

NEWSLETTER

November 2020

GRATITUDE

This month we give thanks. The science is in and reality is that we should be practicing gratitude daily. Here is a shortlist of the low dollar, high return benefits of gratitude:

1. Improves Physical Health
2. Improves Psychological Health
3. Enhances Empathy and Reduces Aggression
4. Improves Sleep
5. Improves Self Esteem
6. Increases Mental Strength
7. Opens the door for more relationships

Science demonstrates that when gratitude is expressed, the part of the brain responsible for feelings of reward, morality, connectedness and social interaction, and the ability to understand what others are thinking and feeling becomes activated. The brain also releases “feel good” chemicals, resulting in feeling better. When gratitude is practiced consistently, people report having a more positive attitude and outlook on life.

The more important factor to consider is that for this to work, it must be done consistently and with novelty. How can you do this? Here are some ideas:

1. 3 Things a Day for 21 Days - Every day for 21 days in a row take time to think of 3 things you are grateful for.
2. Take a Positive Experience - Find a positive experience you had and take time to write down every detail about it.
3. Write Letters - Write a letter to a person or people you are grateful for. Send it or not. Your choice.
4. Journal - Write down a few things you are grateful for.
5. Gratitude Jar - Find a jar, daily write down 3 things you are grateful for, put in a jar, at the end of the year go back and read them.
6. Gratitude Prompts - Search the internet for gratitude prompts and finish one daily.
7. Meditation - While in meditation, visualize the things you are grateful for.

We sincerely hope your gratitude journey continues through the entire year! For more selfcare tips, follow: (ESU#8 Mental Health Team) on Facebook; (esu8psychs) on Instagram; and (ESU 8 School Psychologists) on Twitter.

Your ESU 8 Mental Health Team

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- NDLA Virtual Conference 2020
- Teaching Strategies GOLD Training

GRATITUDE..... 1

NATIONAL SCHOOL
PSYCHOLOGY WEEK 3

NEW PRINTABLES ON
LEARN360 3

D a t e s T o R e m e m b e r

**DAYLIGHT SAVINGS
TIME ENDS**
Sunday
November 1st

ELECTION DAY
Tuesday
November 3rd

VETERANS DAY
Wednesday
November 11th

THANKSGIVING BREAK
(ESU 8 Offices Closed)
Wednesday - Friday
November 25th – 27th

EVENTS & WORKSHOPS

November

Margaret Searle:

Causes & Cures of Behavior Problems

Thursday, November 12 • 8:30am – 3:30pm

ESU 8 Conference Room A and B

Continuing ESU 8's executive function learning opportunities, author, Margaret Searle will join us for an excellent day. Understanding how the executive brain develops helps explain why so many students have difficulty getting work completed or why they struggle with relationships and self-control. Poor study habits, inattentiveness, inefficient memory and disruptive behavior are generally symptoms of deeper problems that teachers and parents need to be aware of. This session helps participants identify root causes for learning and behavior problems and provides practical solutions that all teachers can apply in the classroom.

Event Fee: \$85

Registration Deadline: Saturday, October 31st

Event Contact: [Steph Lundgren](#)

NDLA Virtual Conference 2020

Thursday, November 12 • 12:00pm – 4:00pm

The Nebraska Digital Learning Association is hosting a virtual conference event in celebration of National Distance Learning Week. The theme is....



Register online at:

<https://ndla.org/conference-stories-and-photos/>

Teaching Strategies GOLD Training

Friday, November 20 • 8:30am – 4:00pm

ESU 8 Main Office, multiple rooms

NDE-EC Teaching Strategies GOLD Training's which entails using your observations to individualize instruction and Administrator support. Lunch is being provided.

Registration Deadline: Friday, November 20th

Event Contact: [Ruth Miller](#)

December

Cognitive Coaching - Day 7 of 8

Wednesday, December 2 • 8:30am – 3:00pm

ESU 8 Conference Room A/B

Sue Presler will be presenting Cognitive Coaching, which will provide participants the knowledge, skills, and practice to be an effective instructional coach by developing teacher autonomy and reflective practices. Please bring an electronic device.

Cognitive Coaching - Day 8 of 8

Thursday, December 3 • 8:30am – 3:00pm

ESU 8 Conference Room A/B

Sue Presler will also be presenting this final day of Cognitive Coaching. Please bring an electronic device.

[Heidi Rethmeier](#) is the event contact for both of the Cognitive Coaching workshops. Lunch is being provided both days and the registration deadline is Tuesday, November 24th.

LETRS Training - Day 2

Thursday, December 17 • 9:00am – 3:30pm

ESU 8 Conference Room A and B

LETRS in person training day #2 for those already registered for LETRS training. Please bring your LETRS manual and a computer. Lunch is being provided.

Event Contact and Presenter: [Cathy Fiala](#)

ESU 8 Thanksgiving Break

**Wednesday, November 25
through**

**Friday, November 27
ESU 8 Learning Centers and
Offices will be Closed.**



National School Psychology Week (NSPW) 2020

November 9th – 13th is National School Psychology Week! Schools will be celebrating all over the United States that week to highlight the important work school psychologists and other educators do to help all students thrive.

This year's theme is "*The Power of Possibility*." On the left is a picture of the poster that can be downloaded from the National Association of School Psychologists website [https://www.nasponline.org/research-and-policy/advocacy/national-school-psychology-week-\(nspw\)](https://www.nasponline.org/research-and-policy/advocacy/national-school-psychology-week-(nspw)). Use it to, not only help promote this celebration, but also to start school-wide initiatives and conversations with families. The NSPW website has a page dedicated to Poster Activities.

The NSPW website also has Sample Resources, Adaptable Resources and Recognizing Others program ideas.

So, make a note to thank your School Psychologist the week of November 9th!

NEW! PRINTABLES ON LEARN360

LEARN360 added new Printable (PDF) resources to The Mailbox. Click on The Mailbox icon after logging in and check out the 1,100+ Printable ideas, activities, and worksheets. These Printables will help you introduce, teach, and reinforce subject matter across the curriculum in most subjects including science, math, social studies, language arts, writing prompts, and more! Below are just a few samples.

