



TOCC Times

American Education Week

"Stay Home, Stay Safe"

With cold and flu season upon us, it is important that we remain as safe as possible when it comes to the spread of covid. We need to make sure that we continue to take precautions to stop the spread. As of Nov 8, Arizona reported 1880 new cases of Covid-19 and the virus is spiking across the nation. Prevention is key to stopping the spread, so wash your hands, avoid touching and large groups, stay home, clean and disinfect your house, and wear your mask.

What you'll find:

Covid 19 - Reminders **P.1**

Mon & Tues **P.2**

Wed, Thurs, Fri **P.3**

PREVENTION IS KEY.

Prevent the spread of Coronavirus (COVID-19)



WASH YOUR HANDS OFTEN with soap & water for at least 20 seconds or use an alcohol-based hand sanitizer.



AVOID TOUCHING your eyes, nose, & mouth with unwashed hands.
AVOID CLOSE CONTACT with people who are sick.



STAY HOME if you are sick.
CLEAN & DISINFECT frequently touched objects & surfaces.



COVER YOUR MOUTH & NOSE with a tissue or your sleeve (not your hands) when coughing or sneezing.

BE SMART STAY APART

Help stop the spread of COVID-19 by **physical distancing**. Keep at least **6 to 8 feet** between yourself and others.



6-8 feet



6-8 feet



Motivation Monday

Rita Pierson once heard a colleague say, "They don't pay me to like the kids." Her response, "Kids don't learn from people they don't like." A rousing call to educators to believe in their students and actually connect with them on a real, human, personal level.

TRY IT TUESDAY

This Try it Tuesday is a worksheet to celebrate Family Day during American Education Week. As our families cannot physically go into a classroom this year, why don't we take a look back at the great memories we have in school.

MOTIVATION MONDAY

Watch "Every Kid Needs a Champion"

Rita Pierson, a teacher for 40 years discusses the importance of human connection and the power that a teacher has.

https://www.ted.com/talks/rita_pierson_every_kid_needs_a_champion/details?language=e

TRY IT TUESDAY

"Family Day"

Fill out the worksheet below and share with your family members. Have them fill out the same worksheet. School can be such a great place for making memories. So let's show some appreciation for where we were able to learn and grow!



ALL ABOUT ME



Hello, my name is _____ . When

I wake up, the first thing I do is _____

_____ . After that, I get ready for

_____ . My favorite subject in

school is _____ . After school, I go

home and _____ . If I could

have one wish, my wish would be _____

_____ . I love my _____

very much! I think that people like me because

I am _____ .

WELLNESS WEDNESDAY

THANK YOU TEACHERS, PROFESSORS, SUPPORT PROFESSIONALS, & ADMINISTRATIONS!

<https://blog.google/outreach-initiatives/education/teacher-appreciation-week-2020/>

THERAPEUTIC THURSDAY

Read this article on the Therapeutic Teacher!

Read the full article: <https://www.headteacher-update.com/best-practice-article/the-therapeutic-teacher/195018>

FITNESS FRIDAY

Lying hamstring stretch



Lying torso twist



Plank



Runner's lunge



Forward bend



Shoulder stretch



Ankle to knee



Downward dog



Cobra



Pigeon



Child's pose



Triceps stretch



WELLNESS WEDNESDAY

Take a minute to watch this thank you teachers video and then make sure you reach out to teachers and school staff to thank them for the jobs they do for you!

THERAPEUTIC THURSDAY

Teachers have many roles that they take on, whether it be in elementary school up through college professors. These can be overwhelming not only for the teachers but also for the students. If teachers do not take care of their well being, then the students suffer. Shahana Knight advises schools on supporting the emotional and mental health of students and staff.

Fitness Friday

Do this stretching workout to relieve stress and relax your muscles.