

CAMPUS ADVOCATE

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Character Counts: Fairness

The pillar of character in
December and January is Fairness.

Aspects of Fairness:

- *Play by the rules
- *Take turns and share
- *Be open-minded; listen to others
- *Don't take advantage of others
- *Don't blame others carelessly
- *Treat all people fairly

got fairness?

In the classroom.....



Treat ALL people equitably based on their merits and abilities.



Model fairness....YOUR example is **POWERFUL!**



Reinforce the aspects of fairness as students complete daily tasks.



Reward and recognize students when they show fairness to others.

Teaching Fairness Resources:

*<https://www.tolerance.org/classroom-resources/tolerance-lessons/whats-fair-0/>

*www.goodcharacter.com/chron/fairness.html

Fair doesn't mean giving every child the same thing, it means giving every child what they need.
- Rick Lavoie

Teacher?
I prefer
the term
Educational
Rockstar

THE FUTURE
OF THE WORLD IS IN
MY CLASSROOM
TODAY.

IVAN WELTON FITZWATER

EVERY KID
is one
CARING ADULT
away from being

A SUCCESS STORY.
- *Josh Shipp*



Trauma Informed Classrooms

LCISD seeks to equip teachers with resources and awareness around issues that impact the learning environment. Things such as physical abuses, sexual abuse, emotional neglect, physical neglect, intimate partner violence, mother's treated violently, substance misuse in the household, household mental illness, separation and/or divorce, medical emergencies and an incarcerated household member are just SOME of the issues that impact the learning environment. These monthly tips and resources are intended to remind each of us that - **all behavior has meaning**, and statistically there's a high probability that one of the above issues is in play.

So what can you do?

TIC ESSENTIALS: KNOW THEIR STORY!

CONNECT: Focus on the Relationship

PROTECT: Promote Safety & Trustworthiness

RESPECT: Engage in Choice & Collaboration

REDIRECT: Teach/Reinforce/Encourage skill building and competence

NOTEABLE QUOTABLE

We cannot solve our problems
with the same thinking we used
when we created them.

Albert Einstein



HOLIDAY SELF-CARE

Another holiday season is upon us. And along with gifts and nonstop seasonal soundtracks, it can also bring stress, disappointment, emotional eating, and overindulgence. Between event planning, shopping, cooking, managing relatives, and trying to complete the 300 other tasks "necessary" for a good holiday, it's no wonder many people lose sight of what keeps them physically healthy and mentally grounded throughout the rest of the year. But it doesn't have to be that way. With just a little thought and planning, you can survive – and even thrive – this holiday season.

1. Keep exercise essential. Physical activity is the number one thing I recommend to everyone I work with because it reduces stress, improves mood and concentration, and combats depression. Decades of research shows that even just ten minutes of challenging exercise daily triggers the same hormones in your brain (serotonin and dopamine) targeted by anti-anxiety and antidepressant medications. Regular exercise builds up levels of these important mood regulators, becoming a buffer for stress, anxiety, and depression. When it comes to improving how you feel, getting regular exercise can be as effective as taking antidepressants.

2. Get in touch with gratitude. Guess what else protects your brain from stress and depression? Gratitude. Recent neuro-science research shows that simply pondering the question, "What am I grateful for?" increases dopamine and serotonin, even if you can't actually think of an answer. Just searching for things to be grateful about builds stronger positive emotional pathways in your brain.

3. Protect your sleep. Few things consistently mess with people's emotional and physical health like chronic sleeplessness and poor sleep. It leads to weight gain, additional stress, and irritability. Losing sleep over the perfect meal or present will not make you or your family happier or healthier over the holidays. But you know what will? Consistent quality sleep.

Psychology Today