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DATES TO REMEMBER



WELCOME TO THE WORLD OF TEACHING

DECEMBER 2024

5 Must-Do Relaxation Techniques for Teachers over Winter Break

If you've got a few days away from your classroom during the winter months, take some time to engage in relaxing activities. They can help reduce stress levels while giving you an opportunity to reflect on successes from the first semester and prepare for the next. Try a few of these winter break must-do relaxation techniques for teachers and give yourself a chance to catch your breath!

Winter Break for Teachers: Time to Reconnect with Yourself

Winter break is when students and educators can take a step back from lessons and spend some time without homework and a busy, structured day. Teachers benefit from a little time at home and can make relaxation and reflection a priority.

5 Relaxing Winter Break Must-Do's for Teachers

1. Journaling/Doodling

Getting out a notebook or sketchbook and putting pen or pencil to paper can be a very relaxing activity. Whether or not you are a writer or an artist, putting your thoughts and imaginings down on paper can be a helpful exercise in cleaning out an overwhelmed mind. Consider sitting in your favorite chair or heading out to a coffee shop to let your mind wander onto paper.

2. Finding Quiet Time

It might sound counter-productive for those who are behind on sleep, but for those who enjoy the morning hours, consider getting up and spending some time in the quiet before the day starts. Meditate, journal, or sip a cup of coffee and listen to some music.

3. Cultivate Opportunities for Laughter

Laughter is one of the best ways to get the good feelings rolling and take down stress levels. Whether it's watching a favorite comedy movie or heading out to a local stand-up comedy show, finding opportunities to laugh can brighten the winter season.

4. Physical Activity

It's been said a million times, but exercise is both beneficial for the body and the mind. Refreshing exercise activities like a brisk walk or yoga practice can be as relaxing as they are healthy. Finding some opportunities to get outdoors or spend some time on the treadmill can benefit stress levels and might be the start of a habit you decide to continue throughout the rest of the school year.

To read the 5th Must-Do, please click this link: [5 Must-Do Relaxation Techniques for Teachers over Winter Break](#)

DECEMBER 4TH
NEW TEACHER
COLLABORATIVE

DECEMBER 16TH – 18TH
WINTER RECESS
ACADEMY

DECEMBER 16TH –
JANUARY 3RD
WINTER RECESS

2024-25 INSTRUCTIONAL
CALENDAR
[2024-25 Instructional
Cal Eng Rev 6.20.2023.pdf
\(lausd.org\)](#)

RELAX, RELATE, RELEASE!



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Work Smarter, not Harder!

This month's TLF focus: Professional Growth -Use of Reflection to Inform Future Instruction **5a2**

Here are some key benefits of reflecting after teaching:

Improve Your Teaching: Reflection helps you identify strengths and weaknesses in your teaching style.

Enhance Student Learning: By reflecting on your teaching, you can identify areas where students struggled and adjust your instruction to meet their needs.

Boost Your Confidence: Reflection can help you feel more confident and secure in your teaching abilities.

For more details on **5a2** and other focus elements please see the Teaching and Learning Framework.
[TLF Booklet.pdf \(lausd.org\)](#)

HELPFUL LAUSD WEBSITES

Division of Instruction (DOI)

Instructional Resources for all grade levels

[Division of Instruction Home / New Home \(lausd.org\)](#)

Multilingual & Multicultural Education (MMED) Support for English Learner Teachers and Students

[Multilingual & Multicultural Education / MMED Update Home Page \(lausd.org\)](#)

Division of Special Education

[New Special Education Division / New Sped Ed Home \(lausd.org\)](#)

iCAAP

Support for Clear SPED & Single Subject Teaching Credentials

[District Intern Program: Professional Development Plan / iCAAP Program \(lausd.org\)](#)

TGI

Support for Clear Gen. Ed Teaching Credentials

[Teacher Training Academy / TEACHER GROWTH AND INDUCTION \(TGI\) \(lausd.org\)](#)

MyPLN

[LAUSD | My Professional Learning Network](#)

"It takes a big heart to help shape little minds."

Welcome to the World of Teaching New Teacher Collaborative (NTC) Resources



The New Teacher Collaborative on November 20th focused on managing and preventing unexpected student behaviors. **TLF 2d2**

Resources

Classroom Management Resources

- <https://drive.google.com/uc?export=download&id=1ZuBno9m9RR8KvYHVQYYHM9aWXKgSOm>

Classroom Tier 1 Look Fors - <https://drive.google.com/uc?export=download&id=1-Bk8cu-Eyg6WGHYFCcvCOSdR1nnVBX89>

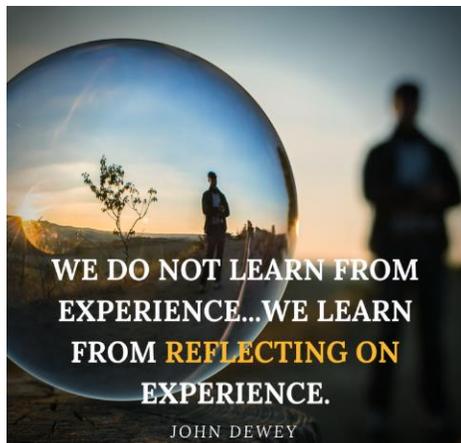
Don't forget to sign up for Part 2 of this informative professional development on December 4th by clicking this link: [New Teacher Collaborative 2024-25 School Year Dec \(1HR\)](#)

For more information on the NTC, please join our Schoology group. **Group Code: 83GF-WF4X-DC5JS**



Wrapping Up the Semester

REFLECTING WITH STUDENTS



Reflection is the process of thoughtfully considering and analyzing one's experiences, actions, and outcomes. For both teachers and students, reflection is crucial for growth and improvement. Teachers reflect on their teaching practices to identify what works well and what can be enhanced, fostering a more effective learning environment. For students, reflection helps them understand their learning process, recognize areas for improvement, and build self-awareness.

Below are some activities that will help you and your students to engage in reflection. By engaging in reflection, both teachers and students have the opportunity to think about what they learned, note how they grew and changed and - and determine their next steps and directions in their journeys.

ACTIVITIES for RELECTION

How Teachers Can Benefit From End-of-Year Reflections (Edutopia) - [Click Here](#)

57 Fun End-Of-Year Activities and Assignments (We Are Teachers) - [Click Here](#)

10 Ideas for Reflecting at the End of the School Year (The New York Times) - [Click Here](#)

Dear New Teachers,

As we near the winter break, we wanted to take this opportunity to express our sincere gratitude to each of you. Your dedication, enthusiasm, and commitment to our students and the school community have made a significant impact, and we genuinely appreciate all that you have accomplished over these past few months.

In anticipation of this well-deserved break, we encourage you to take time to relax, recharge, and reconnect with your loved ones. The winter break is a fantastic chance to reflect on your achievements and to gather fresh energy for the upcoming semester. Always remember that prioritizing self-care is essential, and we want you to return reinvigorated and inspired.

Thank you once again for your hard work, positive spirit, and dedication to excellence in education. We eagerly anticipate the incredible things you will accomplish in the new year!

Warmest wishes,

The TDAS Team
Maria, Ana, Andrew, Carla, Esmerelda, Lalaine, Sharla, and Sharon

HAPPY HOLIDAYS!

TDAS PROGRAM UPDATES

PROVISIONAL TEACHERS

Make sure to join us for the next Informational Meeting on 1/23/25 if you haven't had the chance to attend yet!

2024-25 PROVISIONAL RESOURCES

<https://bit.ly/24-25PIPResources>

For additional support contact Sharla Rucker: slr8777@lausd.net

UNIVERSITY INTERNS

If you haven't done so yet, complete your UI Profile using the link below and provide your most updated information.

Link to University Intern Profile:

<https://bit.ly/2425PROFILE>

For additional support, contact Sharon Lee:
sharon.j.lee@lausd.net