

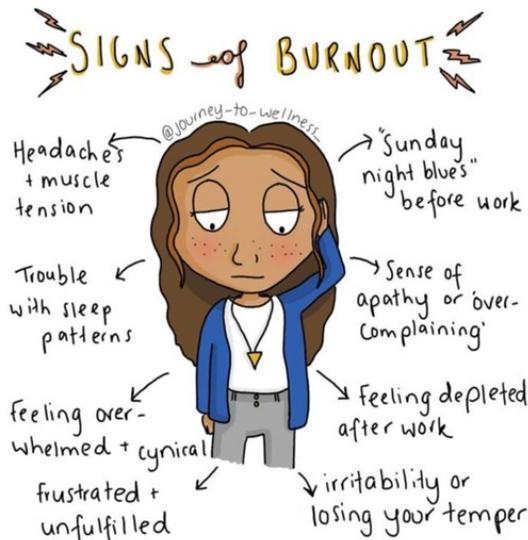


Teacher Burnout is Real

... and it doesn't just affect you; it affects your students and your loved ones.

There are three major teacher burnout symptoms:

- Cynicism -- a sense of detachment from work or life, loss of enjoyments, pessimism, and isolation.
- Feelings of ineffectiveness -- Apathy, hopelessness, increased irritability, lack of productivity and poor performance.
- Physical and emotional exhaustion -- Always tired, unable to sleep, forgetfulness or trouble concentrating, anxiety, depression, and anger.



Realistic ways to prevent and recover:

1. Talk about teacher burnout: Get it all out! The key is to simply start talking.
2. Practice self-care: Set some time aside to do something that you enjoy.
3. Know when to take a break: Leave work at work- step away from it.
4. Plan for community: Relationships are an important way to remind us we're not alone.
5. Find out what actually went wrong: Have you ever stopped to think about why it was a bad day? A good sign something needs to change is if the same things keep going wrong. When you recognize and understand where the troubled spots are in your day, you'll be better prepared to handle them.
6. Put things in perspective: Remember that you're so much more than just a teacher! You have important things outside of work that need attention as well.
7. Try something new: If you're feeling cynical, uninspired, or frustrated with your teaching, it could be a sign you need to troubleshoot your classroom.
8. Ask for help when you need it: Teacher burnout can have serious consequences for your mental and physical health. If you're struggling, use the resources you have around you.

Sources Used:

Kampen, M. (2020, May 5). 8 Proven Ways to Overcome Teacher Burnout & Love Teaching Again. <https://www.prodigygame.com/main-en/blog/teacher-burnout/>

Ballagh, R [@journey_to_wellness_]. Signs of Burnout [Illustration]. Instagram. https://www.instagram.com/journey_to_wellness/

"Self-compassion is simply giving the same kindness to ourselves that we would give to others."

-Christopher Germer

In This Issue

- Teacher Burnout
- Child Abuse Month
- Training Certificates
- Meetings with Matt
- Director's Facebook Page
- Director Dialogues
- Provider Appreciation Night
- Celebrating Early Day
- Training Calendar
- Staff Contact Info.

Provider Appreciation Night

Thursday, May 5, 2022 4:30-7:30pm

Join us for dinner & dessert - swag bags & door prizes

Formal invitations with details will be mailed to child care programs. The Early Care and Education Team looks forward to pampering you and celebrating the work you do with young children!

April is Child Abuse Prevention Month

Here's how you can participate & show your support.

- **Friday, April 1 – Wear Blue Day**
To participate, wear blue and share photos with the hashtags: #WearBlueDay2022 & #BeAConnection
- **April 2-8 – Week of the Young Child**
- **April 18-22 – 5 Days of Action**
5 Days of Action is a week designed to raise awareness and inspire adults to take action to protect children from sexual abuse
- **Wednesday, April 20 – Statewide Webinar**
“Ensuring Strong Foundations for Children | Learn the Basics & Take Action
- **Wednesday, April 27 – National Child Abuse Prevention Digital Advocacy Day**

For more, visit www.preventchildabusenc.org

Register for one of our workshops to learn more on specific topics:

May 16: Recognize & Report Child Abuse

May 23: Prevention of Shaken Baby Syndrome and Abusive Head Trauma

June 22: Birds, Bees & Sexting

Meetings with Matt

Join Matt– virtually– to ask him questions about your work as a teacher, director, or family child care teacher.

Pop-in with your question between the designated hour and then pop out. It's that simple!

When: every other Wednesday between 12:00-2:00pm

April 13th & 27th

May 11th & 25th

June 8th & 22nd

How: go to Zoom website: <https://zoom.us/>
click: Join a Meeting
enter Meeting ID: 874 4692 7948

Training Certificates

Due to the amount of virtual workshops we offer, we send certificates of completion to the attendee's program at the end of each month.

This helps us to save money on postage as well as staff time after each workshop.

However, if you need a certificate for your compliance/monitoring visits prior to the end of the month, feel free to contact Matt to make arrangements.

Thanks for your understanding.

Directors: a private Facebook group, **Smart Start of NHC: Early Childhood Directors**, was created for you. This page provides a place for administrators to network, ask questions of each other and coordinate efforts to better serve the children in their program. In addition, the Smart Start ECE team will share news and events, and help you with questions you may have about our services.

We hope you join to keep in touch! Find us on Facebook: <https://www.facebook.com/>



Directors...

...Looking for a way to meet other directors, network, get ideas, or share frustrations?

We're facilitating our Director Dialogues— via Zoom!

Join other directors for the next meeting on **Thursday, May 26th @ noon.**

A Zoom link will be emailed prior to the meeting. No planned agenda, and no RSVP needed, Just log on to chat!

For more information or questions, contact Natalie Pond.

...share our newsletter and training calendar with your staff.

- * post them in the staff breakroom (do staff know if the newsletter and training calendar are posted and where?)
- * email them to staff
- * provide a copy to each classroom or teacher or provide them with our website address to view the training calendar
- * encourage staff to decide which training(s) he/she would like to register for
- * remember that classes fill quickly. It's important to register online early.

Be sure to always check your junk/spam email folder if you aren't seeing an email from us- then mark us as a 'Safe Sender'.

Friday, April 22 is EARTH DAY!

LET'S CELEBRATE!!!

www.earthday.org

What can you do with a cardboard box?

Collecting cardboard boxes is an inexpensive way to add more open-ended play into your classroom. Build problem solving, cooperation and turn taking skills, all by emptying out your recycling!

- **Build a box city.** Cover smaller boxes (empty cereal boxes, snack boxes, shoe boxes) with construction paper. Draw windows, doors, and signs to create buildings and other objects found in a city.
- **Help children construct mailboxes** out of cardboard boxes. Cut out a slit or opening in a box and let children decorate their "mailboxes". Children can create cards/drawings and "deliver" them to each other.
- **Tie rope** around a large box and have one child pull another who sits inside. The box transforms into a wagon, sled, or carriage!

Looking for more activity ideas using free or low-cost materials? These resource books are available for checkout through the Resource Room Library

**Something from Nothing: Using Everyday Materials with Preschoolers* by Emily Thompson

**Learn and Play the Green Way: Fun Activities with Reusable Materials* by Rhoda Redleaf

**Loose Parts 3: Inspiring Culturally Sustainable Environments* by Lisa Daly and Miriam Beloglovsky.

Sources Used:

<https://www.naeyc.org/resources/pubs/tyc/dec2018/creativity-with-cardboard>

<http://www.truceteachers.org>

Learn About the Earth!

Seed Exploration: *Seeds! Seeds! Seeds!* by Nancy Wallace
Children can learn about seeds with hands on activities.

What Plants Need: *The Seed Song* by Judy Saksie
Children learn about what plants need to grow and survive.

For more lesson plan ideas & resources AND learning how to implement gardening education into your curriculum, contact LaKeasha Glaspie, CCHC at lakeasha.glaspie@newhanoverkids.org or 910-815-3731.

Visit www.growing-minds.org for more ideas



Smart Start of New Hanover County
3534 S. College Rd., Suite F
Wilmington, NC 28412

Address Service Requested

WE ENCOURAGE YOU TO SHARE OUR NEWSLETTER AND TRAINING CALENDAR WITH ALL STAFF

Smart Start Early Care and Education Staff

Mindy Davis: Early Care and Education Manager
mindy.davis@newhanoverkids.org

LaKeasha Glaspie: Child Care Health Consultant
lakeasha.glaspie@newhanoverkids.org

Krista Green: Child Care Resource & Referral Consultant
krista.green@newhanoverkids.org

Dayla Mendez: Child Care Resource & Referral Specialist
dayla.mendez@newhanoverkids.org

Natalie Pond: Child Care Resource & Referral Consultant
natalie.pond@newhanoverkids.org

Kelly Puzon: Behavior & Inclusion Support Consultant
kelly.puzon@newhanoverkids.org

Matt Schaeffer: Child Care Resource & Referral Consultant
matt.schaeffer@newhanoverkids.org

Cody Smith: Behavior & Inclusion Support Consultant
cody.smith@newhanoverkids.org

If you would like to receive our newsletter electronically, send us an email letting us know.

Contact Us

Smart Start of New Hanover County

3534 S. College Rd., Suite F
Wilmington, NC 28412

p: 910.815.3731 or 877.722.7857

e: info@newhanoverkids.org

www.newhanoverkids.org



www.facebook.com/smartstartofnhc



[@SmartStartofNHC](https://twitter.com/SmartStartofNHC)



[SmartStartNHC](https://www.youtube.com/SmartStartNHC)

