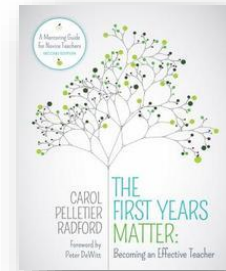




The First Years Matter

Becoming an Effective Teacher



April Novice Teacher Memo

"A good teacher goes to teacher school."

1st Grade Student (page 194 The First Years Matter book)



A MESSAGE to Novice Teachers

If you are receiving this memo, your mentor has forwarded it to you because you are using **The First Years Matter** as a resource. The purpose of this memo is to focus you on some important pages in the book that emphasize your self-care. Take some time to skim the pages and select one or two activities to try. Continue to focus on how you take care of yourself. April brings spring and good weather so it is a perfect time to GET OUTSIDE! Take a walk, feel the sun, and just allow yourself to breathe. Your students are depending on you to be healthy.

Balance. Inspire. Lead. Transform from the 

When you take care of yourself, you model self-care for your students.

Carol

[\(Listen to a message from Carol\)](#)

Carol Pelletier Radford EdD



NEW TEACHER PHASE

In April, you will be transitioning, by month's end, from the *Rejuvenation* phase to the *Reflection* phase. This month, look towards capturing a breath of fresh air with a broader perspective and renewed hope.

Stay relaxed and calm. Don't let this month's testing influence your performance ability and effectiveness!!



REFLECT

Effective teachers take the time to reflect alone and with their mentor.



Choose a bubble stem on page 211 and complete it in your book or using the [Novice Teacher Journal](#) available from Corwin.

CONNECTIONS

Review page 200 and consider [interviewing students](#) to gain a better perspective as to why they misbehave.



ACTIONS

When you meet with your mentor, you want the conversations to focus on your needs. Here are ways to help your mentor best support you!

- Reflect on your own needs using The First Act on page 201.
- Review the Overview of Acts on page 202 and choose one (or two).
- Read page 205, Act 3, to identify strategies on how to reduce teacher talk time. This particular act will have you reflecting on how much of the lesson you talk versus how often the students are actively engaged and talking to one another.



SELF CARE CORNER

Take some time for YOU! What can you do today that will refresh your spirit?



Watch the video, [What Adults can Learn from Kids](#), by Adora Svitak and listen to this student who asks teachers to be willing to learn from children as much as to teach them! Understanding the children in front of you can alleviate a lot of stress!

Review page 213 for more ideas!