article- again just a way to share and totally voluntary!

If you find any articles that you would like to suggest for this summer study—send them to Stephania and it will surely make the list!

Read 1, read 5, read none....the choice is yours!

Important (and some random) Dates in June:

- 1 - Donut Day
- 2- Stephania's Wedding Anniversary!
- 3- First U.S. Space Walk by Ed White in '65
- 4 - Aesop's Birthday
- 5 - National Gingerbread Day
- 6- World Environment Day
- 8- World Egg Day
- 9 -Donald duck was born 1934
- 10 - National Yo-Yo Day
- 11 -- E.T. Movie Premiered in 1982
- 12- The baseball was invented in 1839
- 14- National Flag Day
- 14-Caldecott medal first awarded in 1938
- 16- National Fudge Day
- 17- Father's Day
- 18- International Picnic Day
- 19- Garfield debuted in 1978
- 20- First Day of Summer
- 22-US Dept of Justice established in 1870
- 25- Eric Carle born 1929
- 26- Toothbrush Invented in 1498
- 27- Helen Keller born in 1880
- 28-Paul Bunyan Day
- 29- First iPhone released 2007
- 30- Superman's Birthday

Pinning Away on Pinterest



By this time there may not be many of you that have not been sucked into the world of “Pinterest”, but just in case we’d love for you to join us.

First off, what is Pinterest? Well, it’s a collection of pin boards - think bulletin boards! Imagine all that cool info and pictures you see in magazines, sites across the web, on blogs, picture you take on your phone and pretty much anywhere. Well, then take that stuff and organize it on your pin boards.

When you first sign on Pinterest gives you a few free boards with suggested names like books, home, etc. But you can go from there and add your own titles and start pinning away. Collections can be as varied as you like or as specific as you’d like. I have one specific board called Teaching with Tech that deals completely with that issue. I also have some more generic boards that have to do with classroom ideas, home ideas, books I want to read and some of my favorite products.

But let’s get back to the part that has to do with teaching!

There is a ton of knowledge out there for teaching and specifically with teaching the Common Core! Just do a simple search by logging on to www.pinterest.com and see what you can find. You don’t have to login to search but you do need to login to save your finds and organize your boards. There is a link to Facebook so if you’re already a FB user this option may work for you. If you’re not, no worries, you don’t need a FB account to get onto Pinterest. It does still ask for an invitation, which is basically a referral. If you don’t know anyone who is using Pinterest let me know and I’ll “invite” you.

The bonus part of this is the sharing that can be done. I follow many other teachers that are pinning ideas I like and this feeds my Pinterest stream and also helps me build and see more content.

Here are a few fun searches to get you started on Pinterest:

Education

Education Technology

Common Core

End of the year gifts

Teacher appreciation

butterfly lessons

search grade level

If you have any questions at all with Pinterest or anything else technology related feel free to ask. I’m always here to help.



Follow Jen on Twitter : @TeachwithTech1





Slowing the effects of the “Summer Slide”

by Laura Sparrow 5th grade teacher ISTC

After seeing the phrase “Summer Slide” I was intrigued and did some research online about this phenomenon. Many of us have seen this phenomenon first hand in the fall when our students return from summer vacation. Research from the Rand Corp. has found that many students lose up to 3 months of foundational skills - reading comprehension and math concepts, the building blocks for all later learning. This research showed that the average age this “summer slide” begins is their first summer vacation following the first grade, these percentages increase in low-income households. Research found that students engaged in trips to museums, libraries, or even travels were able to avoid this phenomenon in their education. These learning gaps from this trend have shown to increase with each year, so by fifth grade these students are already 2 grades behind.

How can we slow the effects? Studies have also found that high quality summer programs can help to reduce the effects of the “summer slide”. Due to the current economic state many school district have had to cut back on their summer programs. Parents are thinking about family vacations, keeping their kids busy with activities like going to the beach or the pool, or just at home and the changes to their schedules and how to juggle them all. They are not thinking about the possible loss of academic skills during this 10 week break from school. As educators we are always looking for new and inventive ways to help our students grow. So why not share these ideas with our families; Knowing that our mission statement at Imagine Schools is “*Imagine Schools partners with parents and guardians in the education of their children by providing high quality schools that prepare students for lives of leadership, accomplishment, and exemplary character.*”

With today’s technology, most teachers have online resources that coincide with the curriculum in the classroom that can be shared with our parents and students. A great summer suggestion for parents would be to keep the child practicing skills with these online programs, and other programs offered such as FCAT Explorer. Other ideas to share with our families to help slow the effects of “Summer Slide” include going to the library, local museums or science centers, and free programs provided in the area such as the Girls/Boys Clubs. They could have their children help with cooking, shopping, and other home activities were they will have to apply Math and Reading skills. Parents can also find fun and free ideas on social media sites like Pinterest or Teachers pay Teachers! Here at Imagine Schools at Town Center we have purchased the IXL Math program that the students will be requested to continue usage over the summer. So let’s be a force towards bridging the gaps for our students and encourage their families by take our ideas and use them over the summer months.

Other online resources:

<http://www.exploratorium.edu/> Exploratorium: the museum of science, art and human perception.

<http://www.primarygames.com/science.php> Science Games Online

<http://www.magickeys.com/books/> Children’s Storybooks Online (Audio available as well)

<http://www.mightybook.com/> Learn to read with stories, songs, jokes, games, and more...

<http://www.math.com/students/puzzles/puzzleapps.html> The world of Math Online

<http://www.funmathgames.com/> Free online Math games

Summer Fun

**Get to know the North Florida Team
As they share their Favorite Summer Activity!**

Diane Beatty: Getting our family together and making memories is the best! We try to take one family vacation a year (and that's not easy with everyone's busy schedules and grown larger as a family unit!)

Lisa O'Grady: Cruising with my husband...without access to my phone or email!

Linda Williams: Summer Family vacation getaway. Each summer my entire family (3 generations) go away together either vacation at a resort, visit a theme park, camp, road trip, it's crazy considering I have 17 nieces and nephews and only three are girls, but it is awesome to look back and laugh about for an entire year :)

Mary Briggs: Going to the beach with Kevin and Andrew

Jeremy Gutierrez: Seeing family in Texas. There is always a wedding, graduation or holiday that brings me there. It reminds me of who I am and each trip brings us all closer to each other

Cathi Cohen: Spending every weekend swimming and grilling with the kids and all of our friends

Jennifer Fornes: Relaxing at the pool with my family

Jenny Norris: Taking quick getaway weekend with the family. Sometimes just to Jacksonville, Cocoa Beach, or to Orange Lake resort in Kissimmee for a long weekend! Laying on the beach or by the pool with my family recharges me like nothing else!

Lorna Potter: Fourth of July. When Terry and I were first married, we lit a few firecrackers and sparklers. The next year we added a few more and now, twenty five years later, three children, tow daughters-in-law and six grandchildren, it has become a major event. We have giant fire-works that take about an hour to get through, BBQ, pool time, games and of course the obligatory matching Fourth of July Shirts!

Stephania Sherman: I love everything about summer-the sun, the fun and the drinks with little umbrellas!

