



December 2017



What all teachers look like when the final bell rings for Christmas break!




## Simple Teacher Strategies to Survive December!

December is a crazy month in schools! Here are some tips and tricks to help survive:

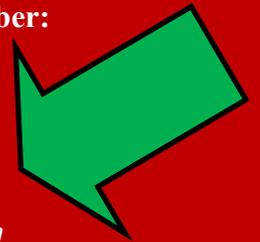
1. **Plan for the UNEXPECTED:** Good planning and preparation are especially important—spend 10 minutes every morning making sure all materials, are ready and you know the schedule for the day!
2. **Busy work does not equal BUSY:** Keep your kids engaged and don't rely on an endless stream of worksheets! They have more energy this time of year, so give them MORE reasons to get up and be actively engaged rather than restricting movement. Stations, scoot, activity cards, partner work...vary your technique!
3. **Catch kids being GOOD:** Behavior is more than likely a concern during December, encourage good behavior by recognizing it and rewarding it! Send a positive post card home, earn tickets for good behavior, get the marble jar back out!
4. **Give kids a CREATIVE outlet:** Making holiday cards, ornaments, special gifts, and other simple projects allows students to experience the joys of giving through their own creativity! Students get to express themselves creatively.
5. **Fill the room with PEPPERMINT:** It sounds silly, but there are studies that link peppermint with improved mental performance, attention, and cognitive functioning. Diffuse it! Spray the room with it!
6. **AVOID caffeine and sugar:** Too much caffeine in coffee, tea, or soda combined with the huge cookie tray in the teachers' lounge will increase irritability and then the inevitable sugar crash!
7. **Take TIME for yourself:** Even if it is only 5 minutes during your planning time, close your door and take a few minutes of silence for yourself!

Santa says "Stay in your seat, stop throwing erasers at your neighbor, and finish that fraction page or I swear I will turn this sleigh around!"



### How can a BOARD MEMBER support during December:

1. Offer incentives for student AND teacher attendance! Gift cards are great rewards!
2. Cater a nice HOT lunch or breakfast for teachers!
3. Schedule extra substitutes to be extra hands throughout the week!
4. Offer FREE dress down days (teachers don't pay \$2 to wear jeans to school)!
5. Buy a pullover or sweatshirt for teachers to wear with the school slogan and logo on it!
6. Send personal cards and notes showing your appreciation for their dedication and hard work!
7. Provide coffee in the teachers lounge a few days a week!
8. Reward teachers with "20 minutes off" passes that an administrator or para-professional would cover for them to have a break!



Relax and Enjoy...

see YOU in 2018!

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