Educators' Well-Being– Key in Building School Communities

FETC—2023
New Orleans, LA

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Critical question

Question mark by alexanderdrachmann Esbjerg

How much influence do educators have in creating school communities that students and their families trust? Why?

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Why do I care?

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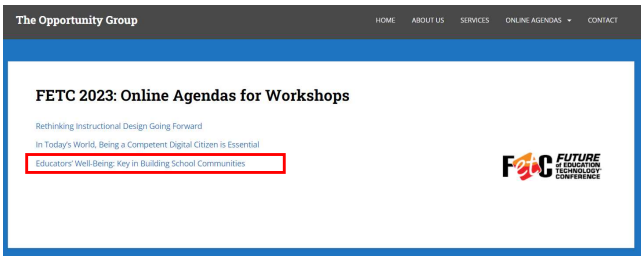
Online agenda



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Online agenda

FETC 2023: Educators' Well-Being – Key in Building School Communities

Opening
- Today's critical question
- Opening discussion

Community
- Shoulder Partner Conversation
- What about Community?
- Your thoughts

Building Community
- Shoulder Partner Conversation
- Brainstorming Activity (IdeaBoardz)
- Six strategies for developing teacher/parent partnerships

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Three things

Let's take a deeper look…

- Community—its importance
- Community building
- Well-being's role

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Community—a discussion

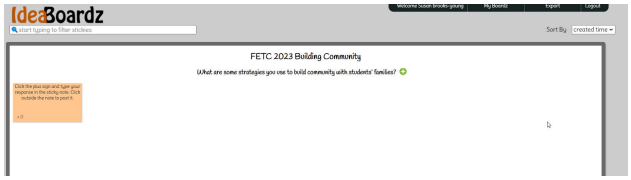
"The way schools care about children is reflected in the way schools care about the children's families. If educators view children simply as students, they are likely to see the family as separate from the school. That is, the family is expected to do its job and leave the education of children to the schools. If educators view students as children, they are likely to see both the family and the community as partners with the school in children's education and development. Partners recognize their shared interests in and responsibilities for children, and they work together to create better programs and opportunities for students."

Joyce Epstein, "School/Family/Community Partnerships,"

Your experiences

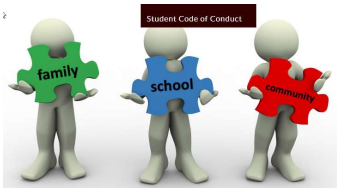
Building Community—Ideaboard

Building Community



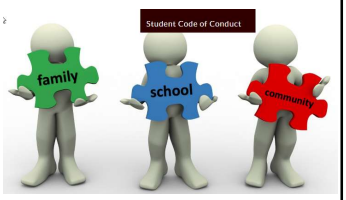
Six Types of Involvement

- Parenting
- Communicating
- Volunteering



Six Types of Involvement

- Learning at home
- Decision making
- Collaborating with the Community



Your thoughts

Where does well-being fit in?

Teacher wellness has been linked not only to teachers' physical health, but also to stability in schools and to teaching effectiveness and student achievement.

Alexandra Cox, Bonnie Solomon, Dominique Parris

Well-being Basics

Gratitude

- Be specific when expressing gratitude
- Greet parents & students
- Gratitude board

Getting focused

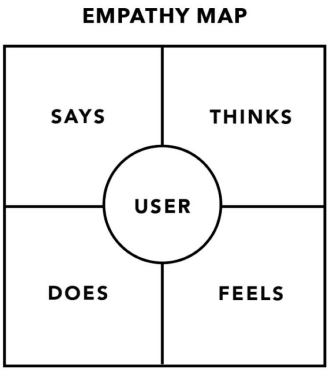
- Pre-work ritual
- Get enough sleep
- Remember to breathe

Being positive

- Share good news with families
- One good thing
- Use positive self-talk

Empathy

- Empathy maps
- Home visits
- Include families whenever possible



Kindness

- Second chances
- Secret acts of kindnesses
- Make your classroom a safe space

Movement

- Exercise regularly
- Chair yoga—Cat/Cow, Raised Hands, Eagle
- Take a walk

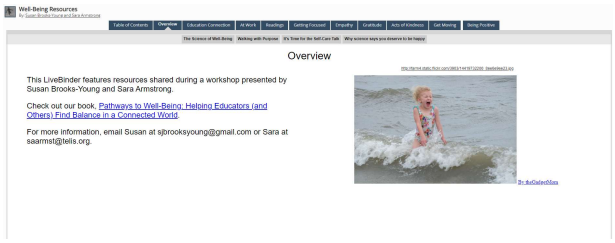
Which areas resonate with you?

- Choose one or more areas to explore more closely
- Reflect briefly on your choices

Maya Angelou

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

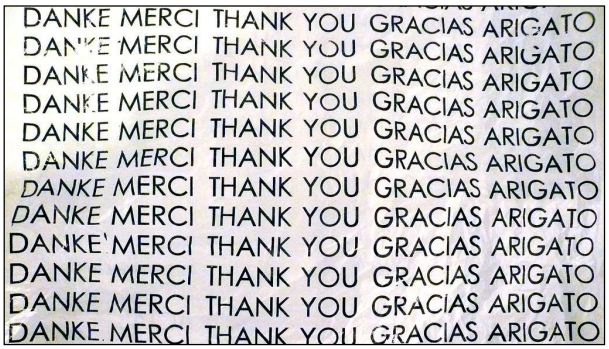
Additional resources



Draft your plan

Focus Area:	
I envision using this area to build community by:	
Activity 1	
Activity 2	
Activity 3	
I will know this is working when:	
Notes	

Your ideas



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