



# In The District

The official newsletter of the SALT LAKE CITY SCHOOL DISTRICT

440 East 100 South  
Salt Lake City, Utah

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## Professional Development

Teachers in grades K-6 are invited to attend a professional development workshop, "Explore Career Awareness with Kids and Core", at the SLCSO Career and Technical Center, 1560 South 200 East. This course offers .5 hours credit and runs March 8, 17, 22 and April 7 from 4:00 p.m. to 6:00 p.m.

Teachers will be given information and opportunities to develop, share, and incorporate creative, fun strategies that emphasize literacy and the Core Curriculum. The course will expose elementary students of all abilities and ethnic backgrounds to career awareness and work-based learning activities. Teachers will utilize the CAPS (Career Awareness Packets) materials that are grade level appropriate and available for use during the regular school year schedule. The course will emphasize the SLCSO Board policy of "planning, monitoring, and managing both the student's education and career development". For more information, contact Irene Oliekan at 481-4948.

## Quote:

"To listen well is as powerful a means of communication and influence as to talk well."

~ John Marshall ~

## 2005 Legislative Session

The 2005 Legislature is in session. The work done by senators, representatives, and lobbyists has a direct impact on you and your job. Are you following the action? Do you know what public education bills are being debated and passed? Besides the newspapers or television news shows, there are other resources for tracking what's happening on Capitol Hill.

1. The Utah State Office of Education compiles a tracking sheet for all bills related to public education. It can be found online at <http://www.usoe.k12.ut.us/LAW/leg/default.htm>

2. The Utah Legislature Web site offers copies of bills, calendars, and even live audio and video feeds of floor debate. The Web site is <http://www.le.utah.gov>.

## Utah Federation for Youth Service Awards

Utah Federation for Youth- Youth in Service Awards are being given to young people between the ages of 5 and 20 who are active in community service projects.

Applicants are encouraged to write essays up to 700 words describing their previous community service and highlighting the important contributions youth make to our society. Essays should also include anticipated service projects, including the National Youth Service Day.

Youth leaders, teachers,

coaches, and parents can nominate youth by writing essays in their behalf. Application deadline is February 28. Information is available at [www.ufyi.org](http://www.ufyi.org).

## Nominate Top teachers for Teacher of the Year

The community's A+ teachers are being rewarded by Wal-Mart and SAM'S Club with \$1,000 educational grants and \$50 gift cards to purchase classroom supplies. Through February 27, teachers can be nominated at store locations. Winning teachers can also apply for the business' state and national Teacher of the Year honors, which come with \$10,000 and \$25,000 educational grants, respectively.

## Timeline

### Board Meeting:

Feb 15 - Study Session 6:30 p.m.  
Mar 1 - Business Meeting 6:30 p.m.

### Calendar Dates:

Feb 21 - President's Day - Schools closed.

### Newsletter Deadlines:

Feb 17 - Articles Due  
Feb 24 - Publication

### Testing Dates:

Feb 28-Mar 11 UOSE Direct  
Writing Assessment Gr 6 & 9

# Teaching Tip

## Reflect on job to reduce stress

Most teachers will agree that working with young people is an incredibly rewarding experience. They may also agree that, at times, it can be incredibly stressful.

Here are a few ways to put your job in perspective when you feel the onset of a stress overload:

- Back up and look at the big picture. How many young people's lives have you touched this year? In your career? Remember the words of teacher-astronaut Christa McAuliffe—"I touch the future. I teach."
- Talk it out. Share what you are feeling with a colleague or friend. Verbalizing what's bothering you can often help you put it in perspective.
- Keep things in balance. Too much of anything can be a bad thing and that includes work. Make time for hobbies and outside interests you enjoy.
- Ask for help. As a teacher, you are used to giving help. But it works both ways. Look for ways to lighten the load—and people who can help you do that.

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## Congratulations

Beacon Heights students raised \$6,172 to aid the victims of the tsunami in southeast Asia. The students conducted a read-a-thon to raise the money. The funds were donated to Habitat For Humanity.

Sixth grade ELP students at Whittier Elementary are helping end hunger in Utah. The students

conducted a food drive and collected 1,200 pounds of food, which was donated to the Utah Food Bank.

Students at Hawthorne raised \$590.15 through donations, and matching funds came from Jet Blue and United Stationers to assist tsunami victims. The total sum raised was \$1,353.30.

## Online Resources

Extend your professional development opportunities with the help of *Tapped In* located at [www.tappedin.org](http://www.tappedin.org). Find the resources and support you need to grow professionally and to implement effective learning activities. Attend courses offered by a community of online professional development providers. Conduct your own learning projects with students and over 20,000 colleagues worldwide. Join or lead topical discussions

and groups. Mentor other educators, or find a mentor for yourself.

C-SPAN offers teachers a free membership service that provides ideas, information and resources for using the cable network's television programming and websites in the classroom. The service includes lesson plans, worksheets, quizzes and more. For more information, visit the C-SPAN in the Classroom website at [www.c-span.org/classroom/csic\\_membership.asp](http://www.c-span.org/classroom/csic_membership.asp).

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# Communication Corner

**Communication between parents and students is vital to ensure academic success.**

**Here are some questions for you to share with parents so they can avoid getting the standard response of 'nothing' when asking about their child's day at school.**

- Did your teacher read you a story today?
- What did you do in school today that you especially liked?
- What do you want to remember about school today?
- What has been the highlight of your day?
- What was special about that person/event/situation?
- What do you like best about a teacher/friend, etc.?"
- What is the value of that trait?
- What are two or three things you are most pleased about?
- What is most important/fun/interesting about this?
- What are you looking forward to doing tomorrow?; next week?

If these types of questions fall short of the goal, tell your child about your day. Be a role model and open up to your child, and then perhaps he or she will do the same for you.

Source: NSPRA resource files.