



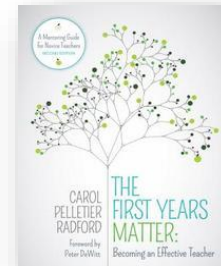
# The First Years Matter

*Becoming an Effective Teacher*

## December Novice Teacher Memo


*“A good teacher is someone who listens to you as a student and always tries to challenge you.”*

*5<sup>th</sup> Grade Student (page 110 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 this month. Read pages 111-112 and note what stands out to you as important. Say the affirmation out loud or to yourself. How can this simple sentence support you in engaging your students and minimizing your class disruptions? Skim the rest of the chapter looking for useful topics. You don't have to do everything! Just the one thing that could support you right now is enough. Notice where your students might be feeling stressed and how their stress influences your stress levels. How can supporting your students' self-care help your entire classroom climate?

**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 December, you are in the tail-end of the Disillusionment phase. You may be struggling with class management, highly stressed, and utterly exhausted!

Stay calm and realize that a nice, relaxing vacation (& rejuvenation) is just around the corner!!



### REFLECT

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



Choose a bubble stem on page 129 and complete it in your book or using the [Novice Teacher journal](#) available from Corwin.

### CONNECTIONs

Review page 116 and watch the [Reactions to the Student Survey](#) video and discuss it.



### 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 117.
- Review the Overview of Acts on page 118 and choose one (or two).
- Read page 124, Act 6, and discover ways to continue to keep ALL students engaged in every lesson!

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



Watch the video, [Transforming the Heart of Teaching: CARE for Teachers](#), by Tish Jennings to learn how mindfulness can really help you de-stress to promote student performance & a calmer class environment!

Review page 131 for more ideas!