

Poquoson City Public Schools



Curriculum & Instruction Updates, Educational Resources, Professional Learning Opportunities, and More

September 2, 2022, Vol. 2, Issue 1

A person who never made a mistake, never tried anything new. – Albert Einstein

Curriculum & Instruction

Superintendent's Memos

Effective Alternative Education Schools and Programs in Virginia Webinar Series: The VDOE is offering a series of webinars that will highlight various successful alternative education programs in Virginia. The webinar series will be held every Tuesday and Thursday, beginning September 27, 2022, through October 20, 2022, from 3:30-4:30 p.m.

The following Superintendent's Memos have been posted on the [Virginia Department of Education's website](#):

- **MEMO 198-22**
[Local Gifted Education Technical Review Process](#) (PDF)
- **MEMO 197-22**
[Model Policies Concerning Instructional Materials with Sexually Explicit Content](#) (PDF)
- **MEMO 196-22**
[2022-2023 Title III, Part A, Allocations under Provisions of the Elementary and Secondary Education Act of 1965 \(ESEA\), as Amended](#) (PDF)
- **MEMO 195-22**
[Educator Misconduct Reporting Requirements](#) (PDF)
- **MEMO 194-22**
[Presidential Awards for Excellence in Mathematics and Science Teaching](#) (PDF)
- **MEMO 193-22**
[U.S. Department of Education Approves Multiple ESSA Waiver Requests](#) (PDF)
- **MEMO 192-22**
[September is Attendance Awareness Month](#) (PDF)
- **MEMO 191-22**
[2023 Virginia School Survey of Climate and Working Conditions](#) (PDF)

- **MEMO 190-22**
[Coordinated Preschool Enrollment](#) (PDF)
- **MEMO 189-22**
[Required Entrance Procedures and Criteria for Identifying Potential English Learners](#) (PDF)
- **MEMO 188-22**
[Title IV, Part A Required Federal Reporting](#) (PDF)
- **MEMO 187-22**
[Opportunity to Comment on Proposed Amendment 5 to Virginia's ESSA Consolidated State Plan](#) (PDF)

The following Superintendent's Memos have been posted on the [Virginia Department of Education's website](#):

- **MEMO 157-22**
[IDEA, P.L. 117-103, 2022-2023 Part B Flow-Through Sections 611 and 619 and, Subgrant Awards for Special Education](#) (PDF)
 - [MEMO 157-22, Attachment A: Section 611, Flow-through Funds](#) (XLSX)
 - [MEMO 157-22, Attachment B: Section 619, Pre-school Funds](#) (XLSX)
 - [MEMO 157-22, Attachment C: Special Terms and Conditions](#) (Word)
- **MEMO 156-22**
[School-Based Health Workforce Grant Award Division Allocations](#) (PDF)
 - [MEMO 156-22, Attachment A: School-Based Health Workforce Grant School Division Award List](#) (Word)
 - [MEMO 156-22, Attachment B: Additional Required Special Terms and Conditions for Grant Awards or Cooperative Agreements](#) (Word)
 - [MEMO 156-22, Attachment C: Terms of Grant Award](#)
- **MEMO 155-22**
[Release of July 1, 2022, School-Age Population Estimates](#) (PDF)
 - [MEMO 155-22, Attachment A: School-Age Population Estimates - Total and Percent Change 2020 to 2021](#) (XLSX)

Participation Rates Data Available on VDOE Website

Participation Rates Data Available on Virginia Department of Education Website: This email is to inform school divisions that the participation rates have been placed on the Virginia Department of Education website [in a new location](#). Participation rates for the 2020-2021 and 2021-2022 school years are available in this location at the state, division, and school level by subject area and test.

Kami Icebreaker Activities to Kick-Off the School Year

What a better way to start the year than to kick off with some icebreaker activities. No matter your grade or subject, there's something for you in our latest **Icebreaker Activities training video** - [check it out!](#)

Free icebreaker templates If you love ready-made teaching templates, check out our icebreaker activities in the Kami Library. [See the templates](#)

First-day of school activities If you're looking for some inspo, check out our list of activities to try on the first day back. [Read the blog](#)

Virginia KidWind Renewable Energy Challenge

I wanted to share an exciting opportunity for your students and teachers coming up. The 2022-2023 Virginia KidWind Renewable Energy Challenge is beginning soon. Please encourage your teachers to consider participating.

There will be two Fall Coach training sessions in September that will introduce teachers to learning more about the challenge. These sessions will be **virtual** and hosted on September 15th at 3pm or September 27th at 3pm. Your teachers can decide which one they would like to attend. The signup links are on the attached flyer.

Then in October, there will be two local **in-person** regional Coach Workshops offered. At these workshops, the teachers will receive their kits, review the resources, and some best practices for preparing a team(s) for the challenge. The workshops will be on October 17th from 3:30pm-5:30 pm at the ODU Center for Educational Partnerships, in Norfolk, VA. The other one will be on October 18th from 3:30pm-5:30 pm at the Brooks Crossing Innovation Lab in Newport News, VA. The signup links are on the attached flyer.

Virginia Science standards that will be addressed:

Grade Level/Course	Standards
4 th grade science	4.1f-m, 4.2d, 4.3d, 4.6b, 4.9c
5 th grade science	5.1d-k, 5.6b, 5.7g
6 th grade science	6.1b-j; 6.2a,b,d; 6.3a; 6.9a
Physical Science	PS.1f-n; PS.6a,b; PS.7c; PS.11c,d
Earth Science	ES.1b-f, ES.6b,c,d; ES.12b,d
Physics	PH.1a-g; PH.3d; PH.5g; PH.6a,b; PH.7a,b; PH.9b,c; PH.11a-d

The flyer is attached with the signup links. Please let me know if you have any questions.

Have a wonderful Labor Day weekend.

Venia Ferrell, Ph. D., Research Associate, The Center for Educational Partnerships, Old Dominion University
4111 Monarch Way, Norfolk, VA 23508, Tel: 757-683-3197, Fax: 757-684-5716



KidWind Region
2.pdf

Accurate Math Assessment: Informing System-wide Support

By: Courtney E. Wheeler, Ph.D., research associate at the Center for Applied Research and Educational Improvement (CAREI) at the University of Minnesota

Data literacy matters. Mandinach and Gummer (2013) noted that the scope and nature of data in education is growing and with this growth in data, “all educators must understand how to use tangible evidence to inform their decisions rather than use anecdotes, intuitions, or personal preference” (p. 32).

Data literacy is not solely assessment literacy, but assessment literacy is a critical component of data literacy. All data collected within a school system (e.g., assessment data, fidelity data, etc.) is encompassed within data literacy.



Read more in Dr. Courtney Wheeler’s full blog post, where she shares the Why, What, and How data-literate educators and administrators must know when using assessment data.

[READ THE BLOG »](#)

VDOE: Virginia Preschool Initiative & Early Childhood Special Education

Bring Wolf Trap Early Arts Learning Programs to Your School Division! [Wolf Trap Institute](#) for Early Learning through the Arts leverages the power of the performing arts to provide early childhood educators with high-quality professional development to create joyful, active learning experiences for young children. Through funding from VDOE, [programs](#) are now available to Pre-K, K & 1st grade classrooms in school districts across Virginia.

Preschool Least Restrictive Environment Guidance Resources (ECTA)

During placement decisions, IEP teams must have the information needed to discuss and consider access to and participation in high-quality inclusive settings for every young child with a disability. These resources from the Early Childhood Technical Assistance Center (ECTA) provide guiding principles and practices that should inform placement decisions for young children with disabilities.

- [Preschool LRE Reference Points and Discussion Prompts](#)
- [Making Sound Preschool Least Restrictive Environment \(LRE\) Decisions](#)

VSBA Student Video Contest

The Virginia School Boards Association is once again asking Virginia high school students to create a video that expresses their **thoughts and ideas about public education**. The theme for the 11th annual competition, is “Rising Above” Students are invited to submit a 30-second video that conveys the contest theme. The top 3 videos, along with those identified by the judges as honorable mentions, will be posted on VSBA’s YouTube site, and winners will be honored at the VSBA Annual Convention in November.

For more information on how to submit video entries, please see the attached document. Information is also available on the VSBA website. PLEASE NOTE: Only ONE submission per school division will be accepted.

The submission deadline is October 3, 2022. **Each student participant listed must complete a Release Form**

If you have any questions, please contact Tom Brewster, assistant executive director, at tom@vsba.org or 434-295-8722 ext. 139.

[Click here to view the 2022 Student Video Contest Guide](#)

[Click here for the Release Form](#)

VDOE Office of Student Assessment: Supplement to the Virginia Assessment Program Test Implementation Manuals

The *Supplement to the Virginia Assessment Program Test Implementation Manuals* is available on the Virginia Department of Education's SOL Test Administration and Development [website](#).

The *Supplement to the Virginia Assessment Program Test Implementation Manuals* provides the information, guidance, procedures, and responsibilities the DDOT and STC must use for the management of paper testing materials for the following test administrations: Growth Assessments, Writing Standards of Learning (SOL) tests, Non-Writing SOL tests, and Virginia Alternate Assessment Program (VAAP) tests.

If you have questions, please contact the student assessment staff at Student_Assessment@doe.virginia.gov or call (804) 225-2102.

VDOE Special Education Instructional Services

The Office of Special Education Instructional Services provides a direct line of communication with Virginia's educators, paraprofessionals, and special education administrators and focuses on specially designed instruction for students with disabilities. This publication provides a way to share new resources as well as make educators aware of professional development opportunities of interest.

All educators are encouraged to subscribe and [receive these Special Education Instructional Services emails](#) directly from the VDOE.

Effective and High-Leverage Practices for Paraeducators

Complimentary, online, on-demand, and designed specifically for Paraeducators - explore [High-Leverage Practices](#) (HLP) and the unique role Paraeducators play in their execution.

The program will be completed in four phases at-your-own pace, addressing each of the following HLP focus areas:

- Collaboration
- Assessment
- Instruction
- Social/Emotional/Behavioral

E-Learning sessions will be interactive including Informational videos, interactive learning activities, and supporting resources focused on key skills and knowledge every Para educator will be able to implement in the classroom. Upon completion of each session or the full program, participants can download a certificate of completion.

[Effective and High-Leverage Practices for Paraeducators](#) registration is open now. This complimentary program was brought to you in collaboration with the [Paraprofessional Resource & Research Center](#), the [CEEDAR Center](#), and the [Council for Exceptional Children](#).

Early Childhood Special Education

Applications Open: Itinerant Early Childhood Special Education Service Delivery Model of Community of Learning

The VDOE will offer an Early Childhood Special Education (ECSE) Service Delivery Model Community of Learning this fall for teachers endorsed in ECSE who use the itinerant model. The six-session, virtual series will focus on building competencies to implement itinerant services to ensure the active and meaningful participation of young children with disabilities in general education settings. Applications are now open and should be submitted by September 2.

- [Itinerant Early Childhood Special Education Service Deliver Model Community of Learning](#)
- September 27 – November 2

VDOE Readiness Connections Updates: Early Childhood Education

Virginia Preschool Initiative

Join WIDA™ for an Overview of Resources for Supporting Multilingual Children and Families - Webinar on August 31

The VDOE has partnered with [WIDA™ Early Years](#) to help support multilingual children in early care and education (ECE) settings. On August 31, all birth-five educators and leaders are invited to join a kickoff webinar for the 2022-2023 school year. Participants will learn about WIDA™ Early Years, explore tools and resources, and have opportunities to provide input on local dissemination and implementation of WIDA Early Years resources.

- Virginia and WIDA Early Years Partnership Overview
- August 31 at 10:00 a.m.
- [Register for the webinar](#)

Last Chance to Sign Up for the Early Learning and Development Standards (ELDS) Micro-Credential Pilot; One Month Remaining!

VDOE continues to seek birth-five educators interested in participating in the ELDS Micro-credential Pilot. This is a 5 hour, online, self- and competency-based learning opportunity. Individuals who have completed the interest form will be contacted by Radford University if space is available. [Sign up today for the new Spanish version OR the English version.](#)

Reminder: Up to 1000 participants will receive a \$100 completion stipend (for the pilot only). **All Pilot participants must complete the micro-credential by August 31 in order to receive the stipend.** Family day home and child care educators will be prioritized for enrollment.

CERCA Slide Sets: Role of Machines

Isaac Asimov, the great science fiction writer, recorded three rules for robots that remain at the center of our discussions about the [role of machines in our lives](#). Explore the rules below and this week's CERCA slides set about the positive and negative effects of technology.

- A robot may not injure a human being or, through inaction, allow a human being to come to harm.
- A robot must obey the orders given it by human beings except where such orders would conflict with the First Law.
- A robot must protect its own existence as long as such protection does not conflict with the First or Second Laws.

Try out our ready-made interactive lessons, which have been proven to double student reading growth. ([See our results here!](#)) [View Role of Machines Set Here](#)

Key Question: What are the positive and negative effects of technology?

Grade 3

My Grandmother's Robot

[CERCA Slides](#) / [Student Guide](#) / [Pear Deck](#)

Grade 7

Robotic Fish Are This Invasive Species' 'Worst Nightmare'

[CERCA Slides](#) / [Student Guide](#) / [Pear Deck](#)

Grade 9

Medical Robots

[CERCA Slides](#) / [Student Guide](#) / [Pear Deck](#)

Grade 12

A Will to Survive

[CERCA Slides](#) / [Student Guide](#) / [Pear Deck](#)

CERCA Slide Sets: Nature Poetry

Nature is all around us! As you enjoy time outside this summer, this set of Pear Deck-powered CERCA Slides was developed to inspire everyone to be nature's stewards! Try out our ready-made interactive lessons, which have been proven to double student reading growth. ([See our results here!](#)) [View Nature Poetry Set Here](#)

Key Question: How do poets connect with nature?

Grade 4

The Wind

[CERCA Slides](#) / [Student Guide](#) / [Pear Deck](#)

Grade 6

When I Heard The Learn'd Astronomer

[CERCA Slides](#) / [Student Guide](#) / [Pear Deck](#)

Grade 7

The Coming Of Fox

[CERCA Slides](#) / [Student Guide](#) / [Pear Deck](#)

Grade 12

Cloud Anthem

[CERCA Slides](#) / [Student Guide](#) / [Pear Deck](#)

ASCD Express Newsletter: Making Curriculum Relevant

With the school year fast approaching, this issue brings together new stories and resources designed to help instructional leaders feel better prepared to meet students' and teachers' needs in a time of continuing uncertainty. Explore strategies and instructional shifts on making curriculum relevant, fostering positive student behavior, creating more supportive classroom and school cultures, and decluttering teachers' work. Make it a great start from day one!

[5 Elements of a Relevant Curriculum](#). By Angela Di Michele Lalor: By examining curriculum with a focus on key elements of effective learning, educators can gain clarity about what they are teaching and why.

[Setting Students Up for Success With Behavior](#). By EL Staff: In a book excerpt from [What We Say and How We Say It Matter](#), bestselling author Mike Anderson shares how important positive shifts in language can be when setting expectations.

[Pandemic-Related Behavior Issues Pose Ongoing Challenge for Schools](#). By Noble Ingram: New NCES data indicate that leaders are seeing big upticks in challenging student behavior—and they need more support to address it.

[Clearing "Waste" from Classrooms](#). By Tamera Musiowski-Borneman & C.Y. Arnold: Identifying the inessential tasks, initiatives, and physical clutter that consume energy and time is critical to improving educators' well-being.

[When It Comes to School Culture, Words Aren't Enough](#). By Alden Blodget: Educators must take systematic steps to ensure that a school's mission and values are reflected in students' and teachers' actual experiences.

[Advancing Equity through Self-Inquiry and Thoughtful Action](#). By Erica Buchanan-Rivera: Educators must consider how they are showing up to create identity-affirming environments.

Using Acadience Learning Online to Support the Science of Reading

Teachers across the country are immersing themselves in the science of reading, and as a result, many now recognize the source of a student's struggle in literacy development through observation. As teachers understand more about the science of reading and how "The Reading Brain" functions, they also understand how they can effectively substantiate their teacher observations through data analysis.

[Acadience® Reading](#) (previously published as **DIBELS Next®**) provides quick, reliable, and valid measures for all students, including those with dyslexia, to indicate if they are on track for reading success. **Acadience Reading** is now available within [Acadience® Learning Online \(ALO\)](#), which allows either paper/pencil or online administration with a dynamic reporting feature.

Read Laurie Carmon's [full blog post](#) to learn more about using data as literacy support to prevent later reading difficulties.

Swivl: New Teachers Need More Support. Here's an Easy Way to Help!

Teacher pipeline. Teacher growth. Teacher retention. In Secretary Cardona's vision to elevate the teaching profession, he highlights these three priorities as essential for improving America's schools: improving teacher pipeline, supporting teacher growth, and investing in teacher retention. What this makes abundantly clear is that the future of education depends directly on our commitment to the success of new teachers. From field placement to the critical first three years, K-12 schools and teacher prep programs must implement proven strategies to improve the quantity and quality of support that new teachers receive. From field placement to the critical first three years, K-12 schools and teacher prep programs must implement [proven strategies to improve the quantity and quality of support that new teachers receive](#).

Yet, many status quo support strategies can be cumbersome and disruptive for teachers, their students, and even those responsible for offering support. **There's a more efficient, practical and effective way, and it is**

empowering teachers to reflect with classroom video.

In our [latest piece for EdSurge](#) by Swivl CEO Brian Lamb, he outlines why reflection + video is both a right-now solution to improve new teacher support and the first step towards turning schools into trust-based organizations.

One simple strategy capable of delivering high-impact results in this regard is the targeted use of classroom video. This approach helps teachers reflect deeply and hold evidence-based discussions with coaches and colleagues. And the effect is just as powerful when it comes to student learning. Reviewing classroom video, or what John Hattie calls “micro-teaching,” is one of the strongest factors related to student achievement in [his list of 250+ items](#).

Improved Methods of New Teacher Support

Providing adequate support for new teachers has long been a top priority for schools. Yet, many of the traditional strategies employed, while absolutely essential to professional growth, can be cumbersome and disruptive for teachers, their students and even those responsible for offering support.

Classroom walk-throughs and observations place undue stress on new teachers, eat into prep time and can exacerbate existing classroom management issues. School-wide PD often feels disconnected from a new teacher’s work. Individual coaching can be a great addition to a district’s PD plan, but this is a resource-intensive approach.

Each of these concerns presents an opportunity for more efficient, practical and effective professional learning for new teachers.

New teachers need to reflect on their practice

Reflection with video gives new teachers clear evidence to address their challenges, get help when needed and build the competencies required to avoid those challenges in the future. With video, a teacher can see the reasons behind their challenges and work toward real solutions. Recording an interaction with a rowdy class, for example, gives the teacher a chance to first observe their response and then share the recording with a colleague, coach or administrator to brainstorm ways to improve their classroom management skills.

The act of regular reflection, on its own, also helps new teachers develop the mental skills that can prevent classroom issues down the line. Building self-awareness positively impacts emotional intelligence, empathy, listening skills, critical-thinking skills, decision making, communication and leadership. When new teachers develop a strategic routine of self-reflection, they become drivers of positive change in their own classroom and, eventually, throughout their school or district.

Districts support new teachers through reflection and video

Consider how two separate districts have used video to support teaching and learning during the pandemic.

Facing a teacher shortage, [Littleton Elementary School District](#) had to hire many new teachers from outside of Arizona. This resulted in an unfavorable ratio of mentor teachers to early-career and new teachers. In response, the district created a robust system of teacher support based heavily on regular reflection and classroom video. New teachers get frequent support by sharing short videos with coaches through Teams by [Swivl](#). This empowers district instructional coaches to provide more personalized feedback than may be possible when conducting in-person walkthroughs.

“Now, because principals have [Swivl Teams + Robot](#), they can help a teacher who needs support and have them work on self-reflection,” observes Aracely Vazquez, Littleton Educational Technology Specialist.

“Coaches can’t be everywhere all the time to give teachers feedback,” explains Littleton Director of Instructional Technology Jim Verrill. But the district has realized the time-saving benefits of supporting new teachers through classroom video capture with Swivl Robots, enhanced by reflection and discussion through Teams by Swivl. This addresses multiple pain points for Verrill: “There’s no need to schedule a time to come into the classroom, and teachers receive lots of personalized feedback.”

Kelley Clark, Professional Development Coordinator in Dodge City, Kansas, has also [leveraged reflection and classroom video](#) to support new teachers. She believes that this combination is not only time-saving, but also helps teachers develop autonomy.

“When the Swivl Robot is in the classroom, it’s an objective observer,” Kelley says. “Teachers look at what they’re doing and how their kids are responding. That’s more powerful than anyone coming in and saying, ‘You should be doing this or that.’”

Building a trust-based organization

Classroom video as a tool for regular reflection provides some clear benefits: better, faster, more personalized support for new teachers. But when teachers gain the habit of reflection early in their career, acting as leaders to spread the practice to their colleagues, the possibilities expand dramatically.

Recommended Resources

- [Swivl for Social-Emotional Learning](#)
- [Swivl for New Teacher Support](#)
- [Why SEL resources are not enough for a successful school initiative](#)
- [Learn more about Swivl Teams + Robot](#)

Reflection through video can improve alignment around important initiatives. If teachers and administrators all reflect on the same classroom video, it becomes much easier to establish shared expectations for a new curriculum or culture shift.

In this way, regular reflection with video can promote trust across systems. First, teachers begin to trust in their own ability to identify challenges and improve their practices. Then, colleagues develop more trust in one other as they share their work and help each other improve. Ultimately, an entire organization can develop a culture of trust as everyone becomes more committed to shared goals and visions for success.

It all starts with giving new teachers the tools and support they need from day one.

10 Free Writing Tools Top Writers Use to Enhance Their Content

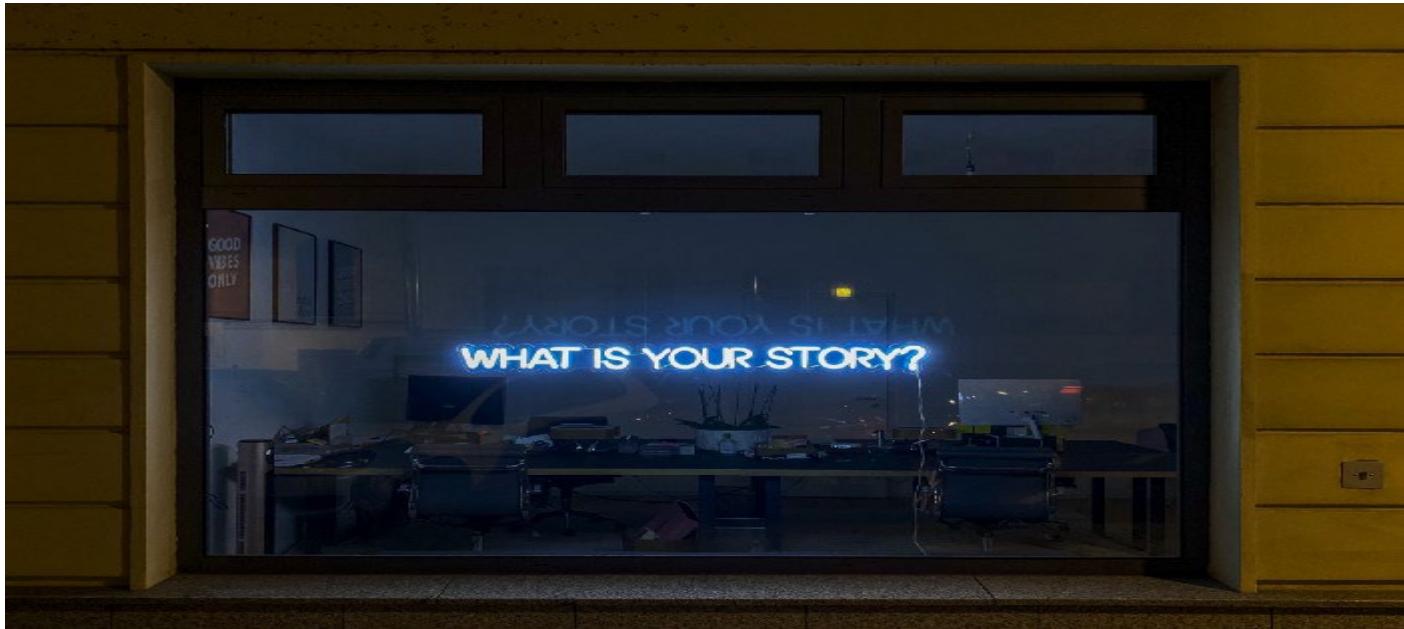
As adult writers, we know just how important it is to create and deliver the very best content for any audience. In addition to using the correct spelling, grammar, and sentence structure in our writing, we must also ensure that the content is highly readable and engaging, so that readers will be interested in reading it.

Luckily, there are a number of **free writing tools and plugins** available that help one create high-quality, engaging content for your audience.

Draft: Many writers find it helpful to set a daily word count in order to reach their writing goals. In addition to tracking how many words you write per day, Draft can also send you daily email reminders about your daily writing goals. Furthermore, the software has a lot of similarities to Google Docs. For example, it's easy to track changes, suggest edits, collaborate with others, and leave comments.

Reedsy Book Editor: If you are writing a book, then you might want a word processor geared more toward authors. The Reedsy Book Editor app is an online word processor that can format your book as you are writing it; making it easy to turn a rough draft into a professional-looking manuscript that's ready to publish.

Milanote: This user-friendly app for creative writers makes it easy to organize your ideas, research, outline, and characters all in one place. Milanote is great for writers who don't think and write in a linear progression.



LibreOffice: This free open-source word processor is a great alternative to Microsoft Office, especially for aspiring/starving writers on a budget. LibreOffice is functional and user-friendly. Plus, it's compatible with a wide range of file types like .doc, .docx, .xls, .xlsx, .ppt, and .pptx.

Evernote: Another option for writers who need a little help getting organized. The Evernote app lets you save online articles, write down thoughts, and even record audio notes — making it a great tool for those who are constantly getting new ideas on-the-go.

Ommwriter: The free web version of this app helps writers relax, think, and write by providing them with soothing background music, customizable keyboard sounds, and relaxing backgrounds. Basically, Ommwriter helps writers take a “break” from all the noise and distractions in life, so that they can focus on writing.

To Doist: As you might be able to guess by the name, the To Doist app helps people get organized by creating a to-do list of tasks that they need to get done. You can create daily or weekly to-do lists, as well as organize tasks by their level of importance.

Cold Turkey: For writers who need additional help ridding themselves of distractions, there's Cold Turkey. You can use the writing tool's free basic plan to eliminate distractions. For example, blocking certain websites and even certain computer programs for specified periods of time, so that you can focus 100% of your time and energy on writing.

Hemingway: The free app makes it easy for writers to write “boldly and clearly” with a number of helpful features. In addition to a word-counter, the Hemingway app also gives your content a readability score based on how readable your writing is. For example, it might suggest making changes to a complex sentence that's difficult to read. Essentially, this app really helps make your writing more engaging.

Grammarly: If you want to be a professional writer, then you must publish professional-looking content. That means your content must be free of spelling and grammar mistakes, as well as sentence structure errors. The free Grammarly app can scan your text looking for those hard-to-find typos that you accidentally overlook after hours of writing.

VDOE Office of School Quality: Quality Quick Takes

“I want to be in classrooms more this year.”
“We want our assistant principals to focus more on instruction.”
“We want to make data-informed decisions.”

These statements are among the many annual goals set by veteran principals and their instructional leader teams for themselves and their faculty to improve building instructional outcomes. If you are a new principal, those are tangible goals to embrace with purpose. However, the daily and weekly crises often avert our attention away from the mission as we serve as reactive managers rushing to extinguish the urgent fires of the day. To create sustainable models of school improvement, leadership teams engaging in the process must make it an iterative process with teams consistently revisiting the planning, implementation, assessment, and re-implementation cycle (or whichever variation of an improvement cycle is used). Instructional Leader teams must come together to determine ways to effectively manage crises while protecting the sanctity of instructional leader activities.

On a personal level, I would consistently remind my leadership teams, “what you don't address, you bless, and; you cannot expect what you don't inspect.” Teachers and students should see and feel the educational values and the focus of a leader's heart. That is done through both words and actions and, ultimately, is what brings others in line with the overall mission. As your team is planning and implementing plans for success, remember to keep in mind that the school improvement process is a “process” that takes time, and small progress each day adds up to big, sustainable results.

As customary, the Office of School Quality (OSQ), and other departments within the Virginia Department of Education (VDOE), stand ready to assist your team in any part of opening the school-year and navigating throughout the year as various needs arise. Do not hesitate to reach out with questions and visit our website at either of the following links: [VDOE](#) or [Office of School Quality](#).

Stay encouraged and keep moving forward! **Aurelia Ortiz**, Director, Office of School Quality

Support for High-Quality Educational Environments

Instructional Rounds are a structured process for schools and divisions to collect data and apply shared expertise to implement school improvement plans. In this process, networks of educators within a school, across schools in a division, or a division observe classroom instruction to identify the next level of work for school improvement related to a problem of practice. The next level of work reflects an area of discrepancy between the school's desired functioning and the current state. Schools use a cycle of inquiry based on student data to identify a problem of practice that focuses on the instructional core, the interaction of students, teachers, and content that drives learning. Observation teams use focus questions aligned to the problem of practice to guide their observations and then share their observations within the instructional network during an observation debrief. The debrief identifies areas of effective instruction for celebration and areas for improvement that inform the next level of work.

This [research brief from Hanover Research](#) reviews available literature on the definition and components of Instructional Rounds. In addition, this [supplement](#) provides tools for applying this content.

Quest for Knowledge

How do you monitor the alignment of curriculum or instructional strategies? How might you evaluate the effectiveness of your action plan within the multi-year comprehensive school improvement plan? Instructional Rounds provide an effective method of building collective efficacy in aligning planning, observing, and debriefing around identified areas of need.

In this upcoming technical assistance webinar, OSQ will outline the elements of Instructional Rounds, describe the needed structures to support it, and equip schools and divisions in developing the process. Participants will gain a better understanding of Instructional Rounds and resources for implementation.

To learn more on this topic, join OSQ on **Thursday, September 15, 2022**, at 9:00 a.m. or 6:00 p.m. for an hour-long technical assistance (TA) session. To attend the 9:00 a.m. session, complete this [registration form](#). To attend the 6:00 p.m., complete this [registration form](#).

Promotion of Quality Leadership

Leaders across the Commonwealth work diligently to promote quality in their schools. Please take some time to recognize those leaders. The OSQ Team is happy to announce the names of school leaders who were recognized for their role in action planning. You can view the list of individuals on [this document](#).

Based upon this month's theme of Instructional Rounds, please nominate a principal who has embodied this work as designated in the criteria below. Complete the [nomination form](#) by **September 6, 2022**, for consideration.

The leader supports instructional rounds by:

- Setting up structures that support implementation for instructional rounds
- Taking observations and connecting the data to a problem of practice in the improvement plan
- Valuing classroom observations and evidence-based feedback
- Setting up a collaborative climate; and
- Facilitating conversations around feedback using data from observations

Data Connections

Collecting data for instructional rounds is a great place to begin your data collection process. However, it is important to make sure that data is a central part of how the school operates which means you need a plan. Schools and divisions should plan ahead for data collection, visualization, and analysis. This month we want to highlight the importance of building our team's data literacy and in turn building a data culture. With Accreditation being released soon it is very important that data is synthesized in a manner that is easy for all to understand. The process involves preparing data sets by way of collection and visualization. In turn, a leader needs to plan for the conversations around the data. How will you build everyone's data literacy to improve the data culture? Here are two resources that may be helpful as leaders begin this journey toward building school data culture: [Great Schools Tips](#) and [WestEd Toolkit](#)

Upcoming Events

The Office of School Quality is currently finalizing plans for a **Collaborative Learning Cohort on Chronic Absenteeism**. This will be a year-long series for principals and a member of their attendance team to engage in a three-part E-learning series facilitated by Attendance Works. Included in this series will be one in-person session and two follow-up webinars hosted by OSQ and the Office of Student Services (OSS). Registration information will be shared with division OSQ contacts as soon as possible.

In addition, OSQ is partnering with the VDOE English department to provide **Literacy Leaders (K-5)**, a year-long initiative that will include two in-person and four virtual events for elementary school principals. As a result of this training series, principals will deepen their understanding of literacy comprehension, gain confidence in

identifying evidence-based literacy practices, and increase their capacity to lead and collaborate with staff to improve literacy instruction throughout grades K-5. Registration information will be shared with division OSQ contacts as soon as possible.

OSQ Launches NEW Webpage

Visit the **Office of School Quality's webpage** to find news and announcements relating to the work of OSQ. The page provides information about the Virginia Continuous School Improvement Process (VaCSIP), Academic Reviews, Systems of Support, Quick Takes Archived Publications, and School Improvement Grants (SIG). Also, divisions can request technical assistance delivered by OSQ through this site on the Systems of Support Page.

OSQ Launches Foundations of Continuous Improvement Canvas Course

The **Canvas Course** includes videos, resources, and quick checks on each Virginia Continuous School Improvement (VaCSIP) module. In addition, in late August, Evidence-Based Interventions, Module IV, Academic Review Toolkit information, and resources will be included in the course. Division and school leaders can access the resources and training any time, anywhere. For access to the **Canvas Course**, please sign up here: <https://tinyurl.com/osqcanvas>.

Collaborative Learning Corner

Grant for Tuition Scholarships for Licensed High School Teachers to be Considered Faculty to Teach

Dual Enrollment: School divisions may apply to VDOE for a grant for dual enrollment tuition scholarship awards. Individuals who are currently enrolled in relevant content/discipline area courses for the Fall 2022 and Spring 2023 semesters who are eligible for dual enrollment tuition scholarships are eligible for consideration. Please submit grant requests for the Fall 2022 semester no later than September 9, 2022. See [Superintendent's Memo 150-22](#) for all of the details.

Early Arts Learning Programs: [Wolf Trap Institute](#) for Early Learning Through the Arts leverages the power of the performing arts to provide early childhood educators with high-quality professional development to create joyful, active learning experiences for young children. [Programs](#) are now available to Pre-K, K, and 1st-grade classrooms in school districts across Virginia. Complete the [Virginia New Partner Interest Form](#) by September 15, 2022, or contact education@wolftrap.org/at 703-255-1933.

2022 Career and Technical Education (CTE) High-Quality Work-Based Learning Guide: The VDOE collaborated with stakeholders to review and revise the CTE High-Quality Work-Based Learning Guide (HQWBL). Technical content revisions and new program content in certain areas were added to provide local school divisions with consistent messaging regarding high-quality work-based learning experiences. The Guide focuses on all 12 types of work-based learning (WBL) methods used in Virginia. In addition, it includes Virginia regulations and guidelines for the administration of HQWBL and provides training materials for WBL teacher-coordinators. [See more from VDOE!](#)

VDOE Fall 2022 Cohort Journey into Teaching Academy: A year-long professional development initiative for teachers completing their second year of teaching at the end of the 2021-2022 school year and entering their third year of teaching during the 2022-2023 school-year as a provisionally-licensed special education teacher. The Academy provides teacher support beyond mentorship to enhance the retention as well as the overall performance of provisionally-licensed special education teachers. Completed applications and recommendations are due to the VDOE by September 23, 2022. See [Superintendent's Memo 163-22](#) for details.

Relevant Research and Best Practice Highlights

Best Practice Highlights: Shared below are links to research designed to provide school leaders with information regarding continuous improvement in the field of education and building a culture of continuous improvement.

[Building a Culture of Continuous Improvement](#)

[Continuous Improvement in Education](#)

Did you know?

School Quality Profiles: School Profiles were developed by the state Board of Education in response to the 2015 Virginia General Assembly. This directed the Board to redesign online reports for schools and school divisions to more effectively communicate to parents and the public about the status and achievements of Virginia's public schools. As a result, School Quality Profiles are available for all schools, school divisions, and the state. [Check them out today from VDOE!](#) We anticipate School Quality Profiles to be updated in late September. For more information, contact your division leadership.

Reminders

OSQ Upcoming Training: Conducting the Academic Review

This full **VIRTUAL** training will equip participants with an understanding of the process, the tools, how to prepare for and conduct the Academic Review, and completion of the Academic Review Report.

In-Person Training Options

September 27, 2022 - Virginia Beach 8:00 a.m. - 4:00 p.m.

September 28, 2022 - Richmond 8:00 a.m. - 4:00 p.m.

The in-person training will include activities and the opportunity to collaborate. [Register for the training using this link.](#)

School Improvement Grant (SIG) Applications

Divisions are reminded that SIG reimbursements must be submitted to OMEGA at least once a month. Submitting reimbursements regularly allows OSQ and the division to monitor the spend-down of the SIG funds. In addition, all requests for reimbursement should be entered into OMEGA no later than September 1, 2022, to ensure adequate time for processing the funds.

Upcoming Quick Takes Topics

September 2022 - School Quality Profile

VDOE: Testing Memo No. 1546

Communicating Results of State Assessments to Parents/Guardians

The *Elementary and Secondary Education Act*, reauthorized as the *Every Student Succeeds Act* (ESSA) states that "... a school that receives (ESEA) funds...shall provide to each individual parent of a child who is a student in such school...information on the level of achievement and academic growth of the student, if applicable and available, on each of the State academic assessments...." [ESEA §1112(e)(1)(B)(i)] Additionally, §1111(b)(2)(B)(x) of ESSA requires that assessments used to meet federal assessment and accountability requirements "produce individual student interpretive, descriptive, and diagnostic reports... regarding achievement on such assessments that allow parents, teachers, principals, and other school leaders to understand and address the specific academic needs of students, and that are provided to parents, teachers, and school leaders, as soon as is practicable after the assessment is given...."

As previously communicated in Superintendent's Memo 282-17, school divisions are reminded that individual student score reports, or the information included on individual student score reports, are to be provided to parents or guardians of each student in a timely fashion after the completion of the test administration. Beginning in fall 2021, the Virginia Department of Education made available for families Virginia's Assessment Parent Portal. School divisions must provide families with some student demographic information and a claim code in order for parents to access the portal. Access to the portal will allow families to access certain Standards of Learning and Growth Assessment score reports for their child(ren). Each Division Director of Testing has been provided with information on the use of the parent portal.

In addition, at the end of each state test administration, school divisions have the opportunity to order printed copies of individual student score reports at no cost to the school division as part of the statewide assessment contract. This includes student score reports for Standards of Learning tests, Virginia Alternate Assessment Program tests, and Fall and Winter Growth Assessments. Each Division Director of Testing has been provided with details of how to access and order individual student score reports.

Superintendent of Public Instruction's Statement on National Reading and Math Report

RICHMOND — Superintendent of Public Instruction Jillian Balow issued the following statement today in response to the release of [National Assessment of Educational Progress long-term trend reading and mathematics data](#) by the National Center for Education Statistics.

“The NAEP long-term trend report provides our first national picture of the catastrophic consequences for students of the pandemic and the prolonged closure of schools to in-person learning.

“While we won’t have state-level NAEP data until later this fall, it is reasonable to expect that the performance of Virginia students — which began to decline well before the pandemic — will mirror the national trends in reading and math, especially given how long our students and teachers were kept out of their classrooms.

“Governor Glenn Youngkin, Secretary of Education Aimee Guidera and I are committed to the recovery of every student in every school. The announcement of the [Bridging the Gap](#) initiative yesterday represents our first step toward meeting this unprecedented challenge.

“Working in partnership with parents and teachers, we will bridge the gap and create a culture of excellence and high expectations in every school in the commonwealth.”

Education Resources

How to Change Your Mindset and Achieve Your Goals

We all set goals, but many of us do not achieve them. According to the research, only about 8% of individuals accomplish their goals. [Read the Blog!](#)

But this does not have to be the case. The fact is, no matter where you are in life, you can set goals and achieve those goals. For many, all that is needed is a change in mindset. **Seven steps can help you change your mindset today, including:**

- Accept that your thinking needs adjusting
- Identify your counter-mindsets
- Flip the switch

VASCD August Member Resources

Let's Put Time on New Teachers' Side

Although we can't gift teachers more than 24 hours in a day, schools can reconfigure how they use time to give novices more support.

Applying Think Time to Formative Feedback

Teach think time in the first few weeks of the school year to build formative feedback foundations.

3 Questions to Help Leaders and Staff Find Balance This School Year

While many may still be dreaming about a return to "normal," moving forward means embracing the old with the new.

One Habit that Improves Conversation Skills by Jim Knight

This simple act can deepen conversations and connections in schools.

The Seven Habits of Highly "Affective" Teachers (Wormeli, 2015)

Teachers who overlook the emotional elements of teaching and learning can become exhausted and grow disconnected from students, creating an almost adversarial relationship with them. If we truly want to make school a better place, strengthening our emotional health must become a habit. As veteran teacher and author Rick Wormeli writes, "We can develop constructive responses to our own affective needs as teachers and equip our students to do the same."

Podcast: Kimberly Parker on Culturally Responsive Literacy Instruction [Audio 11:30]

By shifting their mindsets, educators can revamp how they provide literary experiences for students of color.

Tech & Learning Spotlight on Equity: Inclusive by Design: Accessibility and Equity in Schools

Federal laws such as the Americans with Disabilities Act and the Individuals with Disabilities Education Act specifically calls for students to have plans to accommodate their individual disabilities or instructional needs and this **applies to technology access as much as it applies to physical access**. Schools need to consider whether students have access to laptops connected to the internet at home, whether they have access to a digital curriculum and whether the technology provides support for their instructional needs.

Providing these resources in a way that doesn't stigmatize or call out the student's disability is a tremendous bonus when considering the student's social and emotional well-being. Incorporating the right resources so that all students within the learning environment benefit without causing any student to stand out from another is the **essence of inclusive classroom design**. [Read the Spotlight on Equity here.](#)

2022-2023 Monthly Calendar Themes for School

As a teacher, you may want to celebrate holidays and other milestones with your students year-round with all sorts of classroom activities. Whether it's the [100th Day of School](#), [Earth Day](#), [Halloween](#), or even [International Podcast Day](#), these opportunities can become memorable teaching and learning moments.

Themes for Each Month of the Year

Using the hyperlinked header above, check out the monthly calendar theme ideas, complete with teaching and learning resources for holidays and other days of significance in the 2022–2023 school year for all grade levels. Here are a few to get you started:

August Themes

First Day of School

- [Back-to-School 2022 Articles for Teachers and Educators](#)
- [6 Back-to-School Icebreakers for Elementary Students](#)
- [3 First-Day-of-School Icebreaker Activities for Middle School Students](#)
- [5 First-Day-of-School High School Icebreaker Activities](#)
- [7 Strategies to Start the New School Year Right](#)
- [29 Back-to-School Writing Prompts for Middle and High School](#)
- [9 Back-to-School Getting-to-Know-You Activities for Students](#)

National Navajo Code Talkers Day (August 14)

- [Navajo Code Talkers Lesson Plan for Students](#)

September Themes

9/11 Remembrance

- [9/11 Activities for Elementary Students](#)
- [Nine 9/11 Activities & Lesson Plans for the Classroom](#)

National Hispanic Heritage Month (September 15–October 15)

- [A Celebration of Culture: National Hispanic Heritage Month Activities for Students](#)
- [Celebrate Hispanic Heritage Month With These HMH Books](#)

Constitution Day (September 17)

- [We the People: 6 Constitution Day Activities for Students](#)

First Day of fall (September 22 in 2022)

- [8 Fall Activities & Lesson Plans for Elementary Students](#)

International Podcast Day (September 30)

- [4 Ways to Celebrate International Podcast Day](#)

October Themes

Dyslexia Awareness Month

- [National Dyslexia Awareness Month 2022](#)

World Teachers' Day

- [Happy World Teachers' Day: Why and How to Celebrate](#)

Indigenous Peoples' Day (October 10 in 2022)

- [Q&A: How to Teach Indigenous Peoples' Day](#)
- [Infusing Multiple Narratives in History Classrooms: Native American Studies](#)

Halloween (October 31)

- [6 Halloween Activities for Elementary Students](#)
- [ELA Halloween Activities for Middle School and High School Students](#)

- [Halloween Math Activities for Middle School and High School Students](#)
- [12 Ideas for Best DIY Teacher Halloween Costumes](#)
- [The Best Halloween Books for Kids: Celebrate in the Classroom](#)

November Themes

National Novel Writing Month

- [National Novel Writing Month: Turning Students into Excited Writers](#)

National STEM/STEAM Day (November 8)

- [Celebrate STEM Using Hands-On Experiments and Science Stories](#)
- [Celebrating Famous Women in Science Who Have Impacted the World](#)

Veterans Day (November 11)

- [8 High School Veterans Day Activities and Lesson Plan Ideas](#)

World Kindness Day (November 13 in 2022)

- [4 World Kindness Day Activities to Teach Tolerance and SEL Skills](#)

Thanksgiving (November 24 in 2022)

- [9 Thanksgiving Classroom Activities, Games, and Crafts](#)
- [7 Fun Thanksgiving Activities for Elementary Students](#)
- [Try Some Mofongo With Your Turkey This Year](#)

Black Friday (November 25 in 2022)

- [Black Friday Classroom Activity and Lesson Plan: Teaching Math and Money](#)

December Themes

National Pearl Harbor Remembrance Day (December 7)

- [Pearl Harbor Activities for Elementary and Middle School Students](#)

Hanukkah (December 18-26 in 2022)

- [11 Hanukkah Classroom Games and Activities for Elementary Students](#)

Christmas (December 25)

- [8 Fun Christmas Classroom Activities](#)

Kwanzaa (December 26-January 1 in 2022/2023)

- [7 Kwanzaa Activities and Lesson Plans for Elementary Students](#)

All Winter Holidays

- [12 Winter Holiday Classroom Activities, Games, and Craft Ideas](#)
- [The Best Holiday Books for Kids to Celebrate Christmas and Hanukkah](#)

Virginia History & Culture

Virginia History & Culture: [Summer/Fall 2022 Issue](#)

This Issue's Featured Stories:

- Cheers, Virginia! Exhibition: Learn about the VMHC's newest exhibition, featuring artifacts from Virginia's beverage history and celebrating the work of craft brewing, distilling, and fermenting. [Read the article.](#)
- Kline Kar Restored: Learn about the preservation and restoration efforts to the 1918 Kline Kar now on display in the VMHC's Commonwealth Hall. [Read the article.](#)
- The Commonwealth History Fund: Celebrate the inaugural recipients of the VMHC's new endowment and grant-making program, and learn about how to apply for the next award cycle. [Read the article.](#)
- The Purple Heart at 240: Commemorate the anniversary of America's oldest military honor and learn about some of its recipients. [Read the article.](#)

The new school year is upon us, and for educators and leaders, it's more important now than ever to embrace ambitious solutions to persistent challenges facing their schools. The articles featured in this issue outline strategies for rethinking professional learning, teacher teams, and student and adult well-being from an organizational perspective. These strategies encourage educators and school leaders to seek deep-rooted solutions that benefit students and adults alike—from the first day of the new school year to the last.

Article Spotlight

[3 Habits to Make Teacher Teams More Impactful](#)

By Elisa MacDonald

Start the school year with these collaborative moves.

[How Microcredentials Can Save Professional Learning](#)

By Eric M. Carbaugh, Laura McCullough, Meghan Raftery, & Ebbie Linaburg

Make professional learning more relevant, meaningful, and valuable.

[Self-Care Is Not Enough!](#)

By Mona M. Johnson

Teaching through the pandemic has been traumatic. Schools must now prioritize organizational well-being.

[Re-Framing Teen Stress](#)

By Abby Wills

Teenagers are facing an epidemic of stress. With care and connection, educators can help them cope.

[Q&A: New Challenges, New Solutions in Teacher Induction](#)

By Esteban Bachelet

One Texas district is working with ASCD to make professional learning more individualized for new teachers.

[Structure, Systems, and Strategies—3 Underappreciated Ways Leaders Can Help Teachers This Year](#)

By James Tauzel

Effective leaders need to work consistently toward providing support in varied and strategic ways.

[Letting Student Voice Lead the Way](#)

By Catharine Biddle, Lyn Mikel Brown, & Mark Tappan

To increase healing and well-being in school, make sure your students are part of the process.

NASA TECHRISE Student Challenge

Welcome back from summer break! I hope your school year (or school year planning) is off to a great start. I'm excited to share that our first challenge of the 2022-23 school year has arrived. The [NASA TechRise Student Challenge](#) is open for entries from sixth through 12th-grade student teams, and we will announce more challenges open to younger students soon.

This year's NASA TechRise Student Challenge is all about designing experiments for... high-altitude balloons! Now through October 24, 2022, sixth through 12th-grade teams can submit experiment ideas under the

guidance of an educator. Sixty winning teams will get \$1500 to build their experiment, a spot to test it on NASA-sponsored balloon flight, and technical support from our awesome TechRise advisors. It's a great way to get hands-on with a NASA project this school year, and we encourage teams of **all skill levels** to apply. I hope you can join the [NASA TechRise Educator Workshop](#) on August 27, 2022, where you will learn about high-altitude balloons, explore the challenge with fellow educators, and speak with teachers who participated in last year's NASA TechRise Student Challenge. (Certificate included!)

And I hope your class(es) can drop in for the [NASA TechRise Virtual Field Trip](#) on September 22, 2022. Students will hear from NASA speakers, get inspired about sending a science or technology project to the stratosphere, and submit questions to NASA experts on the main stage or in the virtual expo hall.

More details about the challenge (including videos and slide decks) are on the challenge website [HERE](#). And, as always, feel free to contact support@futureengineers.org with any questions.

Once again, best wishes for a great school year. I look forward to seeing many of you at the educator workshop, and I'll be in touch soon with more challenge news! Best, Deanne Bell, Future Engineers

NASA TechRise Virtual Field Trip
Thursday, September 22, 2022
Drop in anytime between 9:00am - 1:00pm PT

[**Register for the Virtual Field Trip!**](#)

Share Science News Learning Resources with Your Colleagues!

As the school year ramps up, keep an eye on your e-mail inboxes for new lesson plans from Science News Learning! Over the next few weeks, we'll send you:

- A guide on how humans handle heat, which includes a discussion exercise on systems, energy flow and diagramming
- An activity that links to profiles from I Am A Scientist and *Science News* articles, a perfect lesson for the beginning of the year
- A guide that applies the scientific method to sports and encourages students to think of how science is a part of their favorite sport

If you're receiving this e-mail, you're already enrolled in the Science News Learning program. Make sure your colleagues at your school are also receiving our resources by filling out this [digital access form](#).

Search all past Educator Guides by [clicking here](#).
Sign up colleagues at your school by filling out [this form](#).

Telling Science Stories with Comics

Engage your students in science with comics! In this fun, artistic [activity](#), students can create a comic strip based on an article from [Science News](#) (high school reading level) or [Science News Explores](#) (middle school reading level). The activity works with any article, so students have the freedom to pick a STEM topic that interests them.

Science News Learning is an Outreach & Equity Program of the Society for Science. The program brings *Science News* magazine and its award-winning journalism to high schools across the United States and worldwide. Supplementary Educator Guides offer ready-to-use teaching resources designed to connect article topics to high school STEM concepts. [Click here](#) for more information.

Lexia Literacy Roundup: Your Guide to the Latest Research and Educator Innovations

Top Recommended Resources:

<https://app.go.lexialearning.com/e/es?s=126818393&e=2566109&elqTrackId=f02f68e3071448ea90de57d7b03ea58c&elq=65d0eb82c0c7482f8aa3dc2a0522c1f&elqaid=5362&elqat=1>

VDOE Early Childhood Education: Connections Updates

- **August 31 at 10 a.m** - Virginia and WIDA Early Years Partnership Overview. [Register](#)
- **September 8 - Webinar:** Challenges and Perspectives on Fathering and Male Caregiving at 3:00 p.m.
- **September 14 - Webinar:** Let's talk about language: Language-Focused Approaches to Engaging with Families of Multilingual Children at 3:00 p.m.

Virginia Preschool Initiative

VPI Local Criteria Eligibility Waiver for 2022-2023: Final Window Opens September 1, Closes October 15. The VPI Local Criteria Eligibility Waiver opens soon. This is the final of three application windows to submit the VPI Local Criteria Eligibility Waiver, which allows divisions to request that more than 15% of their VPI slots use locally determined eligibility criteria. Each application is reviewed by the Superintendent of Public Instruction and VDOE staff. To complete, ensure access to the application in SSWS by contacting your local SSWS manager.

VPI Fall Verification Webinar- October 4 at 11 a.m.

Fall Verification, released via the Single Sign-On Web System (SSWS) in mid-October will contain all the necessary questions and information needed to report for Virginia Preschool Initiative (VPI) for the 2022-2023 School Year. In order to support divisions, the VDOE will host a technical webinar to review the VPI Fall Verification Report. Attendance is recommended for VPI Coordinators, or other school division reporting contacts

- **Webinar:** VPI Fall Verification
- **Date:** October 4, 2022 11 a.m.
- [Register](#)

Early Childhood Special Education

Upcoming Inclusion Webinars

This fall, VDOE will offer two webinars to support inclusive practices for young children with IEPs. Know Your Data will focus on using data to increase inclusive opportunities and make program improvements.

- **Webinar:** [Know Your Data](#)
- **Date:** October 17, 2022 at 11:00 a.m.
- [Register](#)

Virginia Guidelines for Early Childhood Inclusion of Children with IEPs will focus on building, sustaining, and improving early childhood inclusion.

- **Webinar:** [Virginia Guidelines for Early Childhood Inclusion of Children with IEPs](#)

- **Date:** October 24, 2022 at 11:00 a.m.
- [Register](#)

Three- and Four-year-old Add-on Endorsement Certificate

Radford University is now offering the courses needed for the Three- and Four-year-old Add-On Endorsement to an elementary (PreK-3 or PreK-6) or Early Childhood Special Education (ECSE) license. The endorsement consists of a 3 course (12 credit) sequence, plus a 45-hour practicum. The courses are offered during the spring, summer, and fall semesters, and are available online.

Dr. Sharon Gilbert, sgilbert13@radford.edu

Early Learning Support

WIDA Early Years Language-Focused Approaches to Family Engagement Webinar, September 14

[WIDA Early Years](#) will host a follow up fall kick-off webinar on September 14 from 3-4 p.m., focused on language-centered approaches to engaging with families of multilingual children. Attending birth-five educators and leaders will explore research-based recommendations for supporting language development for multilingual children ages 0-5 and have opportunities to discuss connections to local family engagement policies and practices.

- **Webinar:** [Virginia and WIDA Early Years, Let's talk about language: Language-Focused Approaches to Engaging with Families of Multilingual Children](#)
- **Date:** September 14 at 3:00 p.m.
- [Register](#)

As a reminder, the **Virginia and WIDA Early Years Partnership Overview is tomorrow, August 31 at 10 a.m.** [Register](#) and join this introductory event!

Fall 2022 VKRP Assessment Term Now Open; PreK Language & Literacy Screener Assessment Term Begins September 6. The Fall 2022 VKRP assessment term is open (as of August 22) through November 4; the PreK Language & Literacy Screener (formerly PALS) assessment term is September 6-November 11. Pre-K Programs required to participate in VKRP (VPI and Virginia Early Childhood Mixed Delivery classrooms) should work within their program to determine their assessment window according to guidelines detailed in the [2022-2023 Assessment Calendar](#). Read the [VKRP FAQs](#) for more information regarding VKRP requirements. Click to view the latest edition of **Ready B5 Recap**, the Quarterly Newsletter for Early Childhood Care and Education in Virginia.

Professional Learning

VDOE New LIEP Teacher Academy – An Opportunity for Endorsed EL Teachers

As part of the VDOE's ongoing effort to support division personnel in the recruitment and retention of fully endorsed EL teachers, two separate opportunities for [Language Instruction Education Program \(LIEP\)](#) teachers who are new to their role within the last two years will be offered during the 2022-2023 school year.

Free, Self-Paced Asynchronous Professional Learning Courses from VVA

Looking for high-quality professional learning opportunities that you can complete at your own pace? Check out Virtual Virginia's [catalog of free professional learning](#) course offerings for teachers. Of special note are recently-launched items like [What is Computer Science? For Educators](#) (in partnership with CodeVA),

the [Supply and Demand Crash Course](#) (in partnership with Marginal Revolution University), and [Active Engagement Strategies](#) (in partnership with TTAC at George Mason University).

Amplify: Free PD and Certificates from the Math Teacher Lounge

It's not too late to take Amplify's [free on-demand professional learning](#) featuring Math Teacher Lounge co-hosts Bethany Lockhart Johnson and Dan Meyer!

Each of the three courses can be completed at your own pace and includes a certificate of completion.

Course 1: The Power of Problem Solving with Fawn Nguyen

Course 2: Hands Down, Speak Out | Facilitating Classroom Discussions

Course 3: An Asset-based Return to School | Math Teaching Ideas

Canvas Certified Educator Program: Virtual Virginia Professional Learning Network

Canvas Certified Educator Program: Spaces Available!

Are you interested in furthering your “technopedagogy” with Canvas? Virtual Virginia is offering, at no cost, limited seats (100) in the Canvas Certified Educator (CCE) Program with an October (exact start date TBD) cohort led by Lizzy Rodriguez and Dave Dick.

If you are a Canvas power user in your division, this is for you. By participating in the CCE cohort paid for by VVA, you also agree to share your learning in the form of presenting best practices in blended learning pedagogy during the '22-'23 school year.

If you wonder if the Canvas Certified Educator is right for you, take our self-assessment to see - <http://bit.ly/CCE4Me>!

Want to learn more about CCE? Check out our website <http://bit.ly/CanvasCertified>.

If you agree that this is the path of learning for you and can commit to the time requirements, please complete [this form of interest](#).

***There is no guarantee of acceptance. Seats are limited. You will be notified in early September if you are chosen. Cutoff for applications is 9/2/2022.**

Building a Reading-Writing Connection in the Classroom

Tuesday, September 12 @ 2 pm CT

Interested in improving your literacy teaching and discovering creative new ways to get students excited about writing? Join teacher and science of reading advocate Hannah Irion-Frake for this applicable webinar! Our presenter will explore the reading-writing connection and will share ways you can appropriately increase the amount of writing students do in your classroom. The presentation will span the strands of Scarborough's Reading Rope and will include strategies for writing related to both word recognition and language comprehension.

We hope you'll join us as Irion-Frake illustrates how writing can strengthen reading instruction. You'll learn:

- How opportunities for writing can strengthen students' reading development

- Classroom-friendly strategies to increase opportunities for students to write
- Science of reading best practices for classroom implementation

Hannah Irion-Frake is a third-grade public school teacher with more than 13 years of teaching experience in second and third grades. She is a graduate of Bucknell University, Bloomsburg University, and the University of Massachusetts Lowell with Masters Degrees in both Reading and Curriculum & Instruction. She is LETRS® trained and committed to spreading awareness of the science of reading. She shares actively about how she brings Structured Literacy practices into her own third-grade classroom on her Instagram account @readingwithmrsif and on Twitter @readingwithmsif. Irion-Frake is also an Epic! Master Teacher and Seesaw Ambassador, bringing her love of reading and educational technology into her classroom. She lives in central Pennsylvania with her husband, also a teacher, and their three sons.

Department of Education: Helping Teachers Afford Comprehensive Pathways into the Profession and Achieve Loan Forgiveness (Webinar)

The Department of Education invites you to an upcoming webinar – “Helping Teachers Afford Comprehensive Pathways into the Profession and Achieve Loan Forgiveness” – that will focus on opportunities to learn about significant improvements to the **TEACH Grant** program and the limited time **Public Service Loan Forgiveness waiver** to support program affordability and decrease student loan debt for educators.

Date: August 31

Time: 1 p.m. ET

Contact: [Register here.](#)

The purpose of this webinar is to discuss how educators can benefit from the Public Service Loan Forgiveness (PSLF) program, specifically the temporary waiver which provides time-limited changes to rules that allow borrowers to receive credit for past periods of repayment that would otherwise not qualify for PSLF. Borrowers are encouraged to act now since these changes are currently set to expire on October 31, 2022. The webinar will also highlight recent improvements to the Teacher Education Assistance for College and Higher Education (TEACH) Grant program and best practices for implementation. These changes provide greater flexibilities and address previous challenges with successfully completing the program. Respecting and honoring teachers requires that we ensure educators receive financial support where eligible from these important federal programs.

Technology & Tech Tips

Free eBook: Improve Your Efficiency in Over 25 Microsoft 365 Applications

Efficiency Best Practices for Microsoft 365 covers the entire range of over 25 desktop and mobile applications on the Microsoft 365 platform. [Download Now.](#)

Canvas and Virtual Virginia: Training/Professional Learning

Remember that you can participate in excellent Canvas and Virtual Virginia training sessions each week!

- To find most of the sessions listed below, first make sure you are logged into your Canvas account.
- Then click on the Help button (usually on the far left of your screen in the global navigation menu).

- Once the Help window pops up, select Training Services Portal (you may have to scroll down a little to see it).
- Inside the portal, search for the webinar or session you wish to register for.

Date	Time	Topic	Delivery	Audience
8/29/22	9:00 - 10:00 AM	Assessment Tools for Admins	Canvas Training Services Portal	Division & School Leaders, Statewide LMS Admin
8/30/22	2:00 - 3:00 PM	Canvas for Math & Science	Canvas Training Services Portal	Division & School Leaders, K-12 Instructors, Support
8/31/22	10:00 - 11:00 AM	How to Access & Use SOL-Aligned Content in Commons	REGISTER HERE for this Virtual Webinar	Division & School Leaders, K-12 Instructors, Support
8/31/22	2:00 - 3:00 PM	Building Better PD: Support Personnel	REGISTER HERE for this Virtual Webinar	Division & School Leaders
9/1/22	2:00 - 3:00 PM	How to Access & Use SOL-Aligned Content in Commons	REGISTER HERE for this Virtual Webinar	Division & School Leaders, K-12 Instructors, Support
9/1/22	4:00 - 5:00 PM	Using Google Tools for Pages & Discussions	REGISTER HERE for this Virtual Webinar	Division & School Leaders, Statewide LMS Admin, K-12 Instructors, Support
9/2/22	9:00 - 10:00 AM	Outcomes & Rubrics for Instructors	Canvas Training Services Portal	Division & School Leaders, K-12 Instructors, Support

Tech & Learning Tools and Ideas to Transform Education

To read this newsletter, please click on the following:

<https://www.smartbrief.com/servlet/encodeServlet?issueid=4F85A32D-B554-4628-A590-5E0A812E51C4&sid=e9f31ffd-2103-42e9-99f6-78e6d05d9bdd>

Inside, you will find information regarding ways to reduce math anxiety in students, using the Metaverse to help students with intellectual disabilities, best online education sites, and an answer to the question **“What is Vocaroo and What Does it Do?”**

Vocaroo is a cloud-based recording app that educators and their students can use to make a recording and easily share it via a traditional link or by generating a QR code. This makes it perfect for providing audio-based assignments, instructions, or quick feedback on student work. Vocaroo can also be a great tool to have students share recorded assignments. **Full Story:** [Tech & Learning \(8/29\)](#)

Back-to-School Tools

If you're getting ready for the new school year, or even if it's already begun, here are a few T&L articles to help get classes off to a great start!

Best Digital Icebreakers

- [First Day of Class: 5 Edtech Tools That Can Make it More Engaging](#)
- [7 Free Teaching Tools You Might Not Have Heard Of](#)
- [Best Tools for Teachers](#)
- [Awesome Articles for Students: Websites and Other Resources](#)
- [Best Free Virtual Escape Rooms](#)
- [What Is a Bitmoji Classroom and How Can I Build One?](#)
- [50 Sites & Apps for K-12 Education Games](#)

Desmos Classroom: Breaking the Ice Has Never Been Easier

Let us help you create a community in your new classrooms this year. Our free “[Getting to Know Each Other](#)” activity will help your students break the back-to-school ice and start the year off right.

Virtual VA: Statewide LMS Success – Level Up Your Digital Instruction Skills!

Educators throughout the Commonwealth can level up their skills in using Virtual Virginia’s Statewide Learning Management System (LMS) for online and blended education.

The [VVA Statewide LMS Success](#) program provides structured, role-specific pathways to learn about and master the Canvas LMS, which is provided at no cost to all Virginia public schools and students.

Users can complete training based on the following LMS user roles:

- K–12 instructors (classroom teachers, counselors, and support personnel)
- Statewide LMS administrators (ITRTs, division-level technology support, etc.)
- School and division leaders (building-level and division-level administrators)
- School and division support (counselors, special education personnel, and extracurricular advisors and coaches)

Each role’s pathway is divided into three levels, and a digital badge is awarded at the successful completion of each level (Level 1, Level 2, Level 3).

Learn more about each track and the requirements to meet each level on the [VVA website](#). For questions about the Statewide LMS Success program, please contact VVA Professional Learning Coordinator Steven Sproles at steven.sproles@virtualva.org.

ASCD Express: Ask Our Edtech Expert

In a new Educational Leadership column, curriculum and educational technology consultant Monica Burns answers readers’ questions about all things tech-related. In her first installment, Burns shares [three considerations educators can take to narrow the pool](#) when choosing between an overwhelming number of tech tools. Have your own edtech question? [Submit your question here](#).

The 7 Best Internet Browsers for Windows 11

Here are some great browsers for Windows 11, both old and new. [Read more here](#).

6 Efficient Chrome Tab Managers to Organize and Declutter Open Tabs

Check out these latest and greatest Chrome extensions to tackle tab overload and organize open tabs in a meaningful way. [Read more here.](#)

Tech & Learning: ISTE Live 22 Best of Show Awards

The August 2022 issue of Tech & Learning features the education products and services that were honored as "Best of Show" during ISTE Live 22 for transforming education around the world. See what our judges have deemed as excellent in terms of value, quality, ease of use, and versatility for classrooms everywhere. [Read the issue free here](#)

Issue Highlights

Big Learning in the Big Easy

Tech & Learning's recent Regional Leadership Summit in New Orleans was an event full of learning, networking, sharing, and working together to prepare for the challenges of the school year ahead.

The State of the Digital Divide

Despite progress closing the digital divide, millions of students remain on the wrong side of it. Advocates say that solving it includes more funding aimed at improving digital knowledge education.

The Virtual Office Hours Learning Curve

"Virtual hours may not be your first choice," writes Dr. Jonathan L. Wharton, who teaches political science at Southern Connecticut State University, "but it can be effective for everyone if approached properly."

The Benefits of International E-sports

Students who participate in scholastic e-sports on the international level get to compete with peers in other countries, learn about different cultures, and develop leadership skills. Oh, and have fun while learning, too.

Tech & Learning: Tools and Ideas to Transform Education

Best Sites for Genius Hour/Passion Projects

Why it Matters: In the age of standardized testing both teachers and students can be reenergized by a different way to teach and learn. Whether it's called Genius Hour, Passion Project, or 20% Time, the principle is the same: Students learn more and benefit in multiple other ways from pursuing their own interests and taking charge of their own education. These free resources can help educators launch their own genius hours. **Full Story:** [Tech & Learning](#)

How to Launch a Flipped Classroom

Why it Matters: "Flipped learning always asked this one simple question: what's the best use of your face-to-face class time," says Jon Bergmann, a high school science teacher and a pioneer of flipped learning who has written more than 13 books on the topic. This question has gained more importance in our time-strapped, tech-savvy, post-pandemic world. Our story shares tips from Bergmann and other flipped learning educators on how and why to start flipping class. **Full Story:** [Tech & Learning](#)

What's New from T & L

[9 Digital Etiquette Tips](#)

Tech & Learning (8/15)

What is SEL?

Tech & Learning (8/15)

Learning Management and EDTECH Tools

What is Hypothes.is and How Can it Be Used to Teach? Tips & Tricks

Tech & Learning (8/15)

What is Yellowdig and How Can it Be Used to Teach? Tips & Tricks

Tech & Learning (8/10)

ISTE Updates: FREE Digital Literacy Conference

Our organization is hosting another virtual Digital Literacy Conference in September. It is open to anyone, so please take a look!

Get excited – the full DigLitCon schedule is now live! Take a peek at this year's agenda to discover 20+ eye-opening sessions on:

- Media literacy
- Online social-emotional wellness
- Sketchnoting
- Project-based learning
- And more!

Plus, this year's virtual gathering will kick off with a must-see keynote presented by Dr. Kristen Mattson from @Edvolve! Explore the full schedule today and reserve your spot at this one-of-a-kind conference for teachers, librarians, and any educator interested in fostering excellence in digital literacy education!

Explore the Digital Literacy Conference schedule – <https://www.ltcillinois.org/diglit-con/#schedule>

Register to Attend - <https://www.ltcillinois.org/diglit-con/>

Nicole M Zumpano, NBCT, Director of Instructional Technology Coaching, Learning Technology Center of Illinois, @nmzumpano

What's an EDTECH Tool/Strategy You Plan to Try This Year? Virtual Assistants

By Kathy Schrock. I have some information on virtual assistants in the classroom on my site on these pages: schrockguide.net/wearables.html and schrockguide.net/gadgets.html

Your First 2 Weeks Back-to-School with Quizlet

Follow these steps below to set your students up for success on Quizlet this school year. [Create your classes](#).

- 1 Create your class and invite students

Students in your class can study with premium study modes like Learn and Test for free with sets in your classes. Watch a how-to video [here](#).

- 2 Add sets to your class
Idea ? : create a set with each of your students' names on the flashcards as a get-to-know-you activity e.g. first name = term/ last name = definition.
- 3 Play a game of Quizlet Live in-class using your get-to-know-you set
Learn how to play [here](#).
- 4 Introduce your first flashcard set with material on what the class will be learning
Learn how to add a set to your class [here](#).
- 5 Play Checkpoint with your intro set as an in class formative assessment
Learn how to play Quizlet's newest game [here](#).

eMediaVA

[Experience the New eMediaVA](#) – Tuesday, September 20 @ 4:30 pm

Missed our first back to school webinar? No worries, we're offering it again! Join WHRO Public Media education staff as we highlight the key features of the newly redesigned eMediaVA, and also share relevant and innovative digital content you can use with your students this school year.

Topics will include:

- Exploring the new eMediaVA platform, including the homepage, logging in, curated collections, and searching and streaming content.
- Creating teacher collections to share and save learning resources.
- Discovering culturally relevant digital media that engages students.

In the News

VDOE: In the News

[Four takeaways from Virginia's post-pandemic standardized test results](#), Virginia Mercury, 8/29/22 ...

Education officials in Virginia have made addressing the student achievement gap a top priority in Virginia after standardized test results showed statewide declines. Virginia's pass rates, which are calculated from the

Standards of Learning and Virginia Alternate Assessment Program tests, showed that all students performed better in 2021-22, when districts had returned to in-person learning, compared to the prior year.

[Growing number of Virginia colleges waiving SAT and ACT test requirements](#), Richmond Times-Dispatch, 8/27/22 ... In March 2020, James River High School junior Irellyn Rogan didn't know if she should sign up for the SAT as schools abruptly closed because of the pandemic and classes shifted to being online and from home. Having taken the PSAT and not received a score that reflected her grades, Rogan decided not to sit for the standardized exam widely used in college admissions. Between the cost, stress and test anxiety, Rogan decided the best thing was to apply to colleges without a test score. Now a sophomore at Virginia Commonwealth University studying elementary education, Rogan stands by her decision in opting out of college entrance exams.

[Youngkin outlines steps to address teacher shortage in executive directive](#), Virginia Mercury, 9/1/22 ... Glenn Youngkin signed an executive directive on Thursday that aims to address teacher shortages in Virginia through strategies that include hiring retired educators and targeting recruitment and retention efforts toward communities most in need. His directive comes as the nation and Virginia face shortages of teachers due to such possible causes as highly charged political battles over education, the pandemic and dissatisfaction with wages.

THE WASHINGTON POST: [Va. governor eases path to teaching](#)

At a ceremony held at Stafford County's Colonial Forge High School, Youngkin (R) signed an executive directive that makes it easier to become a teacher, smoothing the path for retired teachers, those with lapsed teaching licenses and, eventually, a variety of people — "career switchers, military veterans and other professionals with much to offer students." The directive also establishes a "teacher occupation apprenticeship" that will let college students in training to be teachers instruct students. And it grants an unspecified amount of "discretionary" funding for teacher recruitment and retention to school districts with the largest, most persistent shortages.

FOX NEWS: [Virginia Gov. Glenn Youngkin holds 'Back to School' rally, says fight is not over](#)

Virginia Gov. Glenn Youngkin hosted a "Back to School" rally Wednesday, where he commended parents for fighting back against school districts' draconian policies during the COVID-19 pandemic. The rally was held in Mason District Park in Annandale, Virginia, to celebrate the start of the 2022-23 school year.

RICHMOND TIMES-DISPATCH: [Youngkin launches 2 major education initiatives](#)

His favorite part of the Constitution is the First Amendment, but Gov. Glenn Youngkin told Thomas Coen's AP government class on Thursday that he spends a lot of time these days on the 10th. That's the one that says what Washington isn't empowered to do is up to the states and the people — and he proceeded to show the Colonial Forge High School students what that means by launching two education initiatives.

WUSA: [Youngkin vows to continue parental rights support, push for SRO's in schools](#)

It is not every day Virginia Governor Glenn Youngkin makes an appearance in Northern Virginia. He did so by discussing a topic that helped him win his election in a county with the largest school district in the Commonwealth.

WTTG: [Virginia Gov. Glenn Youngkin re-emphasizes parental engagement with school curriculum](#)

Virginia Gov. Glenn Youngkin is calling on parents to stay engaged with their local school board as he rallied with supporters in Annandale on Wednesday. A year ago, the Youngkin campaign took off in Northern Virginia as the governor seized upon parental unrest over what schools in the state were teaching. At his

"Back to School Rally" on Wednesday, surrounded by school children and parents, he said he's only getting started.

WRIC: [Youngkin takes executive action on teacher shortage, launches learning loss initiative](#)

Governor Glenn Youngkin is taking steps to address the teacher shortage and learning loss in Virginia. During a visit to Colonial Forge High School in Stafford County on Thursday, Governor Youngkin signed an executive directive outlining a nine-point plan to recruit and retain quality teachers.

WDBJ: [Lynchburg City Schools feels Gov. Youngkin's newest directive can help fill teacher vacancies](#)

Virginia Gov. Glenn Youngkin signed an executive directive on Thursday, which he hopes will help address the future of education in Virginia. Lynchburg City Schools spoke Thursday about the positives they feel can come from the directive.

WTOP: [Youngkin executive order aims to address Virginia teacher shortage](#)

Virginia Gov. Glenn Youngkin on Thursday issued an executive order designed to combat a shortage of teachers in the commonwealth. The executive order lays out several steps aiming to make it easier for people to obtain teaching certifications, as well as for retired teachers and those from other states to teach in Virginia classrooms.

POTOMAC LOCAL NEWS: [Youngkin visits Colonial Forge High School, signs order to attract more teachers](#)

Gov. Glenn Youngkin signed an Executive Directive today at Colonial Forge High School in Stafford County, cutting administrative red tape for schools trying to fill a glut of vacant teaching positions. Youngkin's order will make it easier to get teachers in classrooms, allowing them to work with obtaining their licenses while upholding educational standards.

VIRGINIA MERCURY: [Youngkin outlines steps to address teacher shortage in executive directive](#)

Gov. Glenn Youngkin signed an executive directive on Thursday that aims to address teacher shortages in Virginia through strategies that include hiring retired educators and targeting recruitment and retention efforts toward communities most in need. His directive comes as the nation and Virginia face shortages of teachers due to such possible causes as highly charged political battles over education, the pandemic and dissatisfaction with wages.

Self-Care & SEL

Optima Health: Employee Assistance Program

OPTIMA EAP THOUGHT OF THE WEEK

August – Helping Aging Parents

If your parents are in their golden years, keep in mind that even gold can lose some of its glow with the inevitable effects of old age—and sooner or later, older loved ones will need assistance.



EAP Thought of the Week is developed exclusively for Optima EAP clients by the Optima EAP staff. Optima EAP is available to provide assistance when you experience challenges at home or at work. Please call to schedule a confidential appointment with one of our licensed clinical professionals. 1-800-899-8174 or 757-363-6777

Visit our website at OptimaEAP.com for additional topics and information. Suzanne Braxton Fullwood, A.A.S., B.S., M.A., EAP – Client Executive Optima Health, 816 Independence Blvd – Suite 3B, VA Beach, VA 23455, (804) 901-1082 (Cell), www.Optimaeap.com

3 Social-Emotional Learning Activities for Educators

Centering teacher and staff social-emotional learning can be a powerful way to build community, and back-to-school preparation provides the perfect opportunity to plan for educator SEL. [Here are 3 low-lift strategies you can use to foster adult SEL in your school.](#)

[PBIS: 8 Ways to Help Shift Adult Mindsets](#)

Implementing positive behavior systems involves more than just introducing new strategies—you must also shift mindsets. [Here are 8 tips to help shift adult mindsets when implementing PBIS.](#)

[Join us at the Leaping Forward Virtual Summit](#)

Join Panorama Education on Thursday, August 11 for an all-day, free virtual event! Hear from education leaders and experts, including Dr. Susan David, bestselling author of Emotional Agility. [Save your spot and register for free today!](#)

VDOE Office of Student Services Monthly Update

“I don’t have to chase extraordinary moments to find happiness – it’s right in front of me if I’m paying attention and practicing gratitude.” – Brené Brown

2022 Mental Health in Schools Conference

Thanks to everyone that made this year's conference a success!

The rescheduled [Updating and Adapting the Cognitive Behavioral Intervention for Trauma in Schools \(CBITS\)](#) breakout presentation is now available!

September is Suicide Prevention Month

During this time of the year, we focus on the role we all play in suicide prevention. As school-based mental health providers, we can take this opportunity to highlight the significance of suicide and the importance of reducing the stigma of reaching out for help, knowing how to talk to others about suicidal thoughts, and understanding what resources are available for those in need.

- Help spread the word about 988. The Substance Abuse and Mental Health Services Administration (SAMHSA) has added downloadable print files for wallet cards, magnets, and posters to its [988 Partner Toolkit](#). The toolkit already includes [logo and brand guidelines](#), key messages, frequently asked questions, fact sheets (English and Spanish), radio PSA scripts (English and Spanish), and more. The [988 print materials](#) are available for ordering from the SAMHSA store and social media shareables about the basics of 988 are now available!
- [#BeThe1To](#) is the 988 Suicide & Crisis Lifeline's message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide.
- For suicide prevention resources created for Virginia schools, please visit the [Virginia Department of Health](#) and the [Virginia Department of Education](#) Suicide Prevention webpages.
- [2022 Youth Suicide Prevention Panel Recording](#): The Virginia Department of Behavioral Health and Developmental Services (DBHDS) within the Office of Child and Family Services decided to shine a spotlight on youth suicide prevention during Children's Mental Health Awareness month in May 2022. The panel discussion provides an overview of the landscape of youth suicide nationally and in Virginia, as well as strategies for suicide prevention in youth and young adults.
- The use of a multi-tiered framework to advance school-based mental health is well supported in the materials and guidance through the [Virginia Tiered Systems of Supports](#) (VTSS). The Jed Foundation (JED) has developed [The Comprehensive Approach to Mental Health Promotion and Suicide Prevention for High Schools](#), which is grounded in a tiered framework and aims to reduce risk factors and enhance protective factors for suicide, promote overall health and well-being, highlight effective strategies for identifying, and responding to those at risk.

September is Attendance Awareness Month

- For attendance resources created for Virginia schools, please visit the VDOE's [Attendance and Truancy](#) webpage.

- School staff can learn about addressing chronic absenteeism through data, positive engagement, and strategic partnerships on the [Virginia Career and Learning Center](#) Chronic Absenteeism course.
- [Attendance Works](#) has many attendance resources for educators, families, and community partners.

Back to School

- The [Healthy Back to School](#) website was jointly created by the Virginia Department of Health (VDH) and the Virginia Department of Education (VDOE) to provide health related information to parents, families, and community members.
- For the 21st year, the Department of Medical Assistance Services (DMAS) is sponsoring the annual Back to School campaign. The DMAS has a dedicated [Cover Virginia Back to School](#) webpage to provide important information on Virginia low cost or no cost health insurance through Family Access to Medical Insurance Security (FAMIS) or Medicaid. The website includes information for parents, resources for schools, and promotional materials.

Start the Year Right!

Summer is a good time to take stock in what we've been doing well in the past and what we can improve on during the upcoming new school year. As summer sun and fun transitions to school planning, consider how you will prioritize your self-care this year. Make adjustments to ensure [quality sleep](#), consider the importance of exercise and how just a 15 minute walk can improve your mental wellness.

Think about simple activities that work with your schedule, fit your interests, and allow for social engagement. Finally, protect yourself from becoming overwhelmed with negative emotions by taking much needed breaks during the day. Guided breathing and mindfulness activities help take your focus away from your stressors and allow you to renew your energy.

If these are new to you, practice now, so you can easily incorporate them into your daily or weekly routine once school starts!

Guided breathing:

- [Calm](#) and [Headspace](#) are downloadable apps
- [10-Minute Guided Breathing](#) (YouTube)
- [A 6-Minute Breathing Meditation To Cultivate Mindfulness](#) (Audio)

Mindfulness:

- [Guided 10-Minute Mindful Meditation](#) (YouTube)
- [5-4-3-2-1 Method: A Grounding Exercise](#) (YouTube)

[Virginia Career and Learning Center \(CLC\)](#)



The [Virginia Career and Learning Center](#) for School Mental Health Professionals offers professional development and career opportunities for school counselors, school social workers, school psychologists, and other licensed school mental health professionals in Virginia's Public Schools.

- Exciting news! More people are visiting the site! In June 2022, there were **2,700+ new users** and over **6,100+ page views** within the “Open Positions” tab. If you want to request access to post positions within the website, please email Kristinne Stone at Kristinne.Stone@doe.virginia.gov.

Check out the [Learning Center](#), which houses professional development modules that provide on-demand access to a wide variety of video courses.

- [2022 Safe and Supportive Schools Conference](#) recordings are now live! Go to the “By Conference” menu and select “Safe and Supportive School Conference 2022” to view available sessions.
- If you haven’t had a chance yet, check out the **Youth Suicide Prevention**, 3-part webinar series for School Counselors on the [School Counselor License Renewal Webpage](#) (under the Youth Suicide Category).

RECENT MEMOS

[Superintendent's Memo 152-22](#) (July 15, 2022)

This memo provides updated guidance related to the school of origin options for students in Foster Care and the requirement to complete the best interest determination (BID) process after a residential stay. You can view previous and future memos on the [VDOE webpage](#).

IMPORTANT DATES

[Effective Alternative Schools and Programs in Virginia after School Special Webinars registration](#) is now open!

Each alternative school/program will provide insight into their particular program and staff will be available to answer questions from the attendees. All events will run from 3:30 p.m. to 4:30 p.m.

- Tuesday, Sept. 27, 2022: Lotus Academy, Caroline County
- Thursday, Sept. 29, 2022: Computer Based Instruction, Prince William County
- Tuesday, October 4, 2022: WJCC Learning Lab, Williamsburg James City County
- Thursday, October 6, 2022: Louisa County Public Schools Alternative Education
- Tuesday, October 11, 2022: Academy 360 & Connections Academy, Chesterfield
- Thursday, October 13, 2022: Amelia Street School, Richmond City
- Tuesday, October 18, 2022: Southeastern Cooperative Education Programs (SECEP)
- Thursday, October 20, 2022: Table Talk for Effective Alternative Programs, Office of Student Services Staff

Innovative SEL: Using LEGO to Support Student Mental Health

September 6 @ 10 am

The importance of teaching students ways to handle stress, regulate emotions and increase attention is more critical than ever before. Research indicates that teaching social-emotional skills supports students' academic achievement and prosocial behaviors. Attend to discover strategies and lessons for using LEGO to engage students in social-emotional skills related to mindfulness, joy and relaxation, all with an eye on supporting student mental health through play.

Presented by Emily Thomas, technology integration analyst and trainer, Northeast Metro Intermediate School District, and ISTE community leader; and Cara McGlynn, technology integration analyst and trainer, Northeast Metro Intermediate School District.

[Purple Star USA National Convening of Schools and Communities](#)

SAVE THE DATE! There will be a national convening on [Purple Star](#) programming being held on **October 26, 2022**. The event is designed to showcase the power that Purple Star programming can offer schools wanting to develop a healthy school culture. If your school is or is considering becoming a Purple Star designated school you'll want to attend this event!

Registration information is available on the [Purple Star Convening Flier](#)



Just for Fun: Exploring Virginia



Just you and the open road! It's never too late to go on an adventure especially when you can take [an epic day trip nearby](#). To help inspire you, this week we've highlighted some [must-see attractions](#) worth the drive.

The ultimate road trip checklist. Planning makes perfect. So before you hit the road, [check out this checklist](#) for everything you need to know.

Under Armour: Extra 40% Off for Teachers

40% Off Site-wide for Teachers! Limited Time Only! Extra 40% Off Your Entire Purchase for Teachers!
Available 9/1 to 9/12: [Shop Now](#)

Of Interest to Our Students & Families

VDOE: Information for Families of Children with Disabilities

Please find valuable information and resources for families of students with disabilities at the following link:
<https://content.govdelivery.com/accounts/VADOE/bulletins/329a848>

The Department of Education Releases Back-to-School Checklist for Parents

On Thursday, August 25, the Department of Education (ED) released a back-to-school **checklist** for parents and families to help caregivers engage with local school and district leaders about how they are supporting students as they recover from the impacts of the pandemic.

“This checklist elevates key evidence-based practices for supporting students’ learning and mental health, and ensuring the safety of students and staff, which districts are encouraged to implement using American Rescue Plan (ARP) and other COVID relief funds,” ED’s **press release** says. In addition, the back-to-school ARP checklist also recognizes 15 examples of how states and school districts across the country are using ARP funds to support students and to staff schools. **The full checklist can be viewed [here](#).**

Feedback, Questions and/or Recommendations

Disclaimer of Endorsement: The information provided in this newsletter includes hypertext links or pointers to information created and maintained by outside public and/or private organizations. This material is provided solely for your information and convenience. All information provided as well as any products or services contained therein does not constitute endorsement by Poquoson City Public Schools.

Please feel free to reach out with feedback or questions you may have regarding any of the items above. Also, if you have information regarding resources or opportunities you think your colleagues may be interested in, please feel free to send them to me via [email](#) so they can be included in the next newsletter. Thank you!

NOTE: If you participate in any activities or events and find that you need documentation for licensure points, please let me know and I will work with you to make sure you are provided with a certificate of completion.