



*ANNUARY 2021 EDITION*



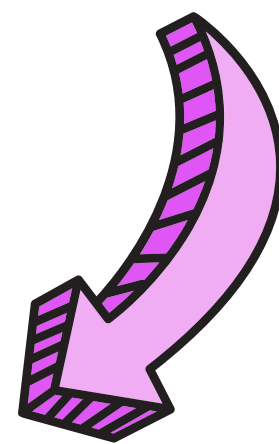
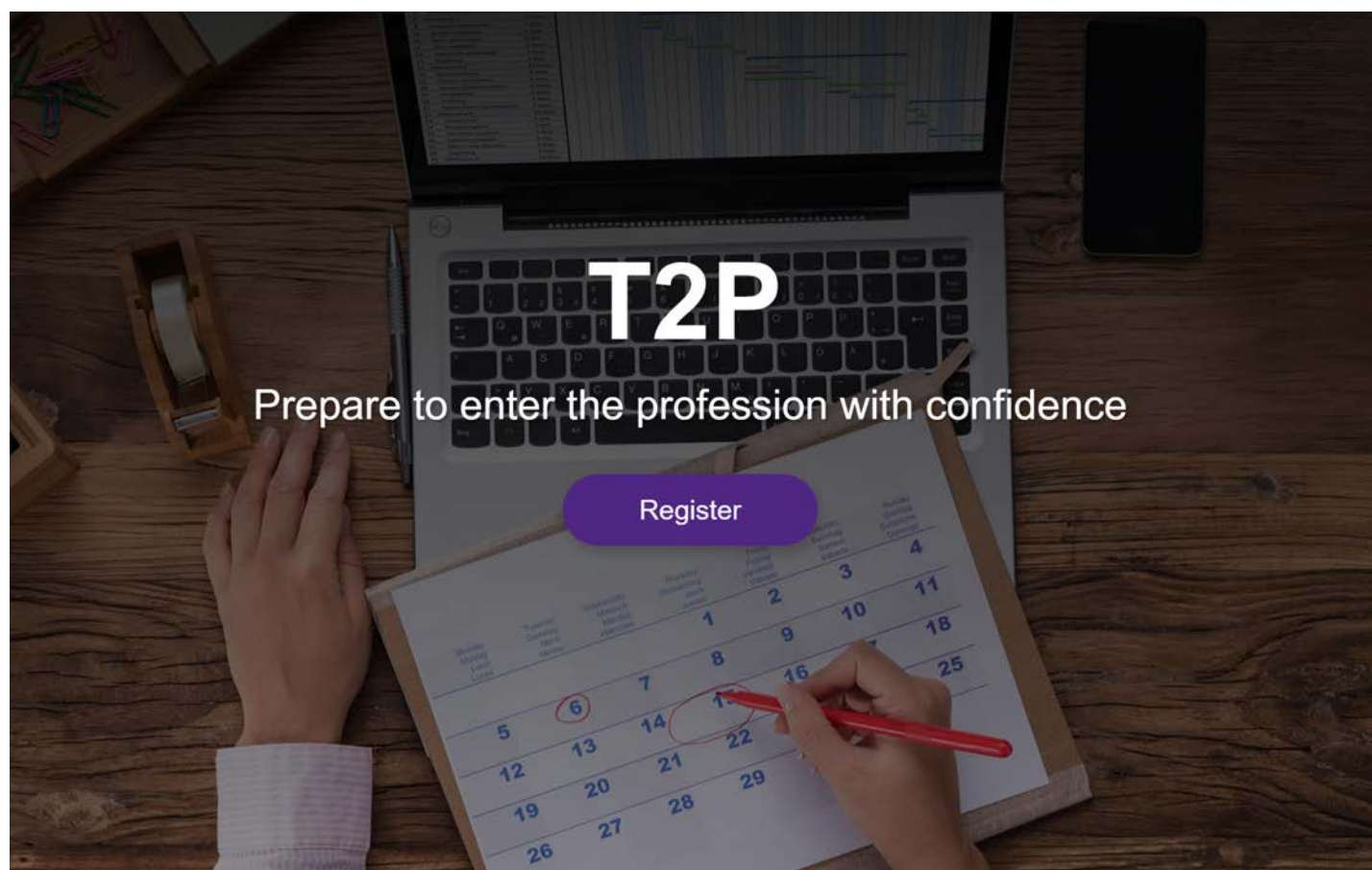




# T2P events coming up



There are mandatory and voluntary sessions to look out for!



Year 1's & 2's

Year 1 T2P

events in

February,

click here

Year 2 T2P

events in

February,

click here

Don't forget to sign up for the events you would like to participate in!

save the dates

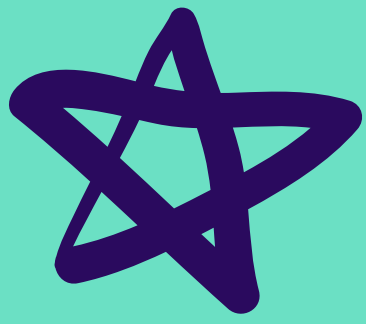
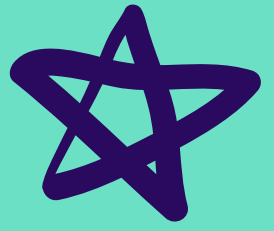
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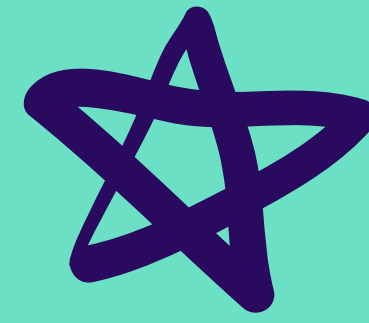
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# Mental Health is important every day!



Click - Western  
Health Support



Don't forget about self-care and what your goals are for this year!

## Habit Stacking to make you feel productive.

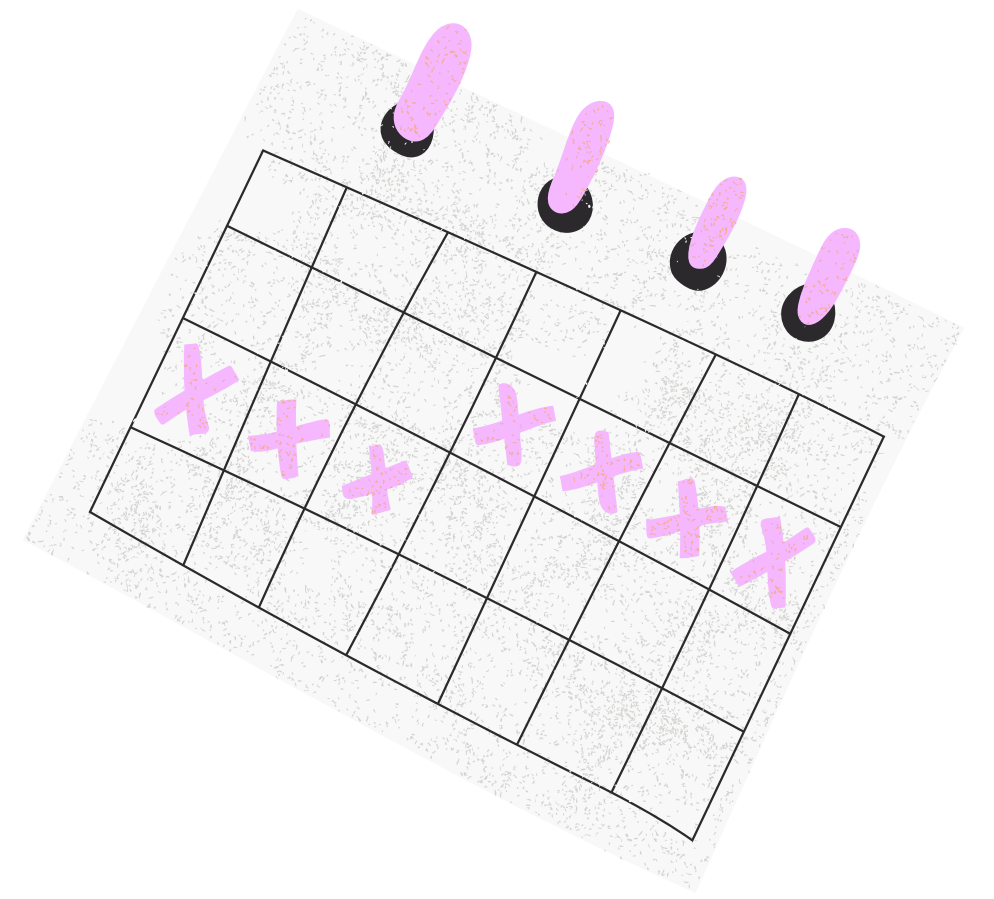
From book "Atomic Habits" by James Clear

1. Put workout clothes on when you get up (to cue your body that it's time to move)
2. Check your phone after you are done your morning routine (or check what you need to and avoid "scrolling" right away)
3. Walk/get outside in the morning
4. Do the same small activity every day to make you smile (whatever this is for you)
5. Make your bed when you get up/ tidy up your space
6. Read a book (5 pages, 10 pages, 1 chapter)
7. Journal/gratitude moment
8. Quick workout (10-20 minutes to move your body)
9. Eat a healthy breakfast
10. Keep water with you throughout the day
11. Meditate
12. ETC.

Pick a few of these activities to do every morning to help create a morning routine to start your day off right.



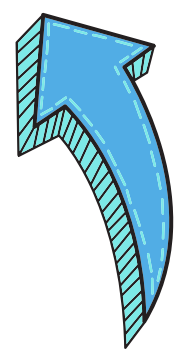
# Looking ahead in February...



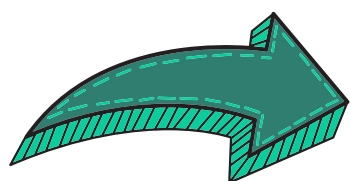
## Year 1's

### Conference Week:

- FEB 16 to 19
- Register for your online sessions by FEB 12
- Conference week INFO
- \*LOOK AT theteachercandidate link above for all instructions for conference week, this is a week that is like a week of classes\*



Look at practicum requirements for the school board you will be in.  
i.e. POLICE CHECKS



## Year 2's

### Practicum Portal Opens:

- FEB 1

### Practicum Dates:

- Practicum #3 - February 16 to March 12 (19 days)
- Practicum #4 - March 22 to April 23 (23 days)
- Additional days at the end are added if you have not reached 80 days (OCT requirement)

Keep an eye out for emails from Joanne and the Teacher Edu Office

Hand in AFE hours to Katie to get your hours completed ASAP

# Fun videos for parents who have kids at home:

## Cosmic Kids Yoga

Yoga that is fun for Kids and the instructor takes Kids on a journey using yoga

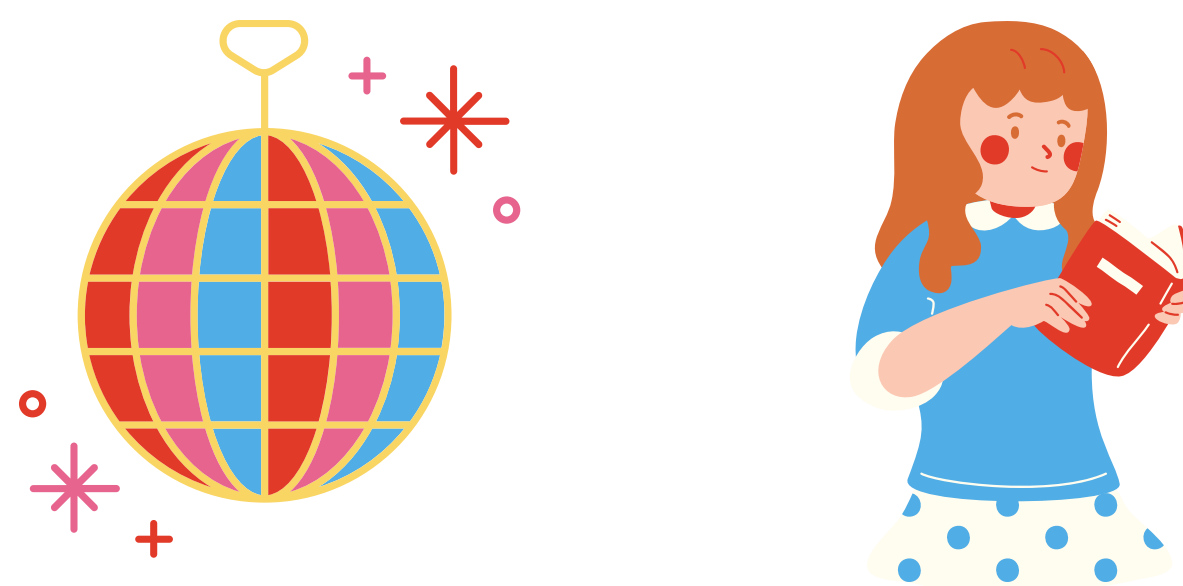


## StoryTime at Awnie's House

Books read aloud using fun graphics and an exciting teacher to read the books to you

## Storyline Online

Books that are read aloud by famous people



## GoNoodle

Fun videos to get moving throughout the day - dancing, exercising or movement that is accompanied with music/song

These resources are fun for every member of the family

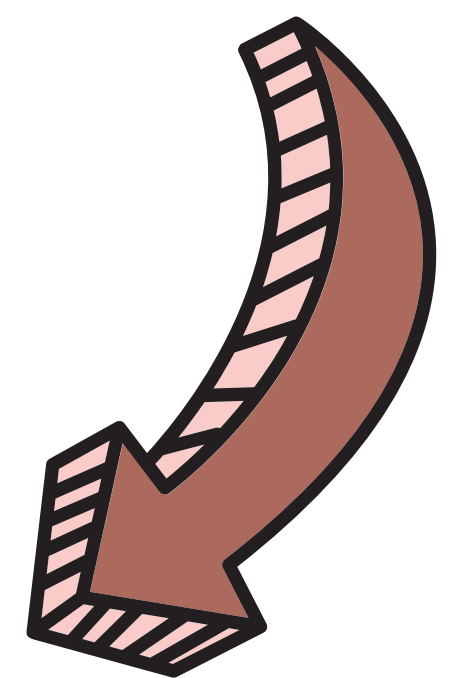


# Food for thought

An interesting take on online education

## Schools without classrooms: the potential of online education and how to fulfil it

George Greenbury · TEDxFulbrightGlasgow



Click picture to view video

George Greenbury · TEDxFulbrightGlasgow

### Schools without classrooms: the potential of online education and how to fulfil it

**Editor's note:** This talk was filmed and uploaded by the volunteers who organized this TEDx event; speakers and topics are selected independently of TED.





*Stay safe during the year and bring  
some food to people you know that may  
need some extra help!*

*Remember:*

*Continue to practice social distancing*

*Wear a mask*

*Stay in your "bubble"*

*Reach out to family and friends!*



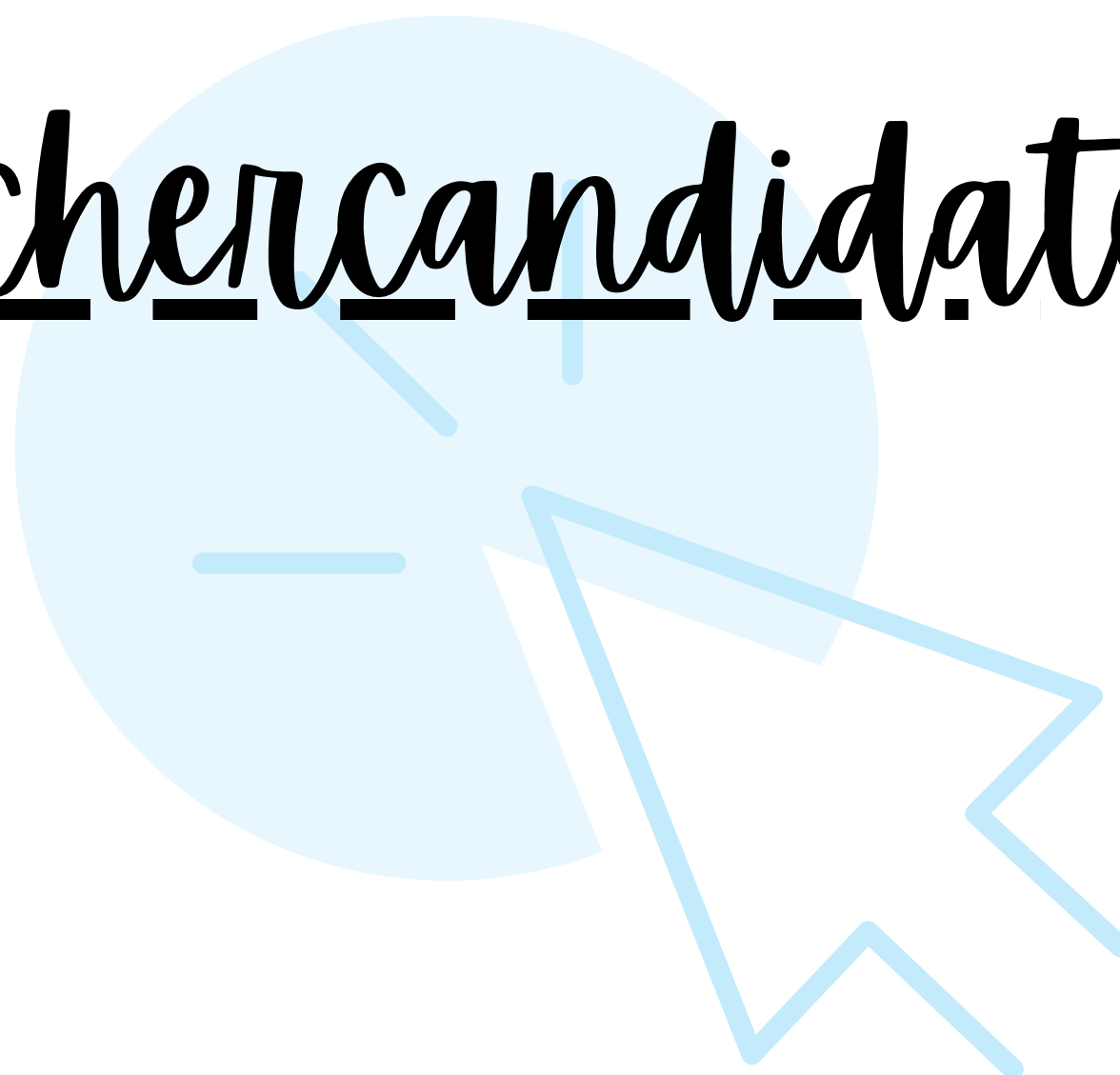




*Stay up to date*

with everything happening  
at the Faculty of Education  
through...

[theteachercandidate.com](http://theteachercandidate.com)





*Anything you want to see or need information on?*

*Anything you want to add to the February issue?*

email me (Emma) at  
[escargotnewsletter.esc@gmail.com](mailto:escargotnewsletter.esc@gmail.com)

*I would love to hear from you!*

