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**[elem\_princi\_only] Fwd: Wednesday Nov 4 PD**

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**From :** Eric Anderson <anderson\_er@4j.lane.edu> Fri, Oct 30, 2020 03:57 PM  
**Sender :** elem\_princi\_only <elem\_princi\_only-bounces@4j.lane.edu>  1 attachment  
**Subject :** [elem\_princi\_only] Fwd: Wednesday Nov 4 PD  
**To :** Elementary Principals-Only  
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Hi all,

This email was sent to staff regarding PD time next week.

Have a great weekend.

Eric Anderson  
Director of Curriculum  
Eugene 4J

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**From:** "Eric Anderson" <anderson\_er@4j.lane.edu>  
**To:** "cert all" <cert\_all@4j.lane.edu>  
**Sent:** Friday, October 30, 2020 3:54:44 PM  
**Subject:** Wednesday Nov 4 PD

Good afternoon,

Professional development this Wednesday is designated for SEL. An asynchronous approach is being used to provide time for self care, connection, and reflection. The pdf attached has research-based suggestions to consider. I hope you have a restful weekend.

Take care,

Eric Anderson  
Director of Curriculum  
Eugene 4J

## **November 4th PD Plan**

### **Topic: Collective Wellness**

#### **Introduction:**

*This has already been a year of teaching unlike any year any of us have ever had. On top of learning new technology and new ways of teaching, we are carrying the stressors of caring for children or friends and family in new ways - WHILE doing our jobs in completely new ways. It is important to take time to acknowledge our challenges. It is also important to take time to lean on our strengths and support wellness for ourselves and for our community. Our district SEL team created the following research-based PD options to promote collective wellness and self-care. Please choose an option today and take this PD time for your wellness. You can do something you know works for you, or try something new. The time is yours. The choice is yours. If you want to share feedback with your administrator, we would love your thoughts on this PD and how we can collectively use our strengths and creativity to foster wellness.*

#### **Please pick one or more of these asynchronous PD Options:**

##### **Option 1: Virtual “Walk and Talk”**

An Election is also a time for Reflection. Many of you likely experienced some strong feelings leading up to the election, on Election Day yesterday, and going into today. What are your fears and concerns? What are your hopes and dreams? Pick some close coworkers or friends that you trust, and open a Zoom room or group phone call to share your thoughts and feelings. Allow yourself to be vulnerable and to share from the heart. Listen with compassion and understanding. Collectively, we can process our emotions and be there for each other.

##### **Option 2: Screen Free**

Turn off your screens during this PD time! The amount of time we are all spending in Zoom and online is detrimental to our well-being and mental health. Send your principal a picture of you engaged in a wellness activity: something that is NOT digital work. Points for creativity!

##### **Option 3: Write it Down**

Journaling: For our wellbeing, we all need to feel Identity, Agency and Belonging. Take time to reflect on this for yourself and your students. How has the pandemic and CDL shifted any of those domains for yourself? For your students? What is in your locus of control?

##### **Option 4: Put a Stamp on It**

Do you remember how special it is to receive a letter or postcard in the regular mail? Take time this PD hour to send three thank you letters or postcards to either coworkers or students. This little act of kindness will uplift both you and them!

##### **Option 5: Make Some Plans**

We all need things to look forward to. While the pandemic has disrupted so many travel plans, think about what is safe and available in Oregon. Take time to research and plan an upcoming day trip or overnight trip-- something safe that you really want to do and that will benefit your wellness. Book it and get it on your calendar!

**Option 6: Be Thankful**

Thankfulness Reflections. Make a list of everything you are thankful for today, both big and small. Post it somewhere that you will see it regularly, and keep adding to it. If you are comfortable, you can share it with others, or reach out to someone on your list and let them know why you felt gratitude for them.

**Option 7: Clear the Head**

Hundreds, perhaps thousands, of studies have shown that taking some dedicated time to be still, tune out the world, and focus on the present moment can improve both physical and mental health. Take this time to engage in your favorite meditative practice. Focus on your breath, let other thoughts float away. Consider downloading the free Headspace app and following some of the options contained therein. <https://www.headspace.com/covid-19>

**Option 8: Reading is FUNdamental**

Reading can increase your vocabulary, improve your memory, and help you escape to a different world. It can also reduce stress. In fact, reading for just 6 minutes a day can help reduce stress by up to 68%! Take this time to get lost in a good book, or even a magazine. <https://blog.elevateapp.com/the-6-minute-way-to-reduce-stress-7c9c15db9892>

**Option 9: Let's Workout About It**

Run, hike, dance, walk, stretch, lift weights- move your body! Movement is one of the best ways to take care of both physical and mental health simultaneously.