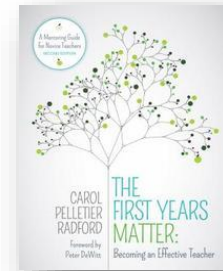




The First Years Matter

Becoming an Effective Teacher



September Novice Teacher Memo

“A good teacher is someone who is helpful, thoughtful, smart, knows how to teach, and loves kids.”

3rd Grade Student (page 44 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. Read my Welcome Letter and the Part I Introduction to learn more about this resource. Skim the pages in the August and September chapters. Focus on one or two ACTs that could enhance your classroom practice and try them. Your health is an important part of being an effective teacher and that is why this Memo will highlight key resources to support your self-care. Welcome to teaching!

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
Founder, Mentoring in Action



NEW TEACHER PHASE

In September, you are in the Anticipation phase, and may be nervous about starting the year. For many, there are sleepless nights and worry about meeting the students.

You may be saying, “I feel prepared to teach, but I don’t know what to do the first day.” How can you identify specific details of what you should do on the first days of school? Use the September chapter to guide your conversations with your mentor.



REFLECT

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



Choose a bubble stem on page 63 and complete it in your book or using the [Novice Teacher journal](#) available from Corwin.

CONNECTIONs

Making “connections” is crucial to your success. Read page 50 in the September chapter and see how these questions inspire you to share what you know.



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!



- Review the questions on page 48 and use them to help identify your specific support needs.
- The First ACT on page 51 encourages you to work with your mentor towards building a community of learners within the classrooms.
- The ACTs overview on page 52 provides you with the big picture for the month so you can discuss the topics that are most meaningful.

SELF CARE CORNER

It is essential to participate in self-care practices.



- Review **SETTING GOALS** on page 65 and pay attention to your own self-care
- Read [Five Simple Lessons](#)
- Practice [Mindfulness](#) meditations from the Mentoring in Action website.

Self-care is not selfish!