

Education Links

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KIPS/K12 Schools, please look for 1st set of
ERB Assessments Briefings on 2.1.19

This week we continue to focus on positivity, specifically the benefits of thinking positively. Here are 7 benefits to positive thinking just in case you are still on fence in regards to power of positivity!

1. Positive thinkers cope with stress faster and more effectively

If an unpleasant situation happens, they concentrate on solving it rather than thinking that the things are out of their control. Actually, they are less subjected to stress as they don't have a habit to concentrate on their negative thought.

2. Positive thinkers have better health

It's proven that those who think positively live longer and feel better than those who don't. All negative emotions reflect immediately on our body, and when we are stressed and have depressive thoughts, we face sleep problems, our muscles become tense, we become anxious and feel dissatisfied with everything. And as we get rid of the destructive thought, we also get rid of their physical result.

3. Positive thinkers have better relationships with people

Positive and open people make a better first impression and usually have a lot of friends. People want to be around individuals who are positive and they want to maintain a friendship with them.

4. Positive thinkers are focused and more concentrated

When they realize that the problem is not the end of the world, they learn to stay more focused when facing the problem. As a result, they are able to make the right decisions even in the difficult situation.

5. Positive thinkers are more confident

A positive way of allows them to be more confident. They don't want to pretend and be someone else. They learn to love themselves and to be themselves, and it boosts their confidence.

6. Positive thinkers are more successful in life

Positive people tend not to concentrate on their failures and see more life opportunities. They are open to learning and trying something new. That's why they are more successful in their careers.

7. Positive thinkers have a happier life

Positive thinkers usually live happier and more productive life. Remember the law of attraction? If a person thinks positive, they attract more positive events in their life.

Click here for the direct links: <https://www.learning-mind.com/7-key-benefits-of-positive-thinking/>



Preschool Matters:

We are well into the winter season. Winter brings the cold weather and as a result children tend to spend more time indoors. Have you ever heard, "Bundle up or you'll catch a cold!"? While this may protect children from the cold weather elements it doesn't do much from protecting them from the viruses spread by humans, causing colds and flus. Proper hand washing remains the most single effective way to reduce illness.

Teachers need to remember children's bodies loose heat faster than adults and need to be dressed in layers with their heads, necks and hands covered. With the right preparation and understanding of winter weather students can have as much fun in the cooler temps as they do in the sun. Their health, development and well-

being are still supported in the winter months.

When outdoor play is deemed appropriate, the Pennsylvania Department of Education proclaims four key benefits of outdoor winter play,

1. Fresh Air

The indoor circulation of air in closed environments is a main cause for colds and flus. In fresh, outdoor air, the chance for spreading infection is reduced.

2. Strengthens Immune System

Being outside often strengthens the autoimmune system and strengthens the resistance to allergies.

3. Physical Exercise

Did you know that children continue to grow in the winter months? Their growing bodies still need to move. Outdoor play supports gross motor development. Gross motor development is supported by running, jumping, balancing, and so on.

4. Stimulating the Imagination

Play supports students abilities to problem solve, sustain play, work with peers and so much more! Students can enjoy observing nature, making up games and playing with friends during the chilly winter months.

(Be sure to check your states licensing requirements regarding special precautions required to keep students safe during winter months.)



Preschool News You Can Use

KIPS principals be on the lookout for the 1st AABL Assessment Briefing on 2.1.19

IMPORTANT DATES

- **January 10:** KIPS (iReady Data) 12:00EST/9PST
- **January 22 & 29:** NAEYC Calls (as assigned)
- **January 31:** KIPS Calls (as assigned)

Core Four Focus

Engaging students in their learning is an essential component to nurturing a growth mindset and supporting student success.

There are many ways to empower students, help them feel more ownership over their own growth, and get them excited about learning.

When students are actively engaged, they will be able to:

- Communicate their strengths/areas of improvement
- Set goals
- Reflect on how they are progressing
- Be active participants in deciding what they can do/what they need to do to improve
- Embrace a growth mindset

- Take progress seriously
- Ask thoughtful questions

Check out the strategies below to foster student engagement and plan your next steps.

- **Focus on the learning**
 - Remind students that challenges are worth tackling and acknowledge effort rather than ability.
- **Encourage teamwork**
 - Make learning a team effort by creating a common goal
- **Make it routine**
 - Communicate clearly, often, and visibly

Have fun

- Enjoy and celebrate learning! Set aside time to celebrate

Click here for more in-depth information: <http://i-readycentral.com/articles/engaging-students/>

Learn More about Student Engagement

Read about best practices teachers and leaders can use to foster student engagement, promote a growth mindset, and increase motivation.

Guiding Principles for Student Engagement

- Focus on the learning**
To foster a long-term joy of learning, research suggests internal motivation is key. Remind students that challenges are worth tackling and acknowledge effort rather than ability.
Examples:
 - Create a learning goal bulletin board.
 - Track learning progress with what students learned.
 - Have class chats with students.
- Give everyone a chance**
Allow all students a chance at success. Consider focusing on classwide or grade-wide progress or engaging students using a cumulative system.
Example:
 - Collect "They say," "I wish," or "I do" items that every student can complete by collecting an artifact of success.
- Encourage teamwork**
Make learning a team effort by creating a common goal. Students are likely to achieve more in a larger learning community.
Examples:
 - Track classwide or schoolwide lessons learned.
 - Create schoolwide competitions by grade level.
 - Create a classwide goal.
- Make it routine**
Foster ongoing motivation over time (e.g., weekly, monthly), rather than as a single event. Consider switching the focus to keep momentum. Communicate clearly, often, and visibly through bulletin boards, emails, schoolwide announcements, staff meetings, etc.
Examples:
 - Use bulletin boards posted monthly.
 - A rotating goal stick.
 - A school leader making weekly announcements.
- Have fun**
Enjoy and celebrate learning! Set aside time to celebrate and get creative with rewards.
Examples:
 - A class party.
 - Lunch with a teacher or teacher.
 - A teacher vs. student basketball game.

When planning grade or schoolwide activities, remember to . . .

- **Assign a committee:** Form a group of teachers and/or school leaders to own these engagement systems.
- **Keep it simple:** Create systems that can be easily maintained over time.

i-READY CENTRAL RESOURCE CONNECTION For more tools and ideas, visit iReadyCentral.com/EngageStudents

K-12 News You Can Use

Activate and Motivate your First In Math Team!

Football's "Super Bowl" is coming soon! Tie into the excitement with this easy activity that will help motivate your students to practice math. You select a "Super" prize – make it something special for students and appropriate to your class – homework pass, extra recess, pencil, etc.

Click [HERE](#) for the activity sheet. See the easy instruction for students & parents right on the form and return by February 3, 2019.

IMPORTANT DATES

- **January 17:** Vanguard Call, 12:00EST & 2:30EST
- **January 21-25:** K-12 Data Calls (as assigned)
- **January 23:** K-12 NEACP Call, 1:00EST/ 10:00PS