



# The First Years Matter

*Becoming an Effective Teacher*

## January Novice Teacher Memo

*"I think patience makes a good teacher."*

*2<sup>nd</sup> Grade Student (page 132 The First Years Matter book)*



### A MESSAGE to Novice Teachers

If you are receiving this memo, your mentor has forwarded it to you because you are using **The First Years Matter** book. The purpose of this monthly memo is to focus you on the importance of your own self-care. By paying attention to your own needs and your social and emotional development, you can maintain your balance and influence your students' success.

**Balance. Inspire. Lead. Transform** from the 

[Thank you for choosing teaching.](#)

Carol

Carol Pelletier Radford EdD  
Founder, Mentoring in Action



### NEW TEACHER PHASE

In January, you are entering the *Rejuvenation* phase. Hopefully, you took advantage of winter break and had an opportunity to reclaim a sense of normalcy.

Stay positive and refreshed by getting organized for the second half of the year!!



### REFLECT

Effective teachers take the time to reflect alone and with their mentor.



Choose a bubble stem on page 151 and complete it in your book or using the [Novice Teacher journal](#) available from Corwin.

### CONNECTIONS

Review page 138 and read the [How Can Student Choice Help Learning](#) form and discuss it.



### ACTIONS

When you meet with your mentor, you want the conversations to focus on your needs. Here are

ways to help your mentor best support you!

- Reflect on your own needs using The First Act on page 139.
- Review the Overview of Acts on page 140 and choose one (or two).
- Read pages 141-142, Acts 1 & 2, and not only reflect on the 1<sup>st</sup> half of the year but identify potential 2<sup>nd</sup> half challenges (w/ possible solutions)!



### SELF CARE CORNER

Take some time for YOU! What can you do today that will refresh your spirit?



Watch the video, [Taming the Gremlins: Teaching and The Challenges of Self Care](#), by Bill Thill, to learn how "caring for yourself and improving your teaching experience as a whole!" & a calmer class environment!

Review page 153 for more ideas!