

BEHAVIOR 101

Issue #6 May, 15



The Remedy for Teacher Burn Out:

SUMMER VACATION

If you have been a teacher any length of time you have probably have heard this from your friends with “real jobs”: “you teachers have it easy; 3 months off in the summer? I wish my profession gave me 3 paid months off.” Those people have no clue why teachers need a Summer Vacation. Although, we don’t perform heavy labor like pouring concrete, or work as some project analyst for a Fortune 500 company; we have the greatest and hardest job of anyone in the land. We are literally shaping the future of society by teaching all of the people who will be functioning adults in the next 10-20 years. This as you know can be very mentally taxing and stressful. Many teachers burnout each year because of the stressors related to our profession. Honestly, I can understand why non-teachers undervalue our Summer Vacation. However, I find many of my “fellow” teachers who undervalue it as well. No doubt about it, we all need Summer Vacations. Even if you are working summer school, there are ways that you can enjoy, and refresh during the Summer Time.

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Paradigm .02



Summer
Vacation
(Continued)

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TIPS ABOUT ED

DON'T BE

An ED student has been labeled ED for a Reason. They did things to get into the Behavior program- so don't be surprised at their mis-behavior. If nothing were wrong with their behavior they wouldn't be in a behavior program.

READ THEIR

If you have direct contact with the student you are allowed to read his or her Special Ed Folder. However beware that you don't breach confidentiality and violate FERPA by gossiping or discussing student's personal information with others. Reading the folder will give you insight and help you to understand the student's disability.

MINIMIZE SITUATIONS

Don't make a big deal if a student has a bad day or has a melt down.

Don't enable other students to openly criticize or discuss ED student's behavior while others are listening. Even gently redirect other staff when they continue to gossip negatively about an ED student. When possible, find something positive to say in the situation.

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Shifting our ideas about behavior students and their disabilities.

DEFINITION

"Emotional disturbance" means a condition exhibiting one or more of the following characteristics over a long period of time and to a marked degree that adversely affects a child's educational performance:

- An inability to learn that cannot be explained by intellectual, sensory or health factors;
- An inability to build or maintain satisfactory interpersonal relationships with peers and teachers;
- Inappropriate types of behavior or feelings under normal circumstances;
- A general pervasive mood of unhappiness or depression; or who are socially maladjusted, unless it is determined that they have an emotional disturbance (ED).

What do I do to prevent student's misbehavior? Prior to Occurrence of Behavior(s):

Preview schedule: Having the teacher preview a student's schedule daily (or even more frequently) can help those children who seem to misbehave because they do not respond well to unexpected changes in schedule or cannot remember what their schedule is.

Provide skills instruction: If the teacher determines that a child engages in inappropriate behaviors because the student lacks alternative, 'replacement' skills, the instructor should set up a plan to provide the child with the necessary skills. Any skills instruction should include plenty of examples to illustrate the skill-set being taught, demonstration (e.g., modeling, role-play) and a 'checkup' (e.g., student demonstration and verbal 'walk-through' of steps to skill) to confirm to the teacher's satisfaction that the student has acquired the skill.

Summer Vacation (cont)

R. Long

Everybody needs extra money but money isn't worth your mental and emotional health. I remember when I was younger I would work 2 or 3 jobs during the summer and Christmas breaks. But one year I begin to experience the "burn" of "teacher burn out." I actually got very concerned and even prayed about it. I thought: "I love what I do; I love teaching kids; I love helping them overcome challenging behaviors and succeed. So why am I feeling like this?" But after talking it over with my wife, she suggested that I should actually take off during the Summer break, at least one month. I tried it and it actually worked. When I came back to school after that, I felt so refreshed and renewed. My creativity came back. I was able to exercise rational detachment easier. I felt like I was a new person. As we approach this Summer's break, I am urging you to try the same. Here are some ideas that may help you get the most out of your Summer Break.

1. Don't overwork on extra jobs. Even during the Summer School schedule you get a half-day and Fridays off. Some people fill that time with another Job. Why not rest?
2. Plan a trip or two. A change of scenery, getting out of town, or going home to see relatives can be very refreshing.
3. Get to the water – whether it's a beach, a pool, a lake, a water park or a cruise; the water can be very

relaxing

4. Volunteer for something you believe in- Churches, community centers, homeless shelters, animal shelters, the food banks, all need volunteers to successfully operate. Get involved!
5. Begin a new hobby: Learn a new language; Learn to play a new instrument... piano, guitar, saxophone; take up fishing; learn to sew or crochet, etc., Learning something new can be rewarding.
6. Spend time with your family – Summertime can be a great time to catch up with your children and others you love. Deepening those relationships during the Summer Break can prove to be very rewarding!
7. Go to a workshop for your area of expertise. If you are a Behavior teacher go to a non-mandatory training on behavior. Laws and regulations seem to change every year. Stay current with your profession.
8. Read books- teachers unfortunately make little time to read recreationally; we are always reading to teach.
9. Get some sleep! Oh the wonders a few extra hours of sleep will do. With all of the new data about sleep deprivation, we need to make sure we are getting the right amount.
10. Get Moving; workout and exercise; walk; hike; lift weights; swim; jog, etc. The summer is a great time to get out and get active.

*The summation of this article is "Teachers need to actually take a Vacation, while on Vacation!"

~ R. Long ~

Transition Dates

Cobb to Cunningham 5/16 - 9:30 – 11:00

Cunningham to NSH 5/17 -9:30 – 11:30

NSM to NSH 5/17 – 9:30-11:30

NSH to NSSH 5/18 – 9:30 – 11:30

(South side) PASS Elem to GPM 5/22 9:30-11:30

***Any Questions about these dates and Times Forward them to Ms Chari Burnett**



Great teacher's Quotes

*What we want is to see
the child in pursuit of
knowledge, and not
knowledge in pursuit of
the child.*

-George Bernard Shaw-



Inspire!

*A teacher is a compass
that activates the
magnets of curiosity,
knowledge, and wisdom
in the pupils.*

-Ever Garrison

May 15, 2017

PASS Teacher of the Month



Never Judge a Book By its
Cover!

T-shirt for AR Goal Achievers

Email: rlong@galenaparkisd.com



