

Teaching in the Neighborhood

Late Summer 2023

A monthly dose of teaching ideas, updates, and inspiration for teachers across the Neighborhood EBSOC, Ellis Early Learning, Epiphany Early Learning, Horizons for Homeless Children, Nurtury

Upcoming Workshops and Opportunities

- **Monthly Webinar:** September 11th, 7-8pm. Topic: Collaboration & Teamwork. As the new school year begins, join us for an hour long interactive conversation about how to make the most of your teaching team! We will have time to share tips and tricks and discuss tangible ways to improve your teamwork with both your classroom colleagues and families!
[Register here](#) or visit www.neighborhoodvillages.org/teachingandlearning
- **Reflective Practice Workshops** - We heard you! The timing of our RPWs has not been helpful for educators to attend. As September is incredibly jam packed for everyone as you welcome new children to your room, we will pick back up in OCTOBER. New time: 2-3pm on the first (1st) and third (3) Thursdays of each month. It will be the same topic, so join either if you are able!

Managing stress in the classroom

TEACHER TALK!

Teaching is rewarding and fun, AND it can be challenging and stressful!
Practicing stress reduction techniques in and out of the classroom can go a long way towards avoiding burnout and elevating joy!



- **Be prepared.** Investing some time in planning ahead can help you feel centered and in control of your day. Try laying out materials for the morning before leaving for the day, or divide duties with co-teachers!
- **Declutter.** Having tidy and quiet spaces for both children and teachers can help you avoid sensory overwhelm, make it easier to find what you need, and promote a sense of calm.
- **Breathe.** Check in with yourself - take a few seconds to breathe deeply and exhale slowly. You can even build it into your classroom routine: modeling self-care while calming your own nervous system. Win-win!
- **Ask for help.** Reaching out to a colleague, supervisor or coach and asking for tips can be helpful in solving day-to-day puzzles. Doing so makes you a better teacher, and mitigates your stress levels.

Do you have a favorite way of practicing stress reduction and self-care at work? Share it with us!
Email pthompson@neighborhoodvillages.org, or talk to your coach!

Spotlight: Welcome to the Neighborhood!

We have two fantastic new team members joining us - Alina Lopez Thomas as Senior Director of the Neighborhood and Isabella Torres as Program Coordinator of the Neighborhood. Alina will be supporting Teaching & Learning as well as Family Navigation and Operation Management.

Isabella will work closely with the Operation Managers and Family Navigators to help build an amazing early education system for children and families. As a full Neighborhood Team, we are looking forward to more collaboration amongst our teams!

Both Alina and Isabella will be visiting programs. When you see them, say hello!

Welcome to the team, Alina and Isabella!



Alina Lopez Thomas



Isabella Torres

Get ready for Fall!

- Restaurants that are accepting EBT benefits - [Follow the this link for more information](#)
- **Summer Movie Nights at “Old Ironsides”** -Movie nights (2 left! September and October) Cost: FREE - September 8th is Pirates of the Caribbean: Dead Man’s Chest (PG-13) [Visit this website for more info!](#)
- Explore Monthly Sky Charts with this [cool free tool from the Museum of Science!](#)

Do you have ideas to share with the Neighborhood?

Share your ideas with us: pthompson@neighborhoodvillages.org