

## You Got This!



<https://youtu.be/a71O90UCF1U>

### Tips for Balancing Work and Life While Teaching Remotely

<https://images.app.goo.gl/UxxWoiLv4FMdxKrZ7>



Madeline Will (2020) gathered tips from behavior-science psychologists for balancing work and life during remote teaching. The following tips are excellent reminders to help manage stress.

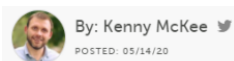
- Have some self-compassion
- Move your body
- Regulate your emotions to avoid crankiness
- Acknowledge your stress
- Remember you are not alone



## Professional Development

### Digital Coaching Menus Bring the Professional Learning Principles to Life

Designing effective coaching sessions that reflect teacher needs



By: Kenny McKee  
POSTED: 05/14/20

“When one looks through the lens of the Principles for High-Quality, Standards-Aligned Professional Learning, instructional coaching is an incredibly impactful method for high-quality professional learning. Coaching can support educators with personalized and small-group learning cycles that frame instructional growth as an iterative process of refining practices and knowledge over time. Teachers can reflect on the needs of their students and their toolbox of practices to set a few focused goals as their logical next steps.”

Bureau of Curriculum, Assessment, and Instruction  
Division of Instructional Quality  
Pennsylvania Department of Education

REBL & DAS



#### Digital Coaching Menu for ELA/Literacy

Greetings from your instructional coach! I look forward to partnering with you on advancing your students' learning. The following menu is a way for us to communicate. Let me know about any areas in which you would like to partner, and I will follow up with you in person or by e-mail.

This menu supports Student Achievement Partners' Principles for High-Quality, Standards-Aligned Professional Learning ([achievethecore.org/PL-Principles](https://achievethecore.org/PL-Principles))

Principle 1 - Content-Focused: Professional learning builds teachers' content knowledge and pedagogical content knowledge necessary to teach the concepts of their discipline.

Principle 2 - Teacher- and Student-Centered: Professional learning promotes collective responsibility for students' learning and cultivates a dynamic culture for adult learning.

Principle 3 - Instructionally Relevant and Actionable: Professional learning is anchored in instruction and is sustained in a coherent system of collaborative planning, classroom practice, observation, feedback, and continuous cycles of inquiry grounded in evidence of student learning.

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PDE created and offers a growing collection of virtual backgrounds on Flickr designed specifically for students and educators. Check it out!

### Suicide Prevention Guide

A resource that offers activities to raise awareness of the importance of suicide prevention. Presented by The Jana Marie Foundation, Prevent Suicide PA, Pennsylvania Network for Student Assistance Services, and Garrett Lee Smith Youth Suicide Prevention Grant.

### ELA Resources August 2020

Helpful Links...

[Coronavirus \(COVID-19\) Guidance and Resources for School Communities](#)

General Education Resources

[PDE ELA](#)  
[SAS ELA](#)



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