

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 TIOC 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