

# THE HEARTLAND

FDLRS Heartland Newsletter



## Welcome Back Teachers



By Sonja Bennett

Welcome back to a new school year! The beginning of the year is an exciting time where both staff and students have feelings of great anticipation of what's to come. This year there is even more expectancy as students return from an extended time away from the important relationships of their friends, teachers, and support personnel at their school. While classrooms may look a bit different this year, there is nothing better than active learning where students are asking content-related questions, reading critically, and engaging with new concepts. At FDLRS, we are here to help you engage learners and have your best year yet! We provide instructional coaching, professional development, and technology support. We encourage you to participate in one of the many courses we offer and to reach out to us throughout the year. We can be reached at 863-531-0444 or visit our website at [www.heartlanded.org/fdlrs/](http://www.heartlanded.org/fdlrs/) to stay informed of the many opportunities we offer.

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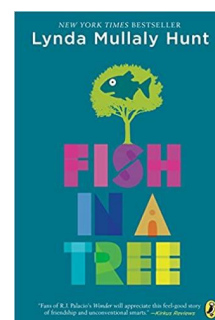
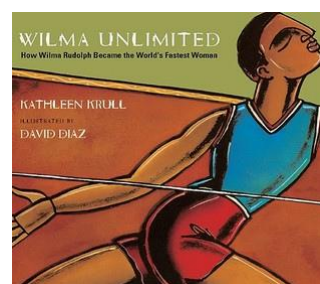
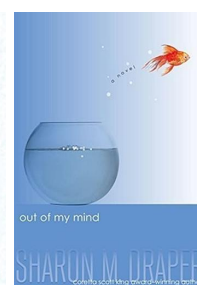
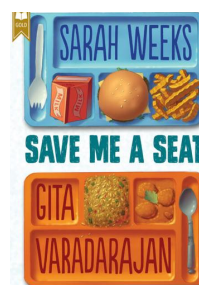
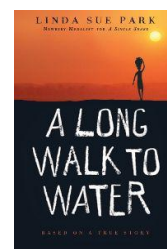
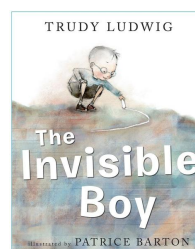
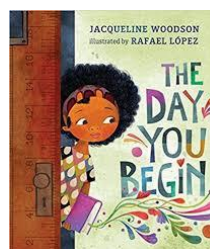
### Word on the Street

04



*"Every person  
is different  
and that's  
amazing."*

Books have the ability to transport us anywhere in the world! Multicultural books help us imagine what it would be like to experience life from a different perspective. Whether you are trying to help your students understand diversity, the importance of friendship, acceptance, or kindness, books can be a simple but powerful approach. Here are some of our top picks!



## CAPTURING JOY

by Kerry Lanier

*Setting goals, asking for help, and showing empathy.* What do all three of these skills have in common? They're all examples of social-emotional skills that help students grow and succeed both in and out of the classroom. But what if practicing empathy was the first step to designing all education? I know what you're thinking, but rest assured that a compassionate classroom environment where empathy is at its heart is not an environment that lacks academic rigor. On the contrary, in this environment students are understood to be complex people. There is a sense of belonging and students are challenged to be the best version of themselves. In the book, "Hacking School Culture: Designing Compassionate Classrooms", co-authors Stockman and Gray guide us on a journey of 10 connected themes needed to create and sustain compassionate classrooms that are motivational and educational for each student. Moreover, each theme provides a comprehensive description and alignment with positive student development, strategies based on evidence, and immediate and long-term actions and strategies to overcome challenges. Join FDLRS Heartland as we begin our 10-week 100% Online Book Study journey towards understanding protocols that inspire strengths-focused teaching and learning, tools for starting hard conversations, experiential learning models that improve school culture, approaches that encourage activism while enabling students to resolve conflicts peacefully, and strategies that empower student-centered decision-making. The study will run from 09/20/20 to 11/30/20. Registration Deadline: 09/11/20.



## TALKING POINTS

by Rebecca Cox

Very soon excited voices will echo through the halls and laughter will abound as students reunite in the long-awaited setting of the classroom. As students return amidst the COVID-19 crisis parents and teachers alike may find themselves at a loss of how to reassure children and not make them more worried than they already are.

Trusted adults, such as students' parents, teachers, and school staff play an important role in helping children make sense of what they hear and how they feel. When talking with children remember to stay calm. They will react to both what you say and the way you say it.

Welcome their questions and don't avoid questions you can't answer. Provide information that is truthful and age-appropriate, using words and concepts they understand. It is important not to volunteer too much information, as this can be overwhelming.

Let them know it is okay to be worried, but reassure them they are safe by reminding them of the safety precautions being taken. Take your cues from the child and keep talking! Let them know the lines of communication are always open.

## "Learning is a never-ending process."

Educational technology, state guidelines, and curriculum standards are constantly changing. Keep up with the trends and best practices in the field of education by participating in FDLRS well-designed professional development. Here are our upcoming events planned for K-12 teachers.

### Date Title

Sept. 10 Exploring Structured Literacy

Meets the 40 in-service hours for the certification requirement established in Rule 6A-4.0051, F.A.C. Renewal and Reinstatement of a Professional Certificate.

Highlands -  
Register in ERO #20211143006

All others email:  
[sonja.bennett@heartlanded.org](mailto:sonja.bennett@heartlanded.org)

Sept. 14 4-Part Online Series on Dyslexia, Dyscalculia, Dysgraphia, & Anxiety

Presented in collaboration with  
Educalc & Ms. Honora Wall

Highlands -  
Register in ERO #20210048010

All Others Link:  
[www.surveymonkey.com/r/3GCKXSX](https://www.surveymonkey.com/r/3GCKXSX)

Sept. 20 Hacking School Culture Book Study

Highlands ERO #20211140001

All Others Link:  
[www.surveymonkey.com/r/xm5PJ39](https://www.surveymonkey.com/r/xm5PJ39)





## WORD ON THE STREET

by Sonja Bennett

As expected, many districts and schools are moving to a variety of models of blended and hybrid instruction. As you make the shift it is important to understand that you are not simply converting your instruction to online, but rather transforming your lesson for online learning. While online teaching should look different than face-to-face, it will still have some underlying familiarity with traditional teaching. There will be times when your online lesson does not go as expected and will fall short, just like the lesson in your traditional classroom. Show yourself some grace, just as you show your students grace as they learn new things.

Develop an online community with your students. Set expectations, hold students accountable, create shared goals, and keep it student-centered. Remember, they are struggling as much as you are with the transition. But just like in a traditional class, they will appreciate knowing the boundaries and feeling a part of something special.

You don't have to be the expert in everything technology, you just need to find resources that can help. Join a collaborative Facebook group like Teaching with NEONS, watch short instructional videos on YouTube and Simple K12.com, or collaborate with other teachers in your district. Now more than ever, collaboration, sharing ideas, and supporting one another is vitally important to our success in education.

*"Never stop learning, because life never stops teaching."*

Investing in yourself as an educator is the best way to ensure both career growth and academic growth for your students. Even though it can take up precious time, professional development can help you be more prepared and ready to tackle professional challenges. Join us every week for [Webinar Wednesday](#) where we bring you experts from AccuTrain on relevant and timely topics to help you grow!

- |            |   |
|------------|---|
| August 26  | Positive Behavior Supports for Students Who Are Wired Differently<br>.....                      |
| Sept. 02   | Building a Responsibility - Centered School Discipline Culture<br>.....                         |
| Sept. 09   | Strategies to Improve Working Memories in the Classroom<br>.....                                |
| Sept. 16   | Seven Liability Landmines Every Educator Should Avoid<br>.....                                  |
| Sept. 23   | 25 TECH Tools Teachers Can Use To Enhance Engagement<br>.....                                   |
| Sept. 30   | ACEs Informed Schools-Take-Aways from Classroom Case Studies<br>.....                           |
| October 07 | Measuring Social Emotional Learning - Best Practices to Analyze Mastery of Soft Skills<br>..... |
| October 14 | Mean Girls - Behind the Screen-Recognizing Social Anxiety/Depression<br>.....                   |
| October 21 | Anxiety in the Classroom - How Educators Can Support Students with Anxiety Disorders<br>.....   |
| October 28 | Lost Boys - 8 Proven Techniques to Engage Boys in Your Classroom                                |



## ***THE COMPLEXITIES OF TEACHING GIFTED***

*by Sonja Bennett*

Many people assume that gifted students can get by with little or no support from their teacher. Unfortunately, that is simply not true. Like any student, the individual academic needs of gifted learners must be taken into consideration. To enhance learning provide frequent assessments, differentiate learning opportunities, and grant gifted students a more robust learning experience as opposed to simply giving them more of the same. Teachers can avoid adding one more thing to their plate by being strategic when initially making lesson plans and planning activities with different tiers of difficulties at the onset. Providing work at the entry, advanced, and extension level and at varying Depth of Knowledge gives all learners multiple ways to master content.

When teaching gifted and advanced students it is important to build a sense of community through daily class meetings and quick team-building activities. Using learning contracts allows gifted and advanced students to take charge of their learning and explore their own interests. Gifted students can be complex learners with different abilities, interests, and expectations. To learn more about the gifted learner register for one of the professional development opportunities targeted at gifted and advanced teachers.

## ***Gifted Training***

August 18th The Gifted Learner

7-week series hosted by the President of the Florida Association of Gifted  
Tuesdays from 6:00 - 7:00 p.m.

Highlands register in ERO # 20211146002.

All other districts register by clicking the following link:

[www.surveymonkey.com/r/79FPWFB](http://www.surveymonkey.com/r/79FPWFB)

### **Gifted Endorsement Courses:**

October 5th

*Guidance and Counseling for the Gifted Student*

Begins October 5th and ends December 11th.

February 5th

*Theory and Development of Creativity of the Gifted*

Begins February 5th, 2021 and ends April 30, 2021.

Contact Stephanie Moreo at  
[stephanie.moreo@heartlanded.org](mailto:stephanie.moreo@heartlanded.org) to register



Visit us on the web  
<http://www.heartlanded.org/fdlrs/>



## *LABEL TO ABLE*

by Melissa Ramos

The Florida Inclusion Network (FIN) collaborates with all districts and schools to provide customized services and supports ensuring all students with disabilities have the same educational, social, and future opportunities as their peers.

In partnership with districts, FIN facilitates the implementation of inclusive best practices through data-driven, student-focused planning and problem-solving across districts and schools; data-driven professional development and technical assistance to increase knowledge and skills of the district and school personnel; coaching and resources for district and school personnel to sustain inclusive best practices; and sharing information to build collaborative relationships between families, schools, and districts.

Our facilitators can provide information about effective inclusive practices, family-school collaboration and communication, opportunities for networking with other families, and ways to access local resources and support.

## *"Parenting is a journey."*

Parenting has always been a daunting task. But now more than ever the challenges can be overwhelming. Juggling responsibilities between home and work can leave parents exhausted with little time for family bonding. Adding changing societal values, greater access to technology, and new health risks that have changed the way we do school can leave parents feeling unprepared to deal with the trials they now face. FDLRS is providing webinars to help. Join us for one or more sessions to assist you in your journey.

Date	Title
August 21	Keeping Your Kids Safe on the Web Click <a href="#">here</a> to register <hr/>
August 28	Creating Germ Busters Contact <a href="mailto:rebecca.cox@heartlanded.org">rebecca.cox@heartlanded.org</a> to register <hr/>
September 18th	Understanding ESE: An Overview Click <a href="#">here</a> to register <hr/>
October 16	Accommodations Click <a href="#">here</a> to register

FDLRS is a discretionary project of the Florida Department of Education's Bureau of Exceptional Education and Student Services. The goal of FDLRS is to provide professional development, technical assistance, information and early identification services to school districts and families so every student in Florida has the opportunity to achieve their full potential.

FDLRS is funded by the Florida Department of Education, Division of Public Schools and Community Education, Bureau of Exceptional Education and Student Services, through federal assistance under the Individuals with Disabilities Education Act (IDEA), Part B funds an state funds.

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