

PAT'S PULSE ON  
ALL THINGS AWESOME IN EDUCATION



February's Pulse

## Escape the Fed-Up February Funk, Teachers!

Yup - let's admit that January and February can become dark months with bitterly cold days, snow shoveling, tortuous recess duties and praying that sound is not your phone alarm, trying to wake you up, every morning. Winter weather impacts student behavior, potentially leading to increased restlessness and challenges in the classroom. And right about now, hectic December, freezing cold January and getting on your nerves February have all contributed to a sense of chronic fatigue! Until now.....

These challenges can contribute to teacher burnout and decreased morale, making it crucial to implement strategies that support and uplift staffs during this challenging time. Do whatever you can, to give yourself, your students, and your colleagues permission to take care and be kind to one another. Book a massage, go out with friends or arrange date nights with significant others, so those dates are in your calendar. Period. Being kind to yourself is a healthy, not a selfish, move. Boosting morale is crucial and uplifting for several reasons:

## It Improves Student Outcomes:

- **Increased Engagement:** Teachers with high morale are more enthusiastic and passionate in their teaching. This translates to more engaging lessons, which directly impacts student learning and motivation.
- **Better Classroom Management:** When teachers feel valued and supported, they are better equipped to handle challenging behaviors and create a positive and productive learning environment.
- **Enhanced Student-Teacher Relationships:** Positive teacher morale fosters stronger relationships between teachers and students, leading to increased trust, respect, and a more supportive learning environment.

## It Creates a Positive School Climate:

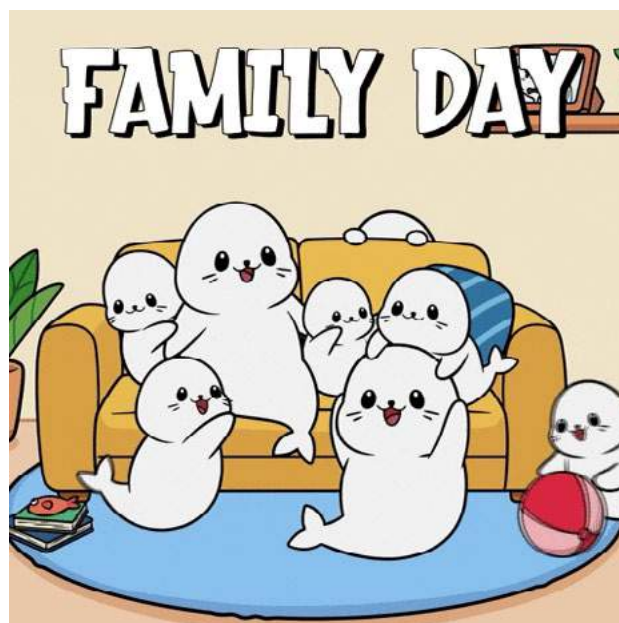
- **Increased Collaboration:** When teachers feel valued and respected, they are more likely to collaborate with colleagues, share ideas, and support one another. This fosters a positive and collaborative school culture.
- **Improved School Reputation:** A school with high teacher morale is more likely to attract and retain high-quality educators, which enhances the school's reputation within the community.

## It Makes You Want to Act, rather than Complain:

- **Celebrate instead-with a purpose:** Deepen Friendships & Family Fun: Valentine's Day is Feb 14 and Random Act of Kindness Day is February 17, which is also Family Day. Heritage Day is Feb 21. So many reasons to have FUN and celebrate!

AITs, this is a call for you to spread these ideas by sharing them with your staffs, as well as students. Your goal is to see that every classroom teacher makes a **Fed-Up February Booster** calendar visible, while you make one for the office. Why? People record the date when they received an act of kindness, had a good laugh OR provided a good deed and then acknowledges that person on their February calendar. Seeing is believing. When we see how many 'positive' things were received and/or given away, stress levels go down, and happy hormones go up. You cannot be stressed and grateful at the same time. Which one are you going to pick?

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- **Suggestions to be Shared with Staff and every Student:** Break the students into teams, or partners and watch the learning happen. The focus is on friendship, family, fun, frolicking, during the month of February. How? Get to know another student better; make a point of contributing in a positive way every day this month; show appreciation to your family and your heritage! Get it all recorded on a calendar to give everyone a bigger boost!

Let the kids decide what 'actions' they can take or make this month to boost trust, gain a new friend, show kindness, strengthen family ties. Make one person in the entire school (*not just within one classroom*) smile or laugh each day this month. Staff members are included. Keep scores on a large February calendar chart that hangs proudly in every classroom.

Share bragging stories in the classroom; at home; at an assembly; or at a class-planned popcorn and movie party; over announcements; or at your school/board website. Call home this month...for only positive reasons!



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In essence, investing in boosting school morale is an investment in the overall well-being of the school and the success of its students and staff. Besides it's just plain fun! We all know that by serving others and spreading joy, your own attitudes, energy level, and mood will change immediately. And best yet - it's FREE!!