Dear First Year Teacher,

- Make friends with the custodian
- Find someone to work with
- Have fun with your students
- It takes 5-7 years to become comfortable with everything
- Have a chocolate stash for you and your EA for those tough days
- Seek knowledge, advice and support from an experienced teacher
- Be a life long learner
- Go home before 5PM - set your alarm
- It gets better
- You will survive
- I'm here to listen
- Relationships over content
- You are not alone
- Have fun
- Go into the staffroom at lunch
- Parents are just happy
- Their kids are still alive
- Leave your laptop at work every second night
- Find your marigolds! And remember you can learn from the oak trees too
- You are doing so much better than you think you are
- Laugh
- Have concrete goals - and very few of them because you can't work on everything at once
- Don't worry about being awesome, just be there
- You come with so many great ideas and experiences; be brave and share them, these ideas are valuable and create enthusiasm
- Find small ways to see the joy and remember why you are there
- You have to love what you do
- Wash your hands a lot
- You will feel stress around establishing the balance between curriculum and content vs. social-emotional learning, relationships and connection. The latter develops humans who know how to interact with others in the world
- Remember to acknowledge the positives and use the mistakes to move forward by asking why and not dwelling on the negatives
- Remember in the heat of the moment, it is not the child's fault. They are "acting out" because they don't have the words
- Use your sick days (and of course have your TTOC binder ready to go)
- Be authentic - the kids will see through it if you aren't
- Remember to listen for the balance of student voice in your room and yours
- Self care is not selfish
- Go to the staffroom
- You need to eat lunch
- Remember to let your kids play, regardless of the age level
- This is hard work, every day, but in different ways
- If it is just a job or you are already thinking about the next rung on the ladder, it will be even harder
- Let the kids know who you are
- Plan each day, plot the week and vision the year
- Be ready and open to learn something new, even if you think that you have seen and heard it all
- It is okay to show your emotions, cry at the book and cheer loudly at the game, you are teaching tiny humans to be big humans
- Teach in the moment, your day plan is always flexible
- Take time to reflect on a new lesson and make notes about what you would do differently next time, ask the students too
- Go to valuable professional development for you, to grow your practice
- Sleep. Saturday naps are great
- Every day is a new day...for every one.

Sincerely,
The Teachers of Maple Ridge-Pitt Meadows