



News For You

Keeping ROE #40 districts and staff informed

March 2022

**NO OLYMPIAD
OR
SPELLING BEE
IN 2022**

We hope to return in
2023



**Move ahead
One Hour**



March 13, 2022

**Spring
begins**

March 20, 2022

5 Ways to Avoid Educator Burnout

Matt Weld, ROE #40 SEL Coach

Is there really light at the end of this Pandemic Tunnel? So much has happened; when I look back on how education has pivoted these last two years, I get a bit dizzy. Through it all, educators have not come out the other end unscathed. As a helping profession, compassion fatigue, secondary trauma, and burnout among educators are real. Despite the finality that the word 'burnout' implies, it does not have to be the end of the road, and it can be prevented - or at least ameliorated.

Mr. Rogers advised that in times of stress, look for the helpers. Helping professions include police, EMT, medical personnel, educators, firefighters, hospice workers - the list of people helping other people is a long one. And the psychological side effects to the helpers are real. On the one side, helping others brings fulfillment and joy - it's why giving and volunteering can be such meaningful experiences. I'll bet in your job interview you mentioned something about a 'calling' or a list of helping experiences dating back to your childhood. Helping other people releases the good hormones in our systems and enables us to exit the stress cycle, to return to our psychological baseline faster. The darker side of helping others is that we tend to assume others' stress into our bodies and then don't work to see that stress through its cycle.

Stress itself is not a bad thing - in fact it's necessary to keep us moving throughout the day. What would it be like if we never felt hunger or the need to do anything? The glitch comes in when the stressor (the cause of the stress) disappears, but the stress it caused (our physiological response to the stressor) does not play out. When we are working within our resiliency zone - when we are physically and emotionally able to move throughout our day as expected - then the stress response in our bodies gradually subsides. These stress responses could include an increased heart rate, increased awareness, focus, or a clenching on our muscles. Normally, our bodies come back to its baseline, ready to respond to the next stressor.

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But what happens if we don't allow our bodies to complete our emotion's cycle? Every emotion has a beginning (a trigger), a middle (the emotional response in our bodies), and an end (a gradual release and return to normal). Say you get an email from an irate parent before school starts. You read it, respond appropriately (go you!) and hit 'send' just as your students are coming into class. You go about your day and all is fine until you sit in the car, want to cry or hit something, or get home and you are short with your family. The problem is that you never let the hurt/anger/shame/whatever caused by the email to play through. The stressor (email) was dealt with and eliminated, but the what about the accompanying emotion? The increased adrenaline was still in your system when the kids entered the room, so you were functioning at a heightened level for the rest of the day. In an ideal situation, you would have sent the email and then gone next door to be co-regulated by your colleague, or found a fidget toy, or lost yourself in a doodle where you imagined what you'd do to said parent, or had a bit of a cry, or kicked a desk. Those responses are expected and normal in bringing your emotional state back to baseline ready for the next stressor or trigger, but in a normal school day, taking time for that is unrealistic.

Burnout occurs when you keep riding the upslope of the emotional roller coaster, but never coast back down. Burnout happens when you are stuck in an emotional tunnel and don't see the emotion's cycle through. COVID has been one long emotional tunnel - and not just one emotion, but a whole gamut of stress that doesn't have an end in sight. So what can we do? Before we get there, there's one more thing to understand, and that is that our emotions are housed and originate in our bodies. We think they are in our head, but they're not. Turns out, there's no such thing as a 'fear center' in your brain. Fear happens when our brain receives a certain set of signals from our body. Joy happens when our bodies send a different mix of

signals to the brain. Each emotion is a different recipe of signals interpreted by the brain. In order to work those emotions through their cycles, we have to work our body. Here are some ideas on actions you can take to work through your emotions and stress and return to your baseline BEFORE you are short with your kids or partner.

- ◆ Exercise - walk, dance, lift weights, ride a bike, whatever. Just move your body.
- ◆ Laugh - not the polite social laughter of the faculty room, but full-on belly laughs.
- ◆ Cry - don't worry about the intensity, the duration, or even the cause. Just focus on the feeling. And yes, this works for men, too.
- ◆ Physical contact - a 20-second hug. You'll know when it's done its magic. You'll both feel a release, probably a physical one when your shoulders relax and your arms fall.
- ◆ Create - Making something takes emotional energy. There's a bit of you in everything you make. It doesn't have to be a full poem of angst and anguish. Maybe it's dinner.

As you work through your backlog of built-up stress, it's important to realize that one long walk isn't going to erase all the accumulated stress. But each time you take time to work it out, you'll feel incrementally better and ultimately avoid burning out.

Regional Offices of Education
Social-Emotional Learning
Illinois Area 5 Hub



Casimir Pulaski Facts:

Casimir Pulaski

Provided by The National Park Service

- ◆ Casimir Pulaski is remembered in many ways. In Poland, he is remembered as a man who fought for freedom on two continents, and is given the title "Soldier of Liberty." In the United States, numerous streets, bridges, counties, and towns are named for him in honor of his aid to American forces. In Savannah, Georgia, a large monument commemorates his sacrifice fighting for the city during the American Revolution. Above all, he is the man who provided the American colonists with their first true legion on horseback, cementing his place as "The Father of the American Cavalry."
- ◆ Born on March 6, 1745, at Warka on the Pilica, Poland, he was the middle of the three sons of Josef Pulaski. He came from a family of knightly traditions. The Pulaskis took part in the victorious wars by King John III Sobieski against the Turks in the 17th century.
- ◆ By age 21, Casimir Pulaski proved to be a true military talent, fighting in battles across the European continent. By 1776, Pulaski learned of America's struggle for independence and offered his services to the cause. Pulaski arrived in Boston in July 1777. Pulaski would serve next to George Washington who appreciated Pulaski's vast military experience. On September 15, 1777, the American congress promoted Pulaski to the rank of Brigadier General in command of cavalry.
- ◆ Pulaski quickly distinguished himself at Brandywine, where he covered the retreat of Washington's troops, preventing a total rout. Pulaski gained more success at Germantown.
- ◆ In May, 1778, Pulaski began to form an independent cavalry unit that would be known as the Pulaski Legion. Comprised of Americans, German, Frenchmen, Irishmen, and Poles, the legion would see immediate action in October along the New



Jersey coast. The Pulaski legion would later guard the northern border of Pennsylvania before heading south.

- ◆ In May 1779, the Pulaski Legion helped defend Charleston, South Carolina against the British. The following months the legion engaged in reconnaissance and guerrilla warfare in South Carolina.
- ◆ By the fall of 1779, the Pulaski Legion headed toward Savannah, Georgia in an effort to join other French and American troops in an attempt to retake Savannah from the British. In the attack on October 9, 1779, American and French forces fell short of retaking the city. Pulaski was also mortally wounded by grapeshot and would die two days later aboard the American ship *Wasp* on route to Charleston. Pulaski was then reported to have been buried at sea near the place where the Savannah River flows into the Atlantic.
- ◆ In 1833, the new fort being constructed on Cockspur Island outside of Savannah was christened Fort Pulaski in honor of Casimir Pulaski.

Source Credit: <https://www.nps.gov/fopu/learn/historyculture/casimir-pulaski.htm>

Upcoming ROE #40 Professional Development

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

MARCH 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 | | |

[The Power of Positive Thinking](#)

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

[Mindfulness Mondays](#)

Mon Mar 28th 3:30pm - 4:30pm

[March 2022 - Book Club](#)

Mon Mar 7th

[April 2022 - Book Club](#)

Mon Apr 4th

[Mindfulness Mondays](#)

Mon Mar 14th 3:30pm - 4:30pm

[Administrator Academy](#)

#1918 Leading with Justice For All: Are You Prepared? LGBTQ

[Mindfulness Mondays](#)

Mon Mar 21st 3:30pm - 4:30pm

[Sensitivity, Bias, and Response](#)

Fri Apr 8th 9:00am - 12:00pm



Indicates Professional Development opportunities

ST PATRICK'S DAY WORD JUMBLE



- PCRHLAUENE _____
- BOIARWN _____
- AILDRNE _____
- LDEERAM _____
- DAARPE _____
- CRMHA _____
- EOCLVR _____
- VNEENTEES _____

- ERHHOSUES _____
- CUKYL _____
- AESFT _____

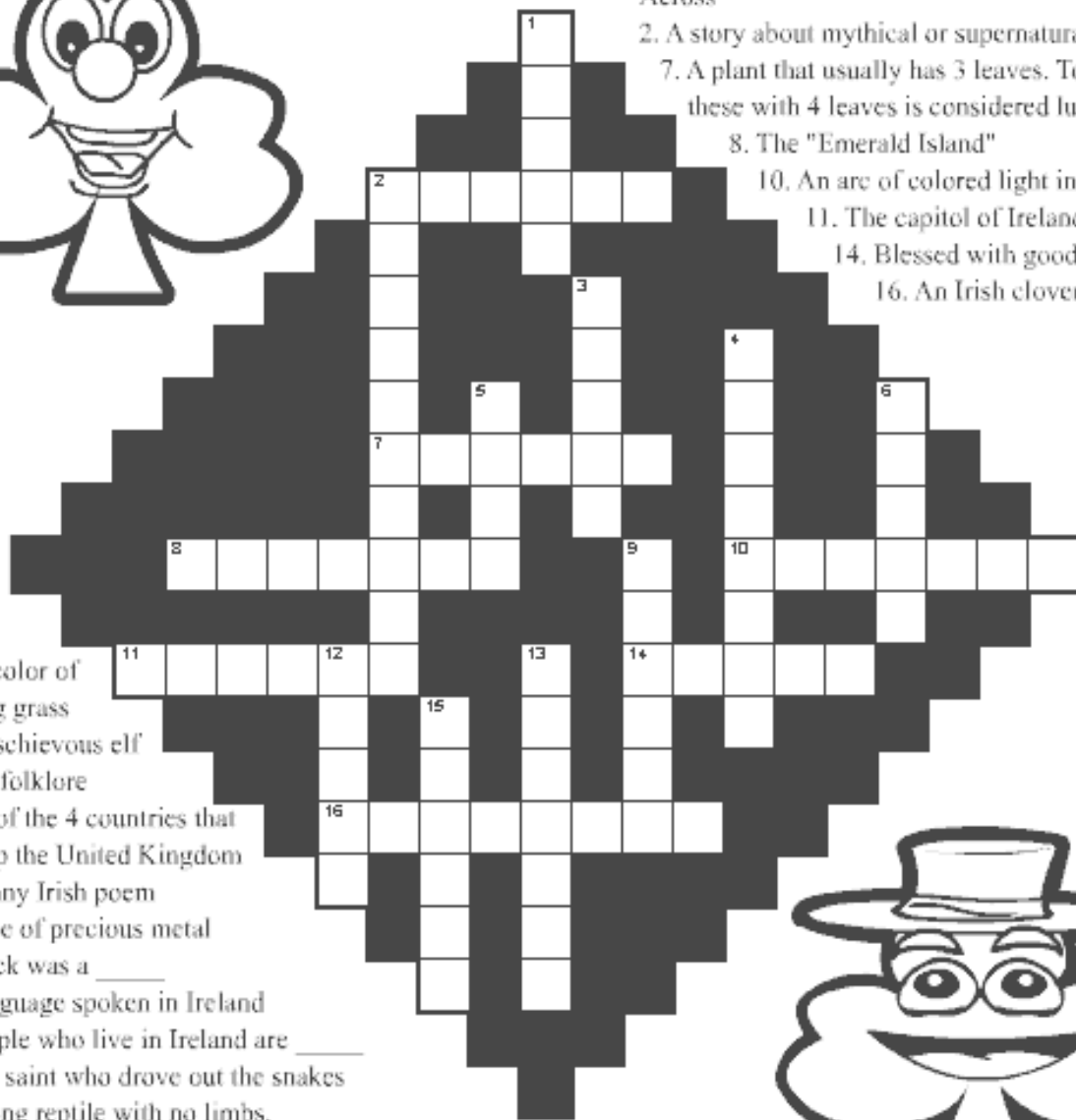


teambuilding.com



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

St. Patrick's Day!



Across

- 2. A story about mythical or supernatural beings
- 7. A plant that usually has 3 leaves. To find one of these with 4 leaves is considered lucky.
- 8. The "Emerald Island"
- 10. An arc of colored light in the sky.
- 11. The capitol of Ireland.
- 14. Blessed with good fortune.
- 16. An Irish clover.

Down

- 1. The color of growing grass
- 2. A mischievous elf in Irish folklore
- 3. One of the 4 countries that make up the United Kingdom
- 4. A funny Irish poem
- 5. A type of precious metal
- 6. Patrick was a _____
- 9. A language spoken in Ireland
- 12. People who live in Ireland are _____
- 13. The saint who drove out the snakes
- 15. A long reptile with no limbs.



Crossword Puzzle