

# WELCOME TO SCHOOLHOUSE SCUTTLEBUTT

*A Publication of EduPowerment!*

HEY, HOW ARE YOU?

## Allow Me To Introduce Myself



Greetings! I am Dr. Andrea Oliver, an ardent educator, devoted mother, and staunch advocate for learning. For years, I have been championing the cause of education, striving to provide students with the best educational experience possible. Recently, I established EduPowerment, a platform for sharing my passion for education and inspiring fellow educators to motivate and stimulate young minds.

This month, EduPowerment is launching Schoolhouse Scuttlebutt, a monthly newsletter packed with educational insights and news, along with light-hearted articles to promote your well-being. Thank you for reading, and I look forward to connecting with you in the coming weeks and months!

*Andrea L. Oliver, Ph.D.*

## Teacher Well-Being: A Critical Piece of the Classroom Management Puzzle



Classroom Teacher Stress and Burnout are at all time highs. District and site level administrators must provide crucial lifelines to keep their teachers afloat.

The well-being of teachers themselves is a crucial factor in classroom management. With growing demands and responsibilities, many educators face stress and burnout, impacting their ability to manage classrooms effectively. Addressing this issue involves systemic support from site-specific and district-level administrators. Here are two specific ways administrators can provide this needed support for their colleagues:

1) Lend an empathetic ear to discouraged teachers. This can be particularly helpful to your less experienced teachers. Sharing anecdotes of challenges you faced early in your education career can give them insight, and more importantly, convey to them the message that they are not alone. Often, all that is needed to keep a discouraged colleague going is a listening ear letting them know they have an ally in you.

2) Provide relevant and practical professional development opportunities - Talent development is where education has not traditionally kept pace with its corporate counterparts. Fortunately, this trend appears to be improving as more and more schools realize the value of high-quality professional development opportunities that address specific challenges facing today's classroom educators. While motivational speakers have their place, educators nationwide have repeatedly asked for in-service workshops that can equip them to do their jobs more efficiently and effectively. Classroom management is an ever-present concern for educators everywhere. The *Time To Teach* strategies EduPowerment shares can give educators more time to do what they do best: teaching students what they need to do well in school and in life.

## The Conclusion of the Matter

Teacher well being is a foundational aspect of effective classroom management and student success. By providing empathetic support and relevant professional development, administrators play a vital role in empowering educators. Listening to their challenges, sharing experiences, and offering practical training are more than supportive gestures; they are investments in the heart of education. Programs like EduPowerment's Time To Teach strategies are exemplary in equipping teachers to thrive in their roles. Ultimately, when we prioritize the well-being and professional growth of our educators, we are enhancing the educational journey for everyone involved, laying the groundwork for a more effective, engaging, and inspiring learning environment.

***Bring Dr. Oliver's Training to YOUR site or district!***

- ***Customizable***
- ***Affordable***
- ***Practical***

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