



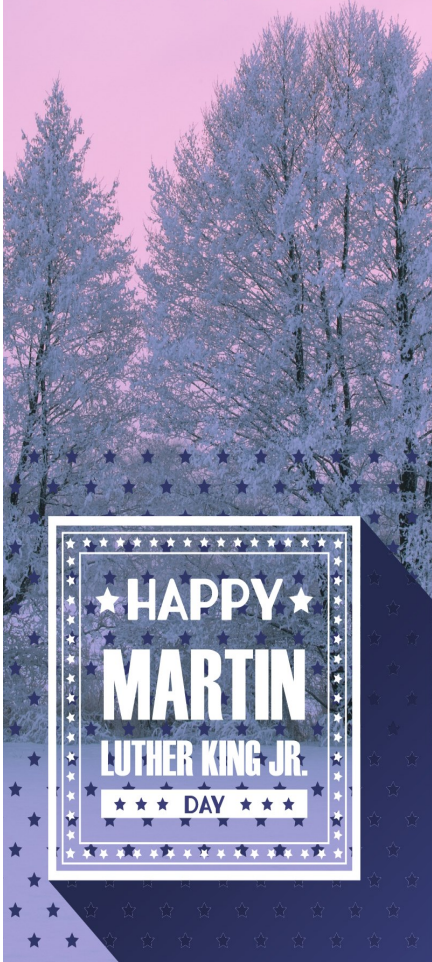
News For You

Keeping ROE #40 districts and staff informed

January 2022

ROE 40 OFFICES

will be Closed on
Jan. 17, 2022



ROE #40

info@roe40.com
Carlinville Office
217-854-4016
Jerseyville Office
618-498-5541



WWW.ROE40.COM



Golden Apple Accelerators of Illinois

The Golden Apple Accelerators of Illinois is a teacher residency program that identifies college seniors not currently on a teaching path and career changers who are college graduates, who have the promise and drive to be excellent teachers in hard-to-staff content or expertise areas. Golden Apple Accelerators commit to teaching at least four years at a school-of-need in targeted communities in south, central, or western Illinois.

Golden Apple Accelerators Receive:

- Coursework and credits that will lead to a teaching license
- Up to a \$25,000 stipend to apply to coursework that leads to licensure
- Classroom teaching experience with a Mentor Teacher
- Teaching placement in a targeted community, most likely where the residency occurred
- Ongoing mentorship and support from Golden Apple award-winning educators

Eligibility Requirements:

- Senior in college or holder of a bachelor's degree from an Institution of Higher Education
- U.S. citizen or eligible non-citizen (DACA recipients) and resident of southern, central, or western Illinois
- Earning or holding a degree with a major or minor that will allow for teacher licensure in an area of need
- Acceptance into Institution of Higher Education partner:

Award

Up to \$25,000

Deadline

01/14/2022

[Find Out More Now](#)



Golden Apple

Upcoming ROE #40 Professional Development

Director of School Improvement
Ryan Wamser, rwamser@roe40.com

JANUARY 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1/2	3 	4	5	6	7	8
9	10 	11	12	13	14	15
16	17	18	19 	20	21	22
23	24 	25 	26 	27	28	29
30	31					



Indicates Professional Development opportunities

Jan. 2022 - Book Club

Mon Jan 3rd - Fri 28th

Mindfulness Mondays - New Beginnings

Mon Jan 10th 3:30pm - 4:30pm

Take Your Class to Hyperspeed with Hyperdocs/Digitally Packaging Curriculum with Google Sites

Wed Jan 19th 3:30pm - 5:30pm

Mindfulness Mondays - Finding Happiness

Mon Jan 24th 3:30pm - 4:30pm

Don't Waste Time Teaching SEL without Media Literacy

Tue Jan 25th 3:30pm - 5:00pm

Adult Mental Health First Aid

Wed Jan 26th 11:30am - 3:30pm

20 Things Students Should be Doing on Social Media

Tue Feb 1st 3:30pm - 5:00pm

Feb. 2022 - Book Club

Mon Feb 7th - Fri Mar 4th



For details and registration for these and other upcoming Professional Development Opportunities visit

<http://www.roe40.com/prof-development-meetings.html>

3 Ways to Embed SEL Into Your Classroom

We hope your Winter Break was filled with rest, rejuvenation, family, food, and friends. That's what we as teachers wish for our students, too. Unfortunately, that wasn't the case for all of them. For some, it was a cold, lonely time away from the comfort of routine and a regular meal that school provided. Despite the experience of your students over Break, your warm and caring welcome back to school is something they've been looking forward to.

Being mindful of your students' social and emotional wellbeing is in the very essence of being an effective educator. The recent push toward Social Emotional Learning (SEL) shouldn't be anything new or 'just one more thing' added to your plate. Every teacher is responsible for supporting SEL in school, just as every teacher is responsible for creating a classroom environment that is supportive to all student learning. They go hand-in-hand.

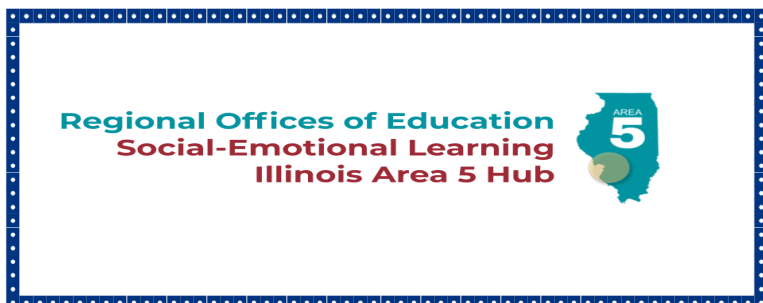
Every student needs to feel emotionally safe and socially connected to be successful in school. Here are three easy steps you can take - and maybe already are - to make your students succeed:

1. Use your student's names whenever possible. When others use our names, we feel seen. When we are called something general, like 'you' or 'dude' or 'buddy' it's not that it's offensive, it's just not as inclusive as it could be. Make sure you're pronouncing their names correctly. If you're unsure, ask with sincerity and a true desire to know. It's better to ask a question once than fail the next hundred times.

2. Use routines and rituals. The most successful classrooms have their own culture and ways of doing things. I knew a physics teacher who built a special box where students handed in papers. At the beginning of every hour, he slid a lid over the top, signaling the beginning of class (and that anything handed in later would be late). Another teacher I knew had the students recite the classroom's mission statement together. There's something powerful about acting out or saying something together that creates a sense of community. If you're looking for something new, try starting each class or day with three breaths taken in unison. Lean into your personality and your uniqueness to come up with silly little ways to make your way of doing things fun yet structured. I had a bearded dragon for several years that often sat on my shoulder while I taught. He became the theme of my classroom, with 'Doogie Says' drawings and quotes on the board. When I run into students decades later, they don't remember the cell cycle, but they remember their birthday when Doogie was allowed to sit on their desk.

3. Give structured time for social connection. Whether you teach pre-K or seniors, students need time to connect with each other. The beginning of the new year/new semester is a great time to welcome new students who moved in over the Break and to enable students to catch up. How you go about it depends on your style and your students. Perhaps you give them 3 unstructured minutes at the beginning of the hour to connect. Maybe you take 20 minutes and have them do a friend bingo, where they have to find people in the classroom with characteristics in bingo squares until everyone has a bingo. If you're ready to level up, try having them do the bingo in silence.

(Continued on page 4)



Regional Office of Education 40
225 E. Nicholas St., Carlinville, IL 62626
Ryan Wamser, Grant Director
Matt Weld, SEL Coach

Classroom teachers are not mental health professionals - that's why schools have social workers, counselors, school psychologists, etc. Even if your school is super small, you don't need to feel like you are solely responsible for your students' mental health. Use your colleagues and administrators for support. You'll find, however, that if your students feel emotionally safe and socially connected in your class and school, discipline issues fade away, and academic success naturally follows. Behaviors arise from feelings and feelings come from needs. If we can meet those needs, the behaviors will follow.

Your ROE, in conjunction with the State Board of Education, has made SEL and educator self-care a priority this year. There are book studies, after-school online PD sessions, and summer opportunities to help you up your self-care game and to provide tools to increase your comfort in integrating SEL in your classroom. Check out the website or see your administrator for more information. We hope that the rest of the school year is productive and successful. If you need help or when you have questions, please reach out. Just as you are there for your students, your ROE is here for you.

Yoga Tips & Tricks — by Candi

Our ability to control our breath is one of our greatest assets for maintaining our calm when life gets crazy. Take a moment and join me for few deep breaths.

- ◆ Sitting with a tall spine and feet flat on a the floor
 - ◆ With a closed mouth, bring the tip of your tongue the roof of mouth directly behind your top teeth
 - ◆ Relax your abdomen
1. Inhale to a count of 4
 2. Pause for the count of 4
 3. Exhale to a count of 4
 4. Pause for a count of 4
 5. REPEAT

When you're ready, help us help you by filling out our [GETTING TO KNOW YOU](#) Google Form.



Martin Luther King, Jr.

Word Search

W K M B F C M A H Q J O Q N S P S O O T
 X L C A O Z M O U G R U O B P S T R S L
 D O D L E E E R D E N I K Q E Z H E C V
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AMERICAN
 CIVIL RIGHTS
 COLOR
 EQUALITY
 FREEDOM
 HERO
 HOPE
 I HAVE A DREAM
 JUSTICE

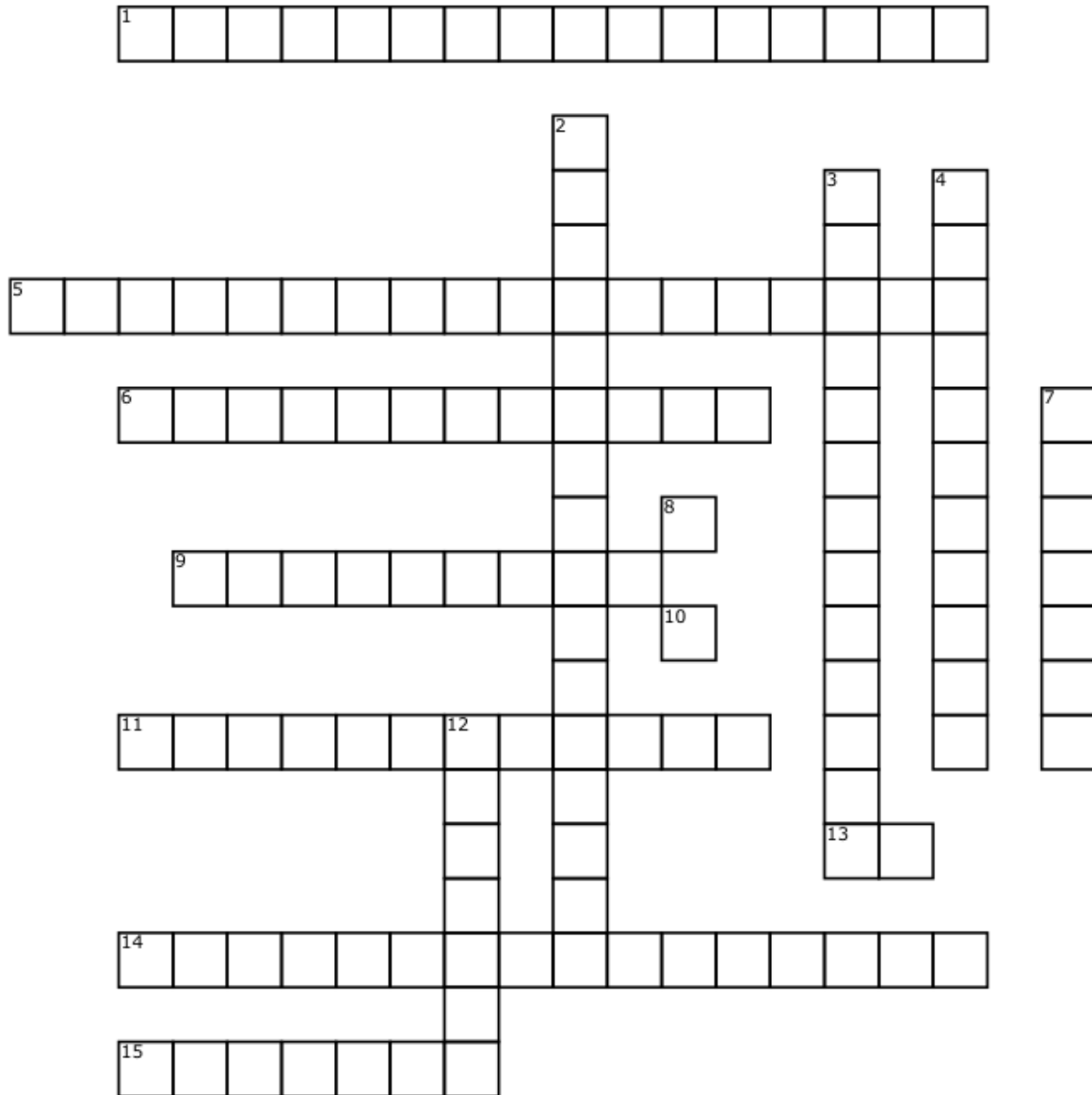
LEADER
 LIBERTY
 NOBEL PRIZE
 PEACE
 PREACHER
 RACISM
 SEGREGATION
 SPEECH
 STRUGGLE



Martin Luther King, Jr.

JinxyKids.com

Dr. Martin Luther King



Across

- 1.** what university did Martin Luther King go to?
- 5.** who gave the " I have a dream" speech?
- 6.** where was the "I Have a Dream " speech?
- 9.** How long did "I Have a Dream" speech last
- 11.** Who assassinated Martin Luther King?

- 13.** How old was Martin luther king when he got his nobel peace prize?

- 14.** What were Martin Luther king dreams?

- 15.** What state did Martin Luther king jr live in

Down

- 2.** what college did Martin Luther King go to?
- 3.** when was Martin Luther Kings speech?

- 4.** when was Martin Luther King assassinated?

- 7.** when is Martin Luther King day (month)?

- 8.** How many brothers and sisters did Martin Luther king have?

- 10.** How many kids did Martin Luther king have?

- 12.** where was Martin Luther King jr. born ?