

March Care Package

Educator Well-being

A monthly collection of high leverage practices to build strong systems of support



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Bite (5-10 minutes)

[Adult](#)

This
find



Created by Marco Fieseri
from the Noun Project

Check out the **Adult Wellness Virtual Calming Room**
[Wellness Virtual Calming Room \(google.com\)](#)

Virtual Calming Room is a place for teachers and staff to
tools and strategies for managing emotions and feelings.

Watch this **video with OSPI staff** who share their
thoughts on staff well-being and the importance of educator wellness. Educator
Wellbeing video link <https://youtu.be/d1xxJk204LI>



[Educator
Wellness](#)

youtu.be

Snack (30 minutes)

Resource Review

[School Leaders Take Note: Teacher Care Is a Lot More Than Self-Care](#)

[Teachers Are Caring More Than Ever. Here Are 4 Ways to Care for Them](#)

[Not Again! How to Keep from Overextending Yourself This Year](#)

[Who Is Taking Care of Teachers?](#)

[How Caring for Students in Distress Can Take a Steep Toll](#)



Questions for self-selected article reading:

- Does your school or district have multiple small-scale educator wellness initiatives? Are they making a difference?
- In your view, what prevents schools from taking bolder, more integrative leaps toward educator wellness?



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- Within my context, given my sphere of influence, how far out of “baby steps” can I stretch? Then, how can I make a commitment to stretch at least that far?



Meal (90 minutes +)

Created by Brian Ejar
from The Noun Project

Watch & Discuss the March Graduation Equity Webinar Educator Wellbeing



We know that staff need extra care this year. Listen to Dwayne Reed who became a viral star as the rapping teacher as he talks about educator wellbeing. Mr. Reed first became famous with his [Welcome to the 4th Grade](#) video. Joining Mr. Reed to talk about Educator Wellness is Michelle Maike, of Maike & Associates in partnership with Kaiser Permanente on MTSS for adults: addressing the behavioral needs of staff in a school system. Highline School District will be there to discuss their Educator Wellbeing work through a Kaiser funded grant. Free Clock Hours are available for participating. [Register](#) for live content on March 9, watch live on OSPI’s YouTube channel or [watch the recording](#).

Review the Thriving Schools Integrated Assessment Guide

The Thriving Schools Integrated Assessment: District Edition is an evidence-based tool that helps districts identify their unique strengths and opportunities for improving policies and practices that promote student achievement and the well-being of students, staff, and teachers. The Thriving Schools Integrated Assessment, in connection with the Healthier Generation Action Center, provides actionable steps and credible resources that help to advance improvements — all rooted in an equitable approach to whole child health.

[Find the guide here.](#)

Review the Learning for Justice Toolkit “I thought about quitting today...”

There are positive and negative effects from working in a helping profession like education. This toolkit aids educators in the exploration of the fatigue, burnout and even the trauma they may experience when helping students who are suffering.

Find the [Toolkit here](#).



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Workload Toolkit and Survey

You can use these resources to:

- identify workload issues in your school
- address workload issues in your school
- evaluate the impact of workload reduction measures

<https://www.gov.uk/guidance/school-workload-reduction-toolkit>

Alliance for Healthier Generation School Wellness Committee Toolkit

This guide was created as a resource for school wellness committees to convene, plan and implement their action plans. The tools and other tips contained in this toolkit are meant to coordinate with other Healthy Schools Program resources and technical assistance provided by the Alliance for a Healthier Generation.

<https://api.healthiergeneration.org/resource/235>

