



News 4 You

Keeping ROE 40 districts and staff informed

SEPTEMBER 2023

WELCOME
TO THE
2023-2024
SCHOOL
YEAR

INSIDE THIS ISSUE

- **Professional Development**
- **ISBE Weekly Message**
- **New Program : American Heart Association**



—STAY TUNED FOR UPDATES—
Carlinsville ROE office will be moving
across town within the next month.



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Ph. (217) 854-4016
Jerseyville Office
Ph. (618) 498-5541

WWW.ROE40.COM



*Still need 2023
hours ??
Look no further*



Teacher Leader Coaching Series

In-person workshop series! 4 1/2 day sessions:
12:30 pm-3:30 pm - August 28, October 23, January 8, April 8
Jerseyville ROE

12 PD hours

FREE for all ROE 40 SDA participating districts (limited to 15 participants)

Non-SDA districts \$300

Are you a veteran teacher and/or looked to as a leader in your building? Do you need support so that you can help others? Our new coaching for Teacher Mentors Program is designed to build teacher leaders in schools, providing knowledge, skills, tools, and resources necessary to help support you so you can help support your colleagues that are new and novice educators.

Meetings Coaching meetings (1/2 day) are scheduled each quarter (August, October, January, April) for mentoring teacher leaders. Discussion items include the following: • Teacher duties • Daily schedule • Benefits and TRS • Mentor/mentee rapport building • Communication • Support • Allocation of resources • Pedagogical strategies • Student engagement • The learning climate • Teacher disposition Text messages and emails will be sent regularly to our teacher mentors to share reminders, inspiration, encouragement, support, accountability, resources, and LOVE! A folder for mentoring teachers will be provided that will include all meeting slide decks, agendas, and resources. This will allow for easy access and a place where mentoring leaders can share strategies and resources as well. Lori and Scott Hopkins will lead this workshop series and serve as the coaches for our teacher leaders. They will be available to answer questions and provide support at all times throughout the year.

Head to our website to register or to find future workshops!

Upcoming ROE 40 Professional Development

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

Tues Sep 5 - STEM for the Year <https://forms.gle/S3s84v5ridtixQsDA>

Mon Sep 11 - Google Level 1 Certification - Bootcamp <https://forms.gle/qV7EM4JW2ri28viM6>

Mon Sep 11 - Mindful Monday (Virtual) <https://docs.google.com/forms/d/e/1FAIpQLSdhat0rQK3hnsMzGGqDoCdkoPVatIPUYN23EiTc56DD9pkWg/viewform>

Tues Sep 12 - Cliff Notes for New Teachers3 <https://forms.gle/du26ehxBJQcn3wFJ6>

Tues Sep 19 - Teacher Evaluator Competency Skill Building <https://forms.gle/Gn89AoD2nkDEAofB9>

Mon Sep 25 - Mindful Monday (Virtual) <https://docs.google.com/forms/d/e/1FAIpQLSdhat0rQK3hnsMzGGqDoCdkoPVatIPUYN23EiTc56DD9pkWg/viewform>

ISBE'S WEEKLY

MESSAGE

From Illinois State Superintendent Dr. Tony Sanders

Public Act 103-0111 accomplishes something school district leaders have been requesting for years: it allows school districts to adopt a policy to waive tuition costs for non-resident pupils who are children of district employees. School districts that choose this route are no longer required to submit this type of waiver application with ISBE. If your district has already submitted an application for this Fall's waiver cycle, agency staff will reach out to you with more information.

Public Act 103-0111 also changes the residency requirement for alternative teacher preparation programs from two years to one year. Candidates still have to meet all the same standards and will be supported with a year of intensive in-district mentoring, with the option for a second year if they still need additional support. Residencies started in Illinois as one-year programs and were hugely successful, especially for allowing additional licensing options for educators across Illinois. Research shows that residency programs improve teacher preparation and retention as well as student learning outcomes.

Check out ISBE's tip sheets on residencies and apprenticeships for guidance on utilizing this strategy to get career changers into the classroom faster with the strongest possible hands-on preparation.

Public Act 103-0111 provides relief in two more ways: it extends the sunset for individuals with a Gateways ECE Credential Level of 5 and individuals with an ELS-TBE license to teach in Preschool for All and Preschool for All Expansion programs and extends the sunset for the short-term substitute teacher license to 2028.

Public Act 103-0088 extends the ability for retired teachers to return to the classroom for up to 120 days or 600 paid hours – without impacting their retirement status – through June 30, 2026. The parameters revert to 100 days and 500 hours thereafter.

HB 3690 has been sent to the Governor’s desk for signature and consolidates in-service training requirements for teachers, administrators, and school support personnel, providing that time spent training in mandated topics shall be credited toward professional development required for license.

I sincerely appreciate the General Assembly and Governor Pritzker for supporting these initiatives. Along with the \$45 million teacher pipeline grant, \$6 million teacher marketing campaign, Minority Teachers of Illinois Scholarship, and steady increases in Evidence-Based Funding, these new laws will make a difference.



The American Heart Association has updated free programs for K-12. Our local directors are Chase Henrichs for Jersey and Calhoun counties and Catherine Henebry for Macoupin and Greene counties; they can be contacted for more information at chase.henrichs@heart.org and Catherine.henebry@heart.org.

LOOK FOR MONTHLY HEALTH TOPICS

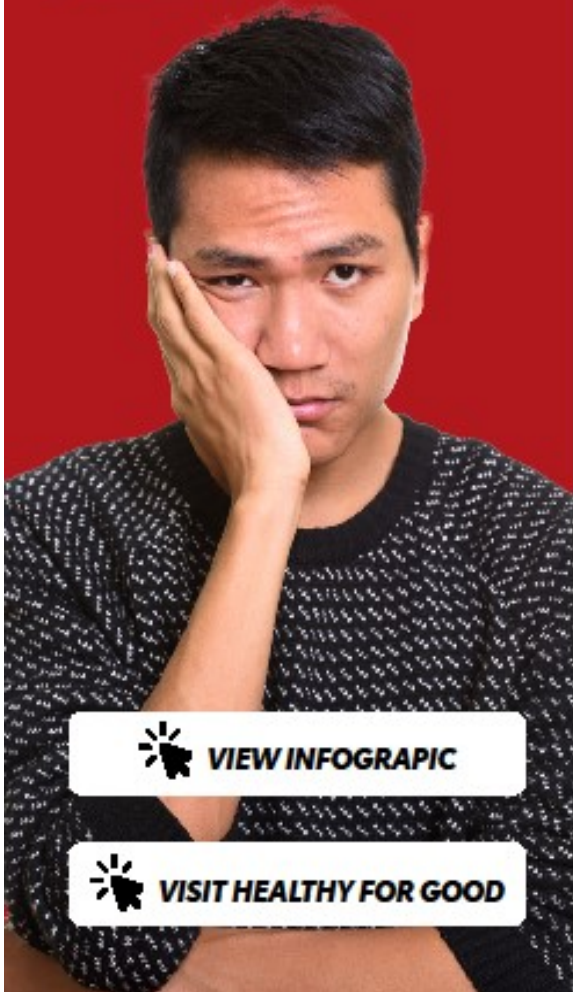


American
Heart
Association.

SLEEP WELL

Do you feel drained of energy before you even leave the house? You're not alone. One in three adults don't get the recommended 7 to 9 hours of sleep each night — and that can take a toll on your body and mind.

Click the link below to try these snooze-worthy tips and tricks with your family and friends for four weeks.



[VIEW INFOGRAPHIC](#)



[VISIT HEALTHY FOR GOOD](#)

September



Sweet and Fiery Roasted Nuts

SERVES 4 / SERVING SIZE 1/4 CUP

Ingredients	• 1/2 teaspoon ground cumin
• 2 teaspoons olive oil	• 1/8 teaspoon cayenne
• 1/2 teaspoon stevia sweetener OR 1 stevia sweetener packet	• 1/3 cup walnut halves
• 10 drops cinnamon-flavored liquid stevia sweetener	• 1/3 cup pecan halves
	• 1/3 cup almonds

Directions

Preheat the oven to 350°F.

In a small bowl, stir together the oil, stevia sweetener, liquid stevia sweetener, cumin, and cayenne. Add the walnuts, pecans, and almonds, stirring to coat.

Pour the nut mixture into an 8-inch square baking pan (no cooking spraying needed). Bake for 5 minutes. Remove the pan from the oven. Stir the nut mixture. Bake for 2 to 3 minutes, or until the nuts are golden brown. Transfer to a bowl. Let cool for 5 minutes.

Serve warm or at room temperature.

Quick Tips:

To dry-roast the nut mixture on the stovetop, cook the nuts in a nonstick skillet over medium heat, stirring occasionally, for 5 to 7 minutes, or until golden brown.

Store the nuts in a covered container for up to 2 weeks.

If you like spicier foods, increase the cayenne to your taste preference.

Nutritional Facts

Calories	208	Cholesterol	0 mg
Total Fat	20.5 g	Sodium	3 mg
Saturated Fat	2.0 g	Total Carbohydrate	5 g
Trans Fat	0.0 g	Dietary Fiber	3 g
Polyunsaturated Fat	7.5 g	Sugars	1 g
Monounsaturated Fat	10.0 g	Protein	5 g

Dietary Exchanges: 1/2 other carbohydrate, 1 lean meat, 3 fat

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MIND + BODY = HEALTH for all!

KIDS HEART CHALLENGE. INSPIRING & SUPPORTING WHOLE BODY HEALTH.

Engaging in regular physical activity, eating a heart-healthy diet and avoiding tobacco are important to wellness. But do you know so is mental health? It can positively (or negatively) affect your health and risk factors for heart disease and stroke.

That's why Kids Heart Challenge, a fundraising, service-learning program, provides free lessons, tools and activities to support both mental and physical well-being for participating schools to share with your students, staff and families.

Here's a sneak peak at some of our free resources:



MENTAL WELL-BEING & LIFE SKILLS

Highlighting how helping others and being kind can lift mood and self-esteem through service-learning.

- **15 Ways Poster Series** cover topics such as kindness, respect and positive affirmations
- **Breathing and Reset Series** videos
- **Service-learning**: raising funds for kids with special hearts



BODY WELLNESS

Highlighting nutrition, sleep, physical activity and avoiding tobacco to establish healthy habits for life.

- **Skills Videos**: jump rope, basketball, dance and stretching
- **Posters**: physical activity, sleep and avoiding tobacco/vaping
- **Bilingual**: family and faculty newsletters
- **Morning Announcements**: body wellness and mental well-being



PROFESSIONAL DEVELOPMENT

- **Exclusive OPEN curriculum**
- **Learning hours** include self evaluation tool and monthly webinars for educators



CLASSROOM TRANSITIONS

- **NFL PLAY 60 Energizers** videos that get kids moving
- **Relaxation Wall** videos
- **Brain Boosts** and teachers guide



BE YOUR BEST SELF

Helping students explore and discover new passions, including music, art, journaling and cooking. Students can even become young advocates for the AHA's mission.

- **Reset Series**
- **Jump Rope Skills**
- **Dance**
- **Basketball Skills**



EXPLORING THE WORLD OF STEAM

Opening the eyes of students to the exciting world of STEAM and STEAM careers. Your students may be future AHA-funded researchers — saving lives by advancing science.

- **Virtual Field Trips** through the brain, heart, lungs and vascular system
- **STEM career pathing** videos
- **STEM lesson plans**

Sign Up Today at heart.org/schools



HOW TO HELP YOUR STAFF, STUDENTS & SELF MANAGE STRESS.

Our workplaces play a significant role in our lives. We're here to help you promote health and well-being for all and build a culture where employees thrive.

Healthy, happy workers are energized, creative, more productive and committed. But after multiple changes and challenges, how can you help your greatest asset – your people – thrive through improving their mental and physical health?

Well-being Starts at the Top

Leadership Tools & Resources: Get credible and actionable guidance and the latest research and tools grounded in science.

- ▶ Stay up to date on today's pressing well-being issues
- ▶ On-demand podcasts with HR leaders
- ▶ Updates on U.S. employee sentiment
- ▶ Analysis of today's HR issues

Well-being Resources for Employees

Resources for Employees: Championing a healthy mind, body and heart for your employees is good for their well-being and good for business outcomes like productivity, engagement, and retention.

Help your employees build healthier habits using our Healthy for Good™ tools and resources, including how to:

- ▶ Eat well and move more
- ▶ Reduce tobacco use
- ▶ Improve sleep habits
- ▶ Support mental health
- ▶ Increase health equity for all
- ▶ Create a more inclusive work environment

5 Strategies to Help Students Deal with Stress

- ▶ Sharing our [mindfulness and breathing exercise videos](#) is a great way to help all students practice this calming exercise.
- ▶ Middle and high school students can learn how to [create a positive routine](#) and about the importance of [sleep](#).
- ▶ Use these resources on [journaling](#) so they can track their feelings and experiences.
- ▶ Help students develop meaningful positive self-talk with [pep talk videos](#) and [motivational posters](#).
- ▶ Teach [conflict resolution](#) and [communication skills](#) as tools to deal with stress.

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HOW TO HELP YOUR STAFF & STUDENTS MANAGE STRESS

Stress happens, especially these days. While it may feel like there's too much going on to add one more thing, here are simple ideas to reduce stress one moment at a time within your school community.

People want to know that they and their work matter to those around them. Knowing you matter has been shown to lower stress.

Show staff that you care for their well-being, both in mind and body, by incorporating these ideas into the work day.

- ▶ Gratitude journal with your teams at the beginning of meetings.
- ▶ Positive affirmation Wednesdays where you encourage peer-to-peer shout-outs.
- ▶ Mindfulness minutes to start every faculty gathering. Use these [videos](#) as a resource.
- ▶ Include celebratory items on your agenda to open or end on a positive note.
- ▶ Mindfulness or quiet rooms where teachers can take a moment to reset.

We have infographics in [English](#) and [Spanish](#) to use in newsletters, social media, and email!

Stressed students may be inattentive, fidgety, disruptive – even defiant. Supporting student well-being can help them stay focused, recall information and problem-solve.

- ▶ Sharing our [mindfulness and breathing exercise videos](#) is a great way to help all students practice this calming exercise.
- ▶ Middle and high school students can learn how to [create a positive routine](#) and about the importance of [sleep](#).
- ▶ Use these resources on [journaling](#) to help elementary students track their feelings and experiences. Middle and high school students can use this [journaling activity](#) as way to reduce stress.
- ▶ Help students develop meaningful positive self-talk with [pep talk videos](#) and [motivational posters](#).
- ▶ Teach [conflict resolution](#) and [communication skills](#) as tools to deal with stress.