



Teacher Tip of the Week

6 Keys to a Teacher's Successful Summer Vacation

- ◆ **RELAX!**—Enjoy the quiet solitude and take a few deep breaths; the school year is over!
- ◆ **REFLECT ON THE YEAR**—Take out your lesson plan book, grade book and calendar to jog your memory, and spend some time writing down your thoughts on the year. What was awesome? What did not quite work? What was the high point of the year? What was the biggest drain on your energy? Don't try to solve any problems for next year, just write your thoughts as they come. When you have finished, put your reflections in a safe place so you can find them later.
- ◆ **RELEASE TENSION**—Chances are have got tightness in your jaw, shoulder blades or back from all the conflicts you have had to deal with this year: needy students, demanding parents, disagreements with colleagues. Find some way to release all that built-up tension. Physical activity is great for this. go for a bike ride, a jog, walk or a swim. Laughter is also one of the best releases. Watch a movie that will make you laugh out loud. Spend some time on YouTube laughing at goofy college students.
- ◆ **REPLENISH YOUR ENERGY**—Get some sleep! Eat a real breakfast now that you don't have to rush off to school in the morning; enjoy your lunch instead of scarfing it down before going to recess duty. Read that novel that has been sitting on your bookshelf all year.
- ◆ **READ PROFESSIONAL BOOKS**—When you feel ready (probably in July sometime), find some new books in your field



and learn something new about teaching. Great new books are being published all the time. Use the web to research new teaching ideas and lesson plans. But also take time to read that trashy novel you have been putting off all year.

◆ REVISE UNITS AND LESSON

PLANS—After you have had some time to digest the books and websites you have read, look over your units and lessons from last year and pick one or two to improve on. Use your reflections from the end of the year to help with this. Type all your lessons into the computer to make it easier to edit them. Get rid of what bombed (there is always something) and make sure to repeat what worked well.

FOLLOW THESE 6 R'S AND YOU WILL BE SURPRISED AT HOW REFRESHED AND READY YOU WILL FEEL WHEN SCHOOL BEGINS NEXT YEAR. YOU DESERVE IT AND SO DO YOUR STUDENTS.

MOVIE SUGGESTIONS FOR THIS SUMMER:



- Indiana Jones and the Kingdom of the Crystal Skull (May 22)
- Sex and the City: The Movie (May 30)
- Kung Fu Panda (June 6)
- The Happening (June 13)
- Hancock (July 2)
- The Dark Knight (July 18)
- Mamma Mia! (July 18)
- The X-Files: I Want to Believe (July 25)

Dear New Teacher Teachers of 2007-08:



Thank you for the opportunity of getting to know and work with you this school year. Isn't it amazing how quickly time has passed—it seems like yesterday when you were inducted into the Wilson County School System at New Teacher Orientation. Now you have one year (maybe more for some of you!) of experience as a classroom teacher and have started the journey of educating the young minds of the future.

I hope you reflect on this first year and evaluate your successes and disappointments and return to your classes in the fall with renewed vigor and enthusiasm for the valuable work you do.

Have a very safe, relaxing and joyful summer break—you so deserve it!

Terry Edwards
New Teacher Support Program Coordinator