



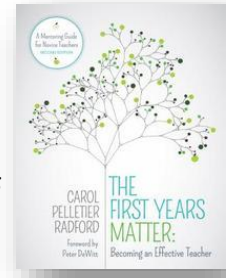
The First Years Matter

Becoming an Effective Teacher

February Novice Teacher Memo

“What I think makes a good teacher is that they can teach all kinds of things your parents don’t know.”

6th Grade Student (page 154 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. Be your own Valentine this month and thank yourself for all you do to help your students succeed.

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 February, you are in the middle of the *Rejuvenation* phase. This month, focus on refining your lessons, behavior & classroom management, and overall coping skills.

Take a deep breath and realize you *successfully* made it through the first half of the year!!



REFLECT

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



CONNECTIONs

Review page 160 and read the [How Does Classroom Space Influence Learning?](#)



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 161.
- Review the Overview of Acts on page 162 and choose one (or two).
- Read pages 163 & 165, Acts 1 & 3, and identify different teaching strategies being utilized as well as brainstorm how to engage all learners within the classroom.

Choose a bubble stem on page 171 and complete it in your book or using the [Novice Teacher journal](#) available from Corwin.

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



Watch the video, [A Self-Care Revolution](#), by Megan McCormick, and listen to learn about the three main practices in self-care: self-talk, rituals, and optimism and ultimately look at the ways we can implement self-care into our education systems

Review page 173 for more ideas!