



MARCH 2021 EDITION

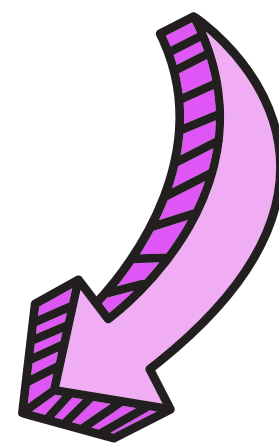
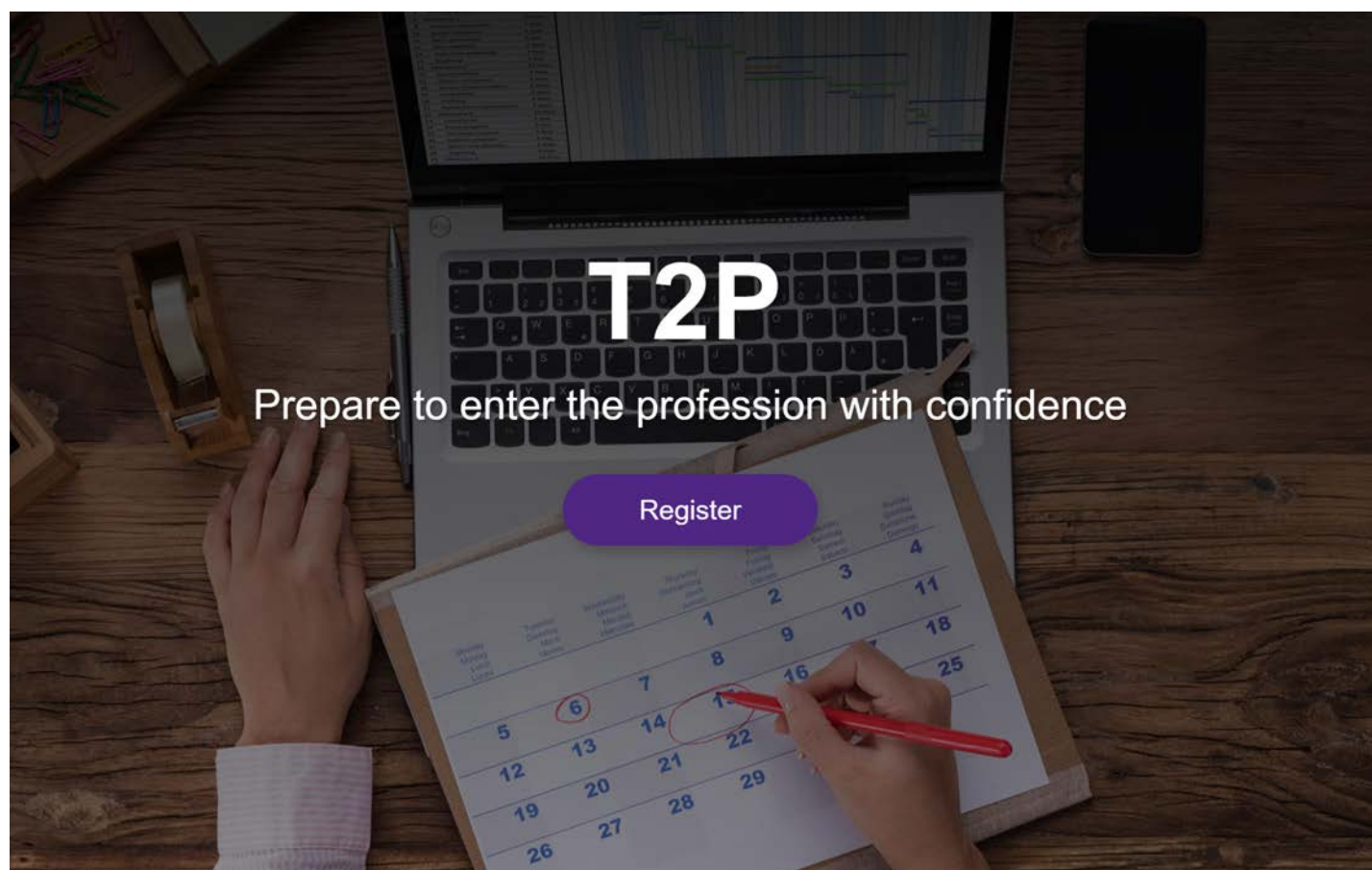




T2P events coming up



There are mandatory and voluntary sessions to look out for!



Year 1's & 2's

Year 1 T2P
events in
April, click
here

Year 2 T2P
events in
April, click
here

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

save the dates

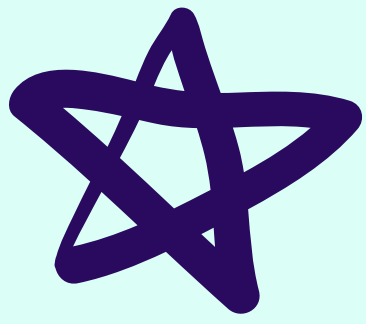
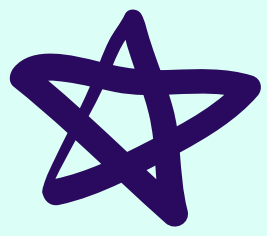
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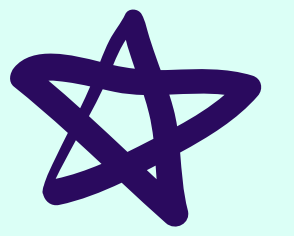
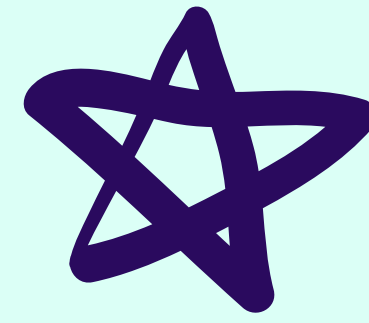
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Mental Health is important every day!



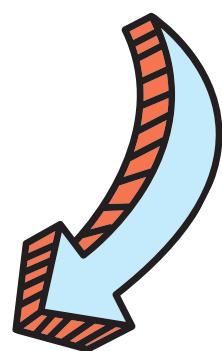
[Click - Western Health Support](#)



New Journal Prompts to start your day

1. How do you want to feel today?
2. How are you supporting that feeling today? What can you do?
3. What is one self-care activity you can do today?

Click for Spotify
"Chill Vibes" Playlist

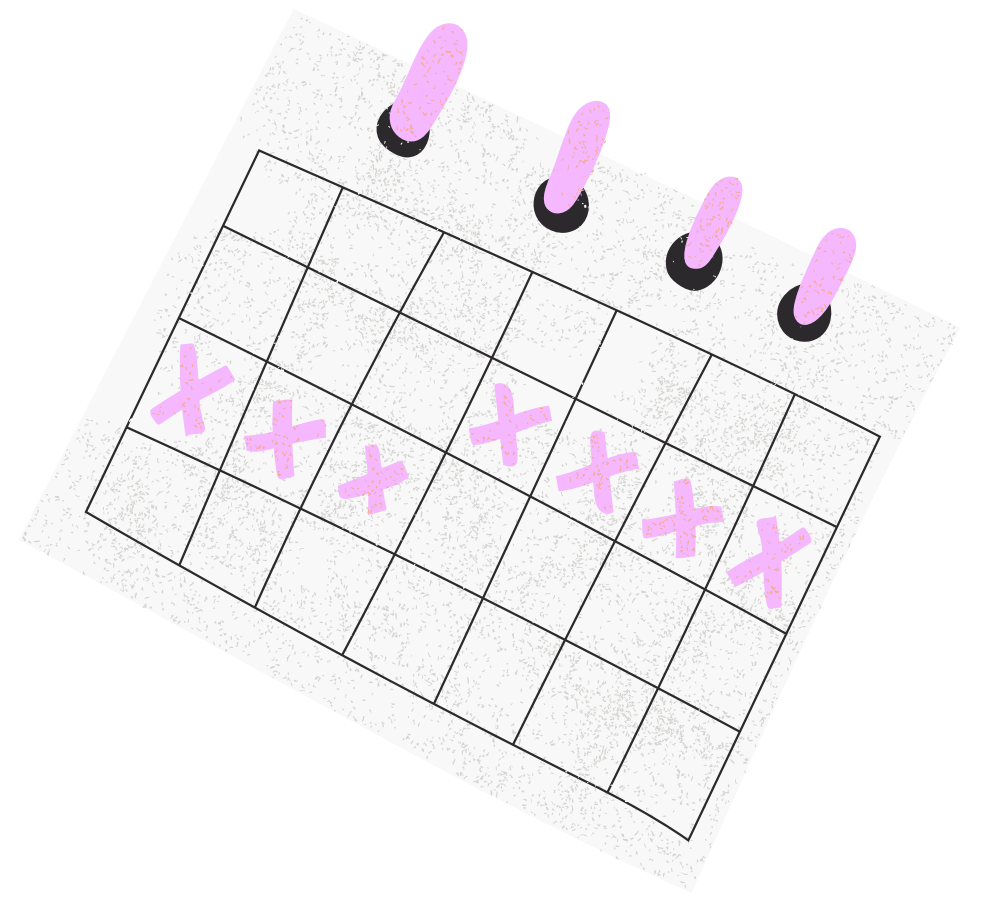


Click picture to make it bigger.

50 Self Care IDEAS FOR A BAD DAY

1. DRINK HERBAL TEA
2. TRY AFFIRMATIONS
3. WRITE 10 THINGS GRATEFUL FOR
4. TAKE A DETOX BATH
5. TRY A FACE MASK
6. BREATHE DEEPLY
7. LIGHT YOUR FAVORITE CANDLE
8. WATCH A MOTIVATIONAL TEDTALK
9. EXERCISE
10. WALK IN NATURE
11. BUY YOURSELF FLOWERS
12. WRITE 5 THINGS YOU LOVE
13. JOURNAL
14. MAKE A VISION BOARD
15. DECLUTTER 10 ITEMS
16. READ A PERSONAL GROWTH BOOK
17. GO FOR A LONG WALK
18. LISTEN TO YOUR FAVORITE MUSIC
19. DO SOMETHING TO LAUGH
20. PLAN A GETAWAY
21. COOK YOUR FAVORITE MEAL
22. WATCH YOUR FAVORITE SHOW
23. HAVE A NIGHT WITH FRIENDS
24. DO A BRAIN DUMP
25. GO OUT FOR A DATE NIGHT
26. DO SOMETHING NEW
27. GIVE YOURSELF A MANICURE
28. CALL OR TEXT SOMEONE YOU LOVE
29. DO YOGA POSES
30. LISTEN TO YOUR FAVORITE PODCAST
31. SPEND TIME WITH SOMEONE INSPIRING
32. STRETCH
33. DO A SPA DAY
34. DO A DIGITAL DETOX
35. EAT A SALAD OR SMOOTHIE
36. GO OUT IN SUNSHINE
37. GO TO YOUR FAVORITE PLACE
38. TAKE SOME PRETTY PHOTOS
39. GET A MASSAGE
40. HUG SOMEONE
41. DRINK A FULL GLASS OF WATER
42. READ INSPIRATIONAL QUOTES
43. PUT ON NICE CLOTHES & MAKEUP
44. SLEEP
45. WATCH THE SUNRISE
46. REFRESH YOUR MORNING ROUTINE
47. CHANGE YOUR SHEETS
48. DIFFUSE ESSENTIAL OILS
49. DO SOMETHING NICE FOR SOMEONE
50. GO OUT FOR A COFFEE

Looking ahead in
April...



year 1's

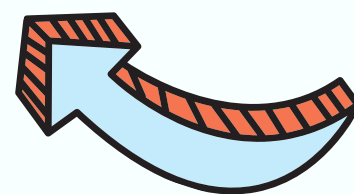
year 2's

CHECK YOUR EMAIL
FROM KATIE (OR
ANNA OR JOANNE).
THEY ARE SHARING
SO MUCH
IMPORTANT INFO TO
KEEP YOU UP TO
DATE.

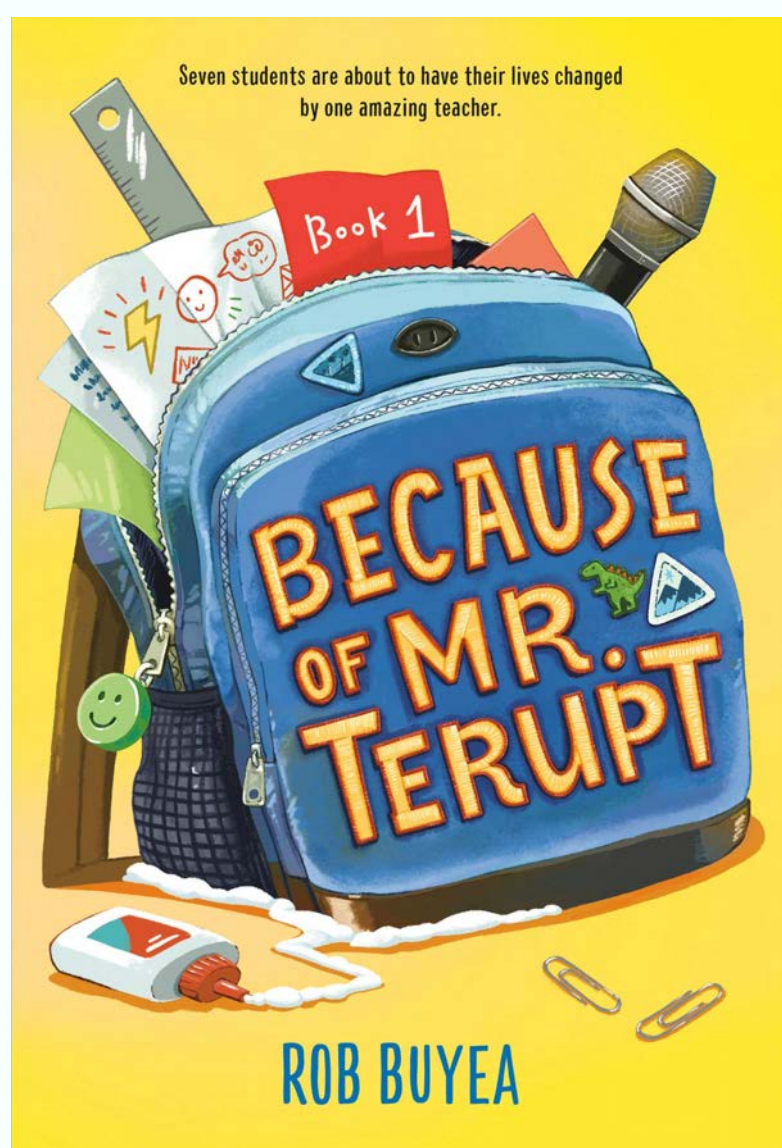
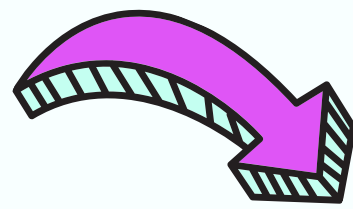
Online Resources to use for virtual teaching

MAD LIBS®

Doing online MadLibs with students is a funny way to practice your nouns, verbs, adjectives and adverbs.



Making a bitmoji classroom is an interactive way to give your students tasks to do that are asynchronous.



Do a novel study with your students using read aloud videos from YouTube. This read aloud playlist is from the book "Because of Mr. Terupt" and it is great for grades 5 & 6.



Click the pictures for the website

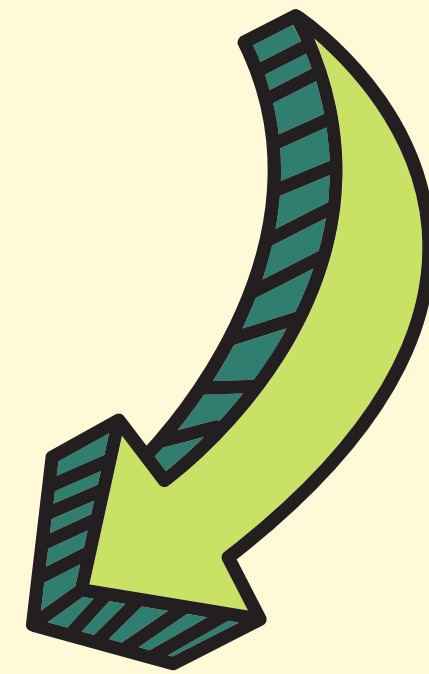
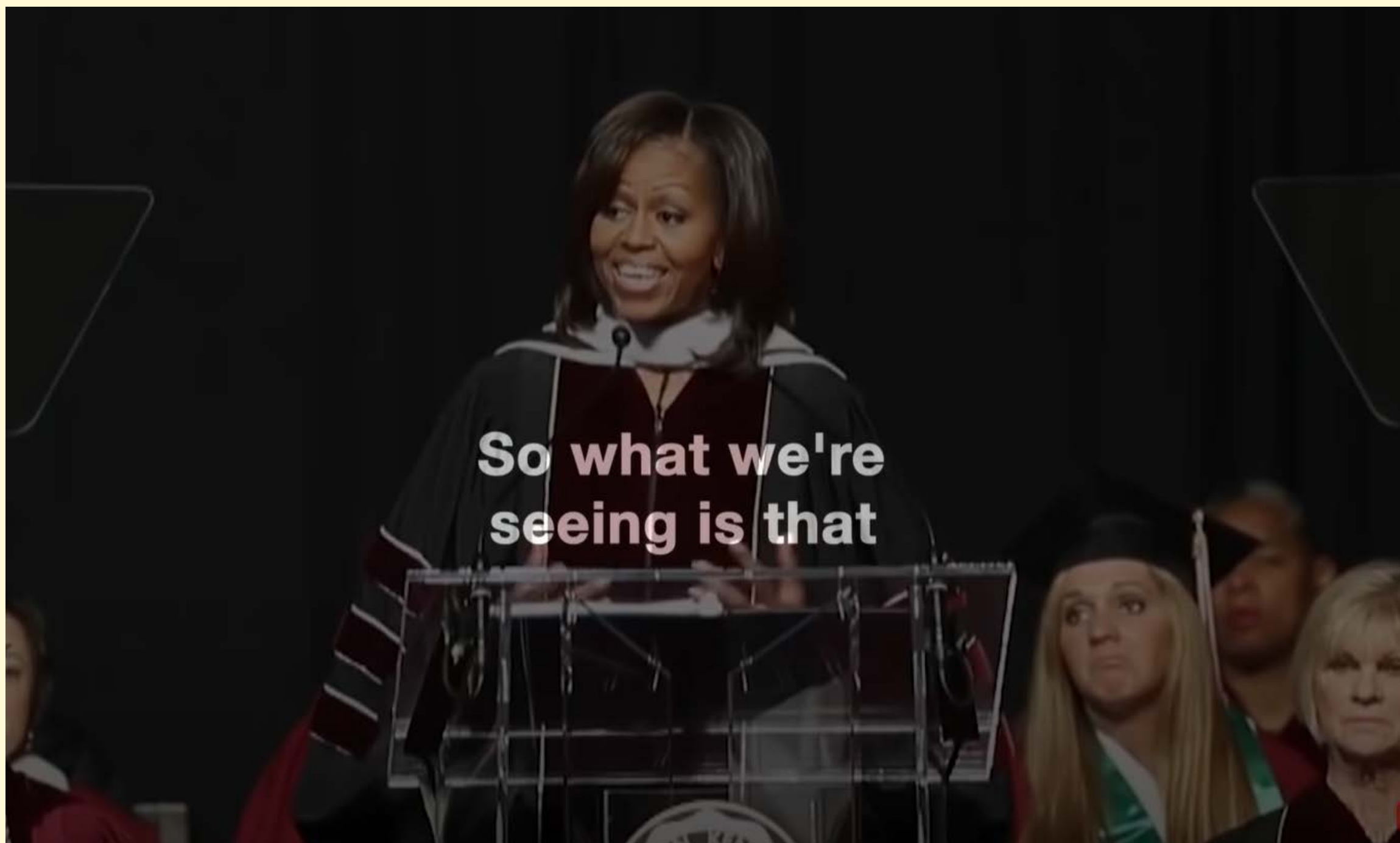
Food for thought

"Who are you going to be?"



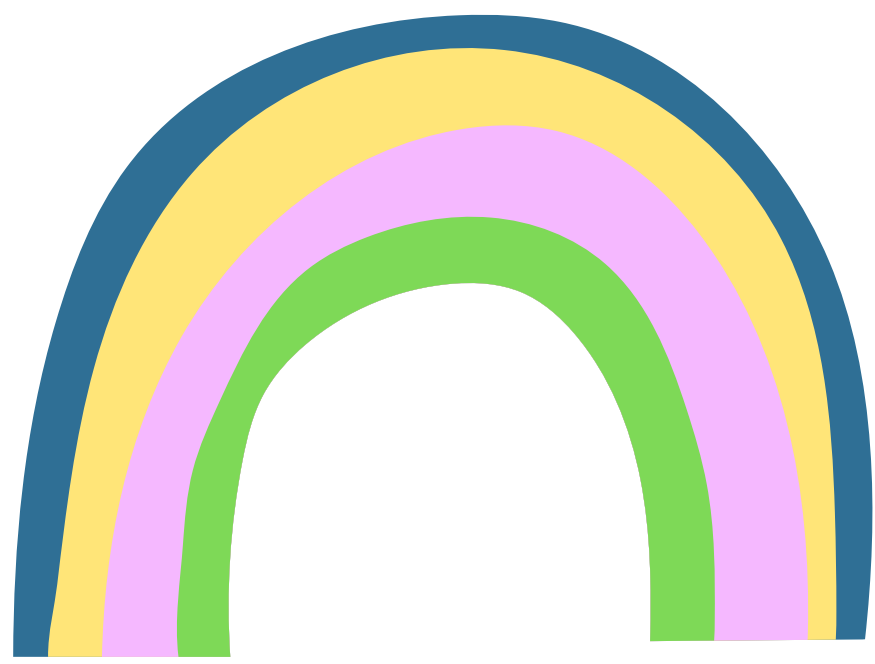
Michelle Obama

Speaking to students about who they are going to be to motivate them to try their best, every single day.



Click picture to view video





Stay safe during the month of April.
We are ALMOST DONE year 2's!!!!

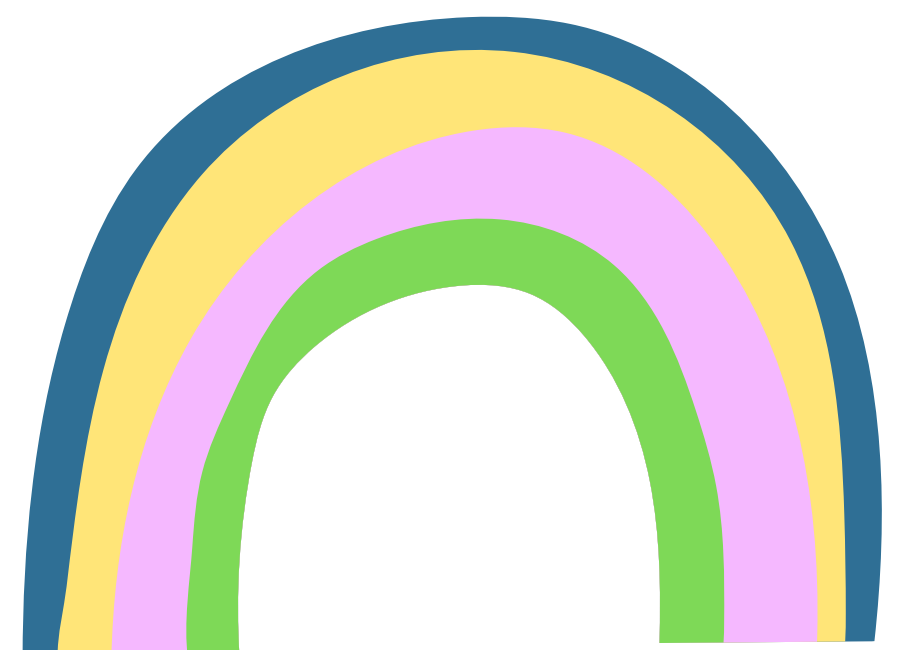
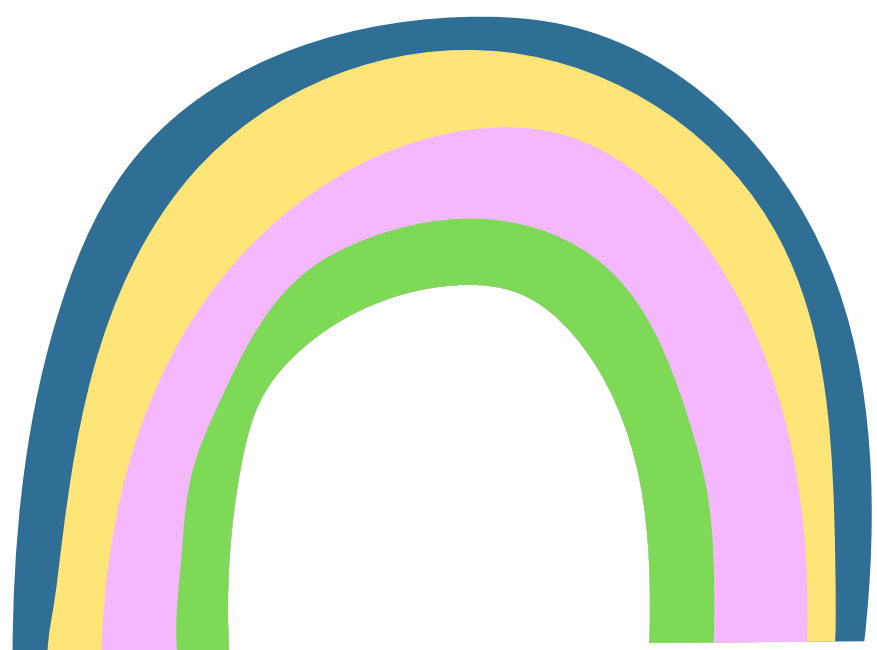
Remember:

Continue to practice social distancing

Wear a mask

Stay in your "bubble"

Reach out to family and friends!



Some updates to look out for are:

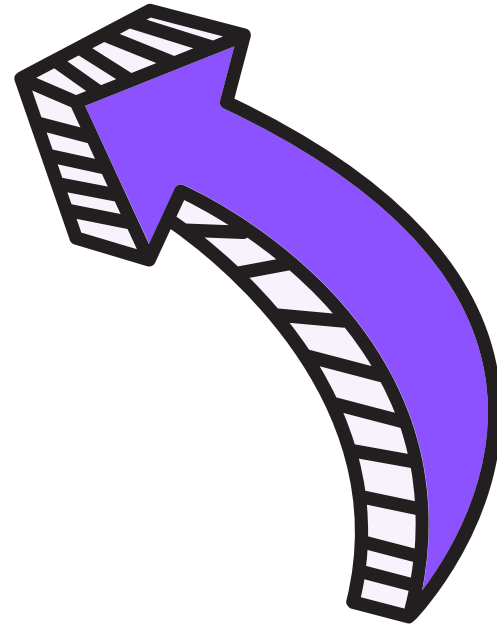
OCT Temporary Certificate

Math Proficiency Test

New Job Opportunities

ESC Updates

End of the school year



Stay up to date

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

theteachercandidate.com

Anything you want to see or need information on?

Anything you want to add to the April issue?

email me (Emma) at
escargotnewsletter.esc@gmail.com

I would love to hear from you!

Happy Easter!

