

# Poquoson City Public Schools



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

September 16, 2022, Vol. 2, Issue 3

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

### COVID-19 Updated Guidance from Virginia Department of Health and Healthy Back-to-School Campaign

#### **UPDATED COVID GUIDANCE**

While the isolation and quarantine guidance is posted to the PCPS website, it is also being provided here for ease of access.

On August 25th, the VDH K-12 Testing Team held a **Back-to-School session** to review updated guidance and testing resources for schools. Schools are invited to view and share the [slide deck](#) and [recording](#) of the session.

Please note that VDH has updated the [Interim COVID-19 Isolation and Quarantine Guidance for K-12 schools](#) as of August 22nd, 2022. Test to Stay is no longer routinely recommended for K-12 schools.

#### **HEALTHY BACK-TO-SCHOOL CAMPAIGN**

VDH and the VDOE have partnered to create a new and improved Back-to-School campaign for the new school year! Parents and caregivers are encouraged to visit the VDH [Back To School Webpage](#) to find information on routine childhood immunizations, doctor and dental visits, COVID-19 vaccines for kids, and more.

New English and Spanish language social media assets for schools are available on the: [VDH Communications Hub for Children, Parents and Schools](#).

#### **LOOKING FOR BACK-TO-SCHOOL VACCINATION CLINICS IN YOUR COMMUNITY?**

Visit the [VA Healthy Events Webpage](#) to locate Local Health District events in your community that are offering school-required vaccinations and COVID-19 vaccines.

# Curriculum & Instruction

## Education.Com: Weekly Boost

The Weekly Boost gives week-by-week resources that sync with the yearly curriculum. New ideas, inspiration, and classroom materials right at your fingertips. The site provides games, lesson plans, activities, exercises, songs, stories and more. To get the weekly boost, [click here](#).

## Superintendent's Memos

- 218-22 [2022-2023 Federal Program Monitoring for Certain Programs under the Elementary and Secondary Education Act of 1965, as Amended by the Every Student Succeeds Act \(ESSA\)](#)
- 217-22 [Nominations for the 2024 Mary V. Bicouvaris Teacher of the Year Program](#)
- 216-22 [Adoption of Special Provisions Regarding Accreditation Indicators](#)
- 215-22 [December 1 Child Count - Report of Children with Disabilities Receiving Special Education](#)
- 214-22 [Federal Grant Awards Ending September 30, 2022](#)
- 213-22 [New Teachers Data Collection for the Mentor Teacher Program and Career Switcher Mentor Program](#)
- 212-22 [Announcement of Resources for Constitution Day](#) (PDF)

## Virginia State Board of Education Report

Good Friday Afternoon! The Virginia Board of Education met on September 14 and 15, 2022. Please [click here](#) for a summary of actions taken by the Board during their September meeting.

## Using Comics and Graphic Novels to Support Literacy

[Nontraditional books](#) can help students make connections to content at the word level and deepen understanding by providing visual context.

Consider the following examples of what comics can do, including the range of complexity that can be found in these works:

- [Booked](#), by Kwame Alexander and Dawud Anyabwile
- [This Was Our Pact](#), by Ryan Andrews
- [Class Act](#), by Jerry Craft
- [Invisible](#), by Christina Diaz Gonzalez and Gabriela Epstein
- [Welcome to St. Hell: My Trans Teen Misadventure](#), by Lewis Hancox
- [When Stars Are Scattered](#), by Victoria Jamieson and Omar Mohamed; illustrated by Victoria Jamieson and Iman Geddy
- [The Cat Kid Comic Club](#), by Dav Pilkey
- [Stargazing](#), by Jen Wang

While comics are not a panacea for all literacy needs, or even the go-to type of reading material for all students, they are viable texts in an array of additional readings. As mentioned in this article, [these books have possibilities for serious learning that meet language arts standards](#).

# Education Resources

## Literacy: 25 Essential High School Reads from the Last Decade

Edutopia asked members of their community to share recently published novels they would love to have read in high school. Here are their [top picks](#).

## New Collection of Instructional Coaching Resources

Instructional Coach Jim Knight has compiled a curated list of [coaching resources](#) relevant to the start of a new school year.

## 4 Essential Guidelines for Mentors

Recognizing the importance of mentoring, many school systems provide first-year teachers with building-based mentors to guide them through their inaugural professional experience. When teacher-mentors undergo specialized training, they increase their impact, as newbies' retention and classroom performance demonstrate. To read more about these essential guidelines, [click here](#).

## VDOE Office of Student Services School Counseling Update

This newsletter contains the following:

- [Virginia Department of Education Updates](#)
- [A Message from the Virginia School Counselor Association \(VSCA\)](#)
- [Resources for School Counselors](#)
- [Playlist for School Counselors \(webinars and podcasts\)](#)
- [Upcoming Professional Development Opportunities](#)

### VDOE Updates

- [2023 Virginia School Survey of Climate and Working Conditions](#)  
The purpose of this memorandum is to notify school divisions that the 2023 Virginia School Survey of Climate and Working Conditions will be administered to schools beginning January 9, 2023 and ending February 24, 2023.
- [September is Attendance Awareness Month](#)  
School attendance is essential to academic success. Research shows that missing as little as two days every month, or ten percent of the school year, can have a significant impact on students. Almost half of students who miss between two and four days in September continue to be chronically absent throughout the school year.
- [Required Entrance Procedures and Criteria for Identifying Potential English Learners](#)  
The purpose of this memorandum is to communicate standardized entrance procedures and criteria for English Learner (EL) identification as required under the Every Student Succeeds Act of 2015 (ESSA)
- [School Meal Debt Cannot Limit Students' Extracurricular Participation](#)  
Legislation that prohibits school boards and school board employees from excluding students who owe school meal debt, or cannot pay for a school meal, from extracurricular school activities.

- [2023 United States Senate Youth Program \(Scholarship Opportunities for High School Juniors and Seniors\)](#)  
The VDOE will select two student delegates to represent Virginia in the United States Senate Youth Program (USSYP) sponsored by the William Randolph Hearst Foundation. Each delegate will receive a \$10,000 scholarship and an all-expense-paid trip to Washington, D.C.
- [2022 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 was added to provide local school divisions with consistent messaging regarding high-quality work-based learning experiences. The Guide focuses on all 12 types of WBL methods used in Virginia. It includes Virginia regulations and guidelines for the administration of HQWBL and provides training materials for work-based learning teacher-coordinators.
- [Implementation of Computer Science Instruction](#)  
During the 2016 session of the Virginia General Assembly, legislation was enacted to amend [22.1-253.13:1](#) of the Code of Virginia (Standard 1. Instructional programs supporting the Standards of Learning and other educational objectives) to include “computer science and computational thinking, including computer coding” into the Standards of Learning. The attached School Counselor FAQ document will support division and school leaders when constructing master schedules and ensure appropriately endorsed teachers are assigned to computer science standalone courses.
- [Assessment Updates in Grade 3-8 Reading and Mathematics for 2022-2023](#)  
Unlike the fall 2021 growth assessments that focused on content from the student’s previous grade level, beginning with the 2022-2023 school year, the fall and winter growth assessments will focus primarily on content from the student’s current grade level.
- [Passing Scores Adopted by the Virginia Board of Education for the Virginia Alternate Assessment Program in Reading, Mathematics, and Science](#)  
The Virginia Board of Education (Board) adopted passing scores for the Virginia Alternate Assessment Program (VAAP) tests in reading, mathematics, and science that were administered for the first time in spring 2022.
- [Requests from Division Superintendents to Modify the Licensure Regulations for School Personnel for School Counselors](#)  
The VDOE continues to evaluate options to provide flexibility in meeting the requirements associated with licensing of instructional personnel, including school counselors. Recognizing that school counselors continue to be a critical shortage area, the Office of Licensure and School Leadership is considering requests from division superintendents who are seeking modifications to the Regulations for school counselor applicants who hold certain licenses issued by the Virginia Department of Health Professionals.
- [VSCA Annual Conference - October 19-21, 2022](#)  
The Virginia School Counselor Association (VSCA) is excited to announce the 2022 VSCA Fall Conference will be held October 19-21 at the Embassy Suites in Hampton! We hope you will join us for this annual opportunity for some great professional development and networking with other school counselors from across the state.
- [Research to Practice Briefs](#), Virginia School Counselor Association (VSCA)

VSCA's Research and Graduate Student Engagement (RGSE) Committee is working to make recent research easier to digest and apply by creating short briefs that break down the most important parts for practitioners.

- [Build Respect Beyond Differing Viewpoints](#), Virginia School Counselor Association (VSCA) Voice  
We as a society must be willing to listen to viewpoints different from our own with interest, acceptance, respect and openness. By nurturing these abilities in our youth, we build a foundation to move away from divisiveness. Get started with these six steps.

### Resources

- [A Welcome Back Message for School Counselors, Office of Student Services](#)  
Last month's bulletin included resources and reminders aimed at empowering school counselors as they kicked their school years off!
- [Preparing for College Emotionally, Not Just Academically \(Available in Spanish\)](#), VDOE Training Technical Assistance Center (TTAC)  
The transition to college can be hard on kids' mental health. Teenagers living away from home for the first time may experience academic stress while also trying to make new friends, build routines, and stay physically healthy. All these changes at once can be overwhelming for college kids.
- [Shout-Out to Success: Vibrant Stories in Virginia Schools](#), William & Mary TTAC  
Listen to voices from the field celebrating success during the 2021-2022 school year. These educators are excited about continuing to use innovations inspired by the unique opportunities that arose during this time of uncertainty. It is more important now than ever for school leaders to reflect on the lessons learned and to leverage that learning focused on the positive.
- [Promoting Social and Behavioral Success for Learning in Elementary Schools](#), National Center for Education Evaluation and Regional Assistance Institute of Education Sciences Department of Education, March 2022  
This report includes practice recommendations for educators drawn upon studies of whole-school or whole-class interventions that support prosocial behavior in elementary school students, including students who are identified as having disabilities or who are at risk of identification for special education services. This report offers elementary educators, administrators, qualified related service providers, and qualified school-based mental health practitioners five specific recommendations for prevention-focused practices that promote prosocial student behavior and related outcomes.
- [Getting it Right](#), National Center for Education Evaluation and Regional Assistance  
Getting a student's name right is the first step in welcoming him or her to school. Staff members who work with student-level data also know the importance of accurately and consistently recording a student's name in order to track student data over time, match files across data sets, and make meaning from the data. This set of naming conventions reference guides can help you accurately enter students' names in school, district, and state databases. The guides are currently available for students with home languages of Arabic, Chinese, Hindi, Korean, Russian, Somali, Spanish, Tagalog, Ukrainian, Urdu, and Vietnamese.
- [Eligible Noncitizen Update – Afghan Arrivals](#), US Department of Education  
Please find an important update from the US Department of Education related to Afghan Humanitarian Parolees' FAFSA Eligibility.
- [1-2-3 Go!](#), State Council of Higher Education for Virginia and the Educational Credit Management Corporation

From (1) finding the best fit, (2) to meeting application deadlines, (3) to figuring out how to pay for it all, the college process can be daunting and intimidating. We are offering a series of informational and hands-on events to help Virginia students and families through the three steps to go to college. Please note that Virginia College Application Week is scheduled for October, not November.

- [Connecting Kids to Coverage Back-to-School Toolkit](#), U.S. Department of Health and Human Services  
This toolkit includes valuable messaging and resources for how to communicate with partners and families about insurance coverage during the back-to-school season.

### **Playlist for School Counselors: Webinars and Podcasts**

- [Safe and Supportive Schools Conference](#), Office of Student Services, Virginia Department of Education (VDOE)  
This summer the Office of Student Services hosted the Safe and Supportive Schools Virtual Conference, Moving from Surviving to Thriving! All of the breakout sessions were recorded and are now available for you to view on the Virginia Career and Learning Center webpage!
- [Updating and Adapting the Cognitive Behavioral Intervention for Trauma in Schools \(CBITS\)](#), Office of Student Services, VDOE  
Due to the Covid-19 Pandemic and the social unrest following the death of George Floyd, students have increased exposure to trauma, and emotional and behavioral difficulties of students have intensified. The Cognitive Behavioral Intervention for Trauma in Schools (CBITS) is a widely utilized, evidence-based group treatment that has been adapted for use with students from various cultural backgrounds. Input from school staff members, parents, and clinicians in the Richmond, Virginia area was utilized to update and adapt the CBITS to reflect the cultural identities and experiences of local students. The modified intervention, the RVA CBITS Update, will be discussed and suggestions for implementing similar adaptations in other localities will be shared.
- [Fostering More Vibrant Schools \(Webinar\)](#), William & Mary  
Learn about the Vibrant School Scale, created by a team of doctoral students in 2021. This scale helps identify existing vibrancy within schools while amplifying strengths. When school communities celebrate what's going well, it provides positive momentum to design and achieve future goals.
- [Managing Anxiety & The Return To School Webinar Series](#), Mental Health Technology Transfer Center (funded by Substance Abuse and Mental Health Services Administration, SAMHSA)  
Anxiety is one of the most common mental health concerns youth face. While it is a normal emotional experience, it can grow to become incredibly distressing and interfering, particularly as it comes to school. When anxiety is present in the school setting (whether in-person or remote), educators have an important role in encouraging and reinforcing brave vs. anxious behavior. Research supports the importance of youth moving from a cycle of avoiding to a cycle of approaching anxiety-provoking situations in order to overcome problematic anxiety. In this recorded webinar series, participants will learn how to identify, understand, and intervene for problematic anxiety for youth in your classroom.
- [Provider Well-Being for Behavioral Health Providers](#), Mental Health Technology Transfer Center (funded by SAMHSA)

Engages individual behavioral health providers in a private, self-paced course to assess and improve their personal well-being in five areas:

- Physical
- Occupational
- Intellectual

- Social
- Emotional

The course consists of six chapters and ten lessons. Providers learn about the stages of change, the impact of stress on our minds and bodies, and a process to develop a self-care plan. Assessments throughout the lessons guide providers in selecting areas of focus and strategies that are most likely to be helpful. The assessments may be repeated over time to provide a measure of progress.

### **Upcoming Professional Development**

- [Empowering Student Success through Career Advising and Career Technical Education Virtual Workshop](#) Sept. 26, 2022 and Sept. 28, 2022 (half-day)

This FREE workshop provides opportunities for secondary school counselors, career advising professionals, and supporting stakeholders to gain knowledge and strategies to become a champion for each learner to navigate their path to career success. Participants will emerge with an enhanced knowledge of the full range of education and career options, with a specific focus on Career Technical Education (CTE) and in-demand occupations, to empower students to skillfully navigate their path to career and college success as well as expand their existing strategies for effective career advisement.

Space is limited, register today! Certificates of completion will be awarded to participants who complete the full training opportunity.

- [Future Virginia School Counselors Webinar](#) Sept. 12, 2022, 4-5:30 p.m.  
Calling all graduate students or school counselors new to VA! Join us to learn about exciting Virginia initiatives, legislation, and resources that impact the important work Virginia school counselors do. Please refer to the [Future Virginia School Counselors webinar flyer](#) for more information.
- [Recognized ASCA Model Program \(RAMP\) Assistance](#)  
Get advice for your RAMP or Re-RAMP application by completing this form to receive monthly updates, reminders, tips and more.
- **“Just One Thing” (JOT) Webinar Series for Virginia School Counselors**  
The Office of Student Services is excited to announce the start of the Just One Thing (JOT) monthly webinars designed specifically for school counselors. Each webinar will be focused on one of the following topics (identified as areas of need by school counseling division leaders):
  - Supporting Students with Anxiety
  - Supporting Students with Depression
  - Designing Effective Behavior Interventions
  - Helping Students Manage Stress
  - Using Data to Plan, Monitor, and Evaluate your Comprehensive School Counseling Program
 All those registered for this newsletter will receive information about upcoming webinars. Stay tuned for more information and a detailed schedule of upcoming JOT webinars!
- [K-12 Behavioral Threat Assessment Basic Training \(Virtual\)](#)  
To help schools continue to comply with Virginia Code § 22.1-79.4 (creation of threat assessment teams) and § 9.1-184 (collection and reporting of data by threat assessment teams), the Department of Criminal Justice Services (DCJS) Virginia Center for School and Campus Safety (VCSCS) announces a virtual one-day basic threat assessment training. The goal is to provide K-12 threat assessment teams with tools and resources to conduct and manage threat cases as required by Virginia Code. For more information and training dates please visit the [VCSCS webpage](#).

- [VACRAO 2022 Fall Tour](#), Virginia Association of Collegiate Registrars and Admissions Counselors  
Save the date! September 12 - November 4, 2022
- [Pathways for the Prevention of Violence](#)  
The DCJS, in collaboration with Safe & Sound Schools, announced this two-day training across Virginia. This training is designed for participants to attend both days consecutively, however participants are able to attend only one day if schedules will not allow them to attend both. For more information on topics, dates and locations please visit the [DCJS webpage](#).
- [Free! Praesidium Safety Equation Prevention Training](#)  
Virginia Commonwealth University (VCU) is offering no cost online [Praesidium Safety Equation](#) prevention training to school districts for all school employees and school board members. This training is comprehensive and, for most staff, can be completed in about 25 minutes. Administrator training lasts up to 50 minutes. This training can be completed at any time between September 1, 2022 and September 30, 2023.  
Training is part of a Centers for Disease Control and Prevention funded study on prevention of school employee sexual misconduct. As part of the study, all staff complete a 15 minute online survey before training and a year after training; selected school administrators are interviewed before training and a year after training. In addition to training, schools and school districts receive a risk assessment with recommendations tailored to the school or district for additional prevention practices. All data collected are protected by a Certificate of confidentiality. No data may be subpoenaed or used by others.

If you are interested in learning more, contact Charol Shakeshaft, Professor, School of Education, VCU at [cshakeshaft@vcu.edu](mailto:cshakeshaft@vcu.edu)

## VA Civics: Join Us for the 'We the People' 2022-2023

### Happy Constitution Day!

We hope that you will consider joining us for this year's Virginia We the People: the Citizen and the Constitution competitions! VA Civics is proud to sponsor the Virginia We the People program, and we are grateful for the time you can give our student competitors. Our volunteers consistently cite their experience with We the People students as encouraging, rewarding, and energizing.

Please fill out our [volunteer form](#) so that we may best accommodate your interests and skills. You may want to have a calendar handy to check your availability for various competition dates.

**Please note: All volunteers must be fully vaccinated against COVID-19.**

If you have any trouble with this form, or if you have any questions about the We the People competitions, please contact Emily Voss at [emily@vacivics.org](mailto:emily@vacivics.org).

Thanks very much, and we look forward to seeing you during the 2022–2023 competition season! [Click to Volunteer!](#)

Check out this year's questions!

[Middle School Questions](#)

[High School Questions](#)



## Education.com Halloween Art Contest is Back! Ghouls Just Want to Have Fun!

Show your spooky spirit by entering our art contest for a chance to win a scarily delightful prize! [Enter Here.](#)

- Submit a Halloween- or fall-themed artwork by Oct. 9
- Your masterpiece could be featured on our Halloween Wall of Fame
- Three winners will receive a complimentary 1-year Premium membership!



## Professional Learning

### The Amplify Literacy Team: FREE Webinar Series – Discover the Five Elements of a Science of Reading System

Over 20,000 educators have already benefited from our free webinar series, learning how the Science of Reading benefits all students—from emergent bilinguals to middle schoolers to your most confident young readers.

And we're about to take it one step further. In [part two of the series](#), you'll hear from Science of Reading experts, brought together by Susan Lambert, host of Science of Reading: The Podcast, as they explore Multi-Tiered Systems of Supports (MTSS). You'll explore the five critical elements of a complete literacy system — assessment, core instruction, intervention, personalized learning, and professional development — and walk away with the tools you need to bring Science of Reading practices to every stage and tier of instruction. [Check out the full schedule of webinars.](#)

### Learning for Justice: Free On-Demand Webinars for Educators

Learning for Justice webinars offer helpful guidance and great ideas from experienced and innovative educators and experts. Educators can watch these [free on-demand webinars](#) at their own pace and come away with practical, professional learning they can start using as soon as the next day.

### Phonics Camp with Wiley Blevins

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2-Part Camp hosted by Wiley Blevins

Watch On Demand. [ENROLL NOW!](#)

Join Wiley Blevins for a FREE, 2-part Phonics Camp that will inspire your instruction and help increase student motivation and learning. Discover how to use the characteristics of strong phonics instruction and differentiate to meet students' needs.

HERE'S WHAT YOU'LL LEARN:

Class 1: Getting Started with Strong Phonics Instruction

- Discover key characteristics of strong phonics instruction
- Understand the power of research-based phonics routines
- Learn how to avoid phonics instruction issues

Class 2: Differentiating Students' Phonics Needs

- Assessing to meet students' needs
- Transitioning students to read multisyllabic words
- Building fluency to aid in comprehension
- Connecting phonics and vocabulary

Once you register, you'll receive your first of two class emails. Each email will give you "ON DEMAND," anytime access to the camp video, reflection questions, and featured resources for that class. If you watch both camp classes, you'll have an opportunity to receive a Certificate of Participation. Details will follow.

## Virginia ASCD Fall Events

[Click for Full List of Upcoming Events](#)

## Technology & Tech Tips

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### What's New From T&L? A Canva Lesson Plan

Why It Matters: From infographics to multimedia video presentations, Canva is a dynamic, interactive, and fun way to create and design. It offers a host of design options, tools, and features that can be used to enhance teaching and learning experiences for students and teachers alike. In addition to being used to present content to students, Canva can be used as an engagement tool by which students can demonstrate what they have learned in any subject area. Full Story: [Tech & Learning](#)

## What is Kami? Tips & Tricks

Why It Matters: Kami is a digital classroom space that can be used by teachers and students to access resources, create and submit projects, and more. Everything is cloud-based and integrates with other platforms to allow for access across devices and locations. Since it has a really well-refined feel, the platform is easy to learn and visually attractive both for educators and students across a wide range of ages. Full Story: [Tech & Learning](#)

## What is the Future of Technology for Teaching and Learning?

Join the Center for Digital Education, [September 21 at 11:00 a.m. Pacific/2 p.m. Eastern](#), for a live webcast on where K12 education is headed and how district and campus technology needs are changing. We are assembling a panel of current and former K12 technology leaders for an interactive session on how teaching and learning is evolving and what that means for technology planning and priorities.

[Register now!](#) As a special thank you for participating, the first 60 attendees to watch the live webcast will receive a \$10 Amazon gift card (You must be an education professional and watch the entire webinar in order to qualify.)

## What are Your Favorite Education Podcasts?

This question was posed by an ISTE staff member in the ISTE Connect conversation section: What are your favorite podcasts? The responses were as follows:

**Response from John Heffernan, Community Leader:** I compiled a list a few months ago for a PD session I ran. I have selected some non-US podcasts to add a more global flavour.

**The Cult of Pedagogy Podcast-** Jennifer Gonzalez interviews educators, students, administrators, and parents about teaching strategies, classroom management, education reform, and educational technology <http://www.cultofpedagogy.com/pod>

**Edufuturists-** Three UK teachers host this edtech and education podcast where they look through a future lens. <https://anchor.fm/edufuturistspodcast>

**Inside Education** - An Irish teacher educator hosts this podcast where he interviews international education thinkers and practitioners. <https://insideeducation.podbean.com/>

**TOPcast:** The Teaching Online Podcast- A podcast from UCF which came into its own with the lockdown and transition to online learning <https://topcast.online.ucf.edu/>

**Teaching in Higher Ed** A podcast aimed more at those working at third level but useful for all levels. <https://teachinginhighered.com/>

**UDL in 15 mins** A short podcast usually of an interview with a teacher implementing UDL in their local surroundings. <https://udlin15minutes.podbean.com/>

**Educational Research Reading Room** - An Australian podcast looking at fundamental education theories to classroom ready strategies from current educational research and practice <https://www.ollielovell.com/podcast/>

**Teachers' Educational Review-** Another Australian podcast. This podcast has a number of regular features and in-depth interviews. <https://terpodcast.com/>

**Visions of Education-** A podcast discussing the big ideas in education <https://visionsofeducation.com/>

**VR in education** - A podcast looking at the use of VR in education with interviews and discussions <https://cfrehlich.podbean.com/>

**The Evidence Based Education Podcast-** An UK podcast looking at research in education <https://evidencebased.education/>

**The Ed Tech podcast** - A UK podcast covering schools, higher education and lifelong learning <https://theedtechpodcast.com/edtechpodcast/>

**EdTech Situation Room-** Jason Nieffer and Wes Fryer discuss and analyze current technology news through an educational lens. <https://edtechsr.com/>

**Ask The Tech Coach** A podcast co-hosted by fellow Community Leader Jeff Bradbury aimed at ed tech and instructional coaches.

And finally a plug for a podcast that I produce in Ireland. The **CESI Staffroom** is a podcast from the Computers in Education Society of Ireland and aims to have a wide-ranging lists of guests both US and international. I have big plans for this season! <https://podcasts.apple.com/ie/podcast/cesi-staffroom/id1522918706>

### **Response from Ilene Winokur: PD Specialist and Coach, Kuwait**

Thanks for this list and thank you to Diana for asking about our fave podcasts. I have a few that I love listening to including:

- Leading Equity with Dr. Sheldon Eakins
- The Innovator's Mindset with George Couros
- Teaching MLs with Tan Huynh
- Getting Smart with various guests
- Mindshift by KQED
- Rethinking Learning with Barbara Bray
- The Missing Link with Rola Tbshirani
- Chey and Pav Show with Chey Cheney and Pav Wander
- Journeys to Belonging with Dr. Ilene Winokur (a shameless plug for my own podcast)

### **Response from Serena Scalzi:**

- I created an [ISTE Podcasts](#) collection in Wakelet that includes all of the podcasts and notes shared in this discussion. I hope that this collection makes it easier to share all of the great resources mentioned.

### **Additional Recommendations:**

- My EdTech Life podcasts by Alfonso Mendoza
- Learn Smarter: The Educational Therapy Podcast
- Diverse Thinking, Different Learning with Dr. Karen Wilson
- My favorite is "Have You Heard?" The hosts look at education policy through a historical lens. <https://www.haveyouheardpodcast.com/>
- I love the ISTE Community Leaders podcast: The Edge <https://istetheedge.buzzsprout.com>  
I also love Control The Chaos by [@Stephanie Howell](#) and Tara Ruckman <https://controlthechaos.goldedu.org/podcast>

- [Stem Everyday Podcast](http://dailystem.com/stem-everyday-podcast/)- <http://dailystem.com/stem-everyday-podcast/>  
[Learning Unleashed](https://podcasts.apple.com/us/podcast/learning-unleashed-iste-radio/id1494135118)- <https://podcasts.apple.com/us/podcast/learning-unleashed-iste-radio/id1494135118>  
[Teacher Teacher Podcast](https://www.kamiapp.com/teacherteacher/)- <https://www.kamiapp.com/teacherteacher/>  
[Easy EdTech](https://classtechtips.com/category/podcast/podcast)- <https://classtechtips.com/category/podcast/podcast>  
[10 Minute Teacher](https://www.coolcatteacher.com/10-minute-teacher-podcast/)- <https://www.coolcatteacher.com/10-minute-teacher-podcast/>  
 and while this isn't explicitly an education podcast, it's educational:  
[99% Invisible](https://99percentinvisible.org/)- <https://99percentinvisible.org/>

## Virtual Virginia: What is Computer Science?

### New VVA & CodeVA Training Provides the Answer

In a ***free new course*** from Virtual Virginia and CodeVA, public school educators can learn the fundamentals of computer science, the Virginia SOLs for computer science, and how to teach computational thinking. [Click here to enroll.](#)

## Virtual Virginia: Updates

For teachers using Canvas and VVA mentors: Remind your students to check their Canvas LMS calendar for assignments due and for synchronous instruction links. If students are enrolled in multiple courses, they can label each course with a different color in the Canvas LMS calendar.



Wednesday, Sept. 21 and Monday, October 10 – Asynchronous Learning Day (No VVA Synchronous Instruction)

[September 21](#) or [September 28](#) – Webinar: Family Engagement & Support in Canvas: Family Conferences

### Learning S'more at Camp Canvas

Instructure highlights Virginia Beach City Public Schools' fun professional development, where teachers shared and learned all about Canvas, VVA's Statewide LMS. [Read the Instructure Story.](#)

### Supply & Demand [Crash Course from VVA & MRU](#)

Designed by VVA and Marginal Revolution University for first-time and experienced economics teachers, this course covers the basics of supply and demand.

### School Support Training Course

Counselors, coordinators, and mentors at Virginia public schools and divisions now have access to VVA's School Support Training Course, a [free, online professional learning opportunity](#) geared toward those who work closely with VVA students, faculty, and staff.

# In the News

## AASA The School Superintendents Association Resource Roundup

### **A Guide to Rethinking Education After Pandemic**



[www.edsurge.com](http://www.edsurge.com)

As the pandemic kicked in and much of the world went into lockdown, schools everywhere were forced to adapt. Much of the national media coverage made...

[READ MORE](#)



### **The Missing Teacher Mystery**



[www.forbes.com](http://www.forbes.com)

Private sector employment levels have now recovered from the pandemic, but U.S. schools were still short nearly 300,000 staff in August 2022. That gap is now greater than 360,000 staff according to the recent findings...

[READ MORE](#)



### **Social-Emotional Learning Webinars**

Sponsored



Are you interested in social-emotional learning (SEL)? Join a free webinar to learn more about the Second Step® family of SEL programs and hear from SEL experts on industry-wide trends and research.

[READ MORE](#)

### **Advocates Seek More Resources for Newcomer Students from Ed Dept**



[www.k12dive.com](http://www.k12dive.com)

A group of leaders in education are asking the U.S. Department of Education to develop resources and supports for students new to the U.S. who are English learners known as newcomer students, [according to a letter](#) sent to U.S. Education Sec. Miguel Cardona...

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### **Service-Learning Can Be a Bridge to SEL: Educators Should Embrace It.**



[www.edsurge.com](http://www.edsurge.com)

In 2020, California’s State Board of Education adopted criteria and guidance to award a State Seal of Civic Engagement to students who demonstrate excellence in civics education. Unfortunately, the COVID-19 pandemic set this work back substantially; teachers and...

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### **6 Questions to Better Understand Math and Reading Scores**



[www.kqed.org](http://www.kqed.org)

School started on an ominous note this year. On Sept.1, the U.S. Department of Education released disastrous test results. Based on a sample of 7,000+ 9-year-olds around the country, two decades of academic progress in reading and math were erased from 2020 to 2022...

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### **Schools Are Using COVID Relief Dollars to Support Immigrant Students’ Mental Health**



[www.npr.org](http://www.npr.org)

Schools have been looking for ways to support student mental health needs, and COVID relief dollars made a lot of that possible. We look at what that looks like one school in Oakland, California...

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### **Curriculum a Crucial Component of School Mental Health Strategies**



[www.k12dive.com](http://www.k12dive.com)

The COVID-19 pandemic deepened the need for student mental health support in K-12. Parents too have seen the impact on their children, with 57% believing the health crisis negatively affected the mental...

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## Federal Updates: Assistance with Internet Bills

Eligible households can receive up to \$30 a month off internet bills, as well as a one-time \$100 discount off a connected device. An estimated 40% of households qualify, including those with an income at or below 200% of the federal poverty level and those participating in certain federal programs. [GetInternet.gov](http://GetInternet.gov) is a one-stop shop to check eligibility and sign up.

[Here is a press release from the U.S. Dept. of Education](#) about the Safer Communities Act.

# Self-Care & SEL

## Optima Health: Employee Assistance Program

### *September – Navigating Divorce*

**“What lies behind you and what lies in front of you, pales in comparison to what lies inside of you.”  
- Ralph Waldo Emerson**

Most people going through divorce profess that they will not lose control of themselves, their temper, or their legal bills. The good news is that most people stick to this goal, but sometimes a single mistake in this process can impact us for the rest of our lives.

To avoid some of the most common missteps, sign in to [OptimaEAP.com](https://OptimaEAP.com) with your username and search in the box in the upper right corner of the homepage: “Keeping Control During Divorce”.



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](https://OptimaEAP.com) for additional topics and information.**

## Edutopia: Social & Emotional Learning and Restorative Practices

To read about SEL Audits and How Students Typically Grow in SEL from Elementary to Middle School, [click here](#). There is also a component on helping young learners negotiate the process of making choices with [engaging picture books and guided questions](#).

## Adding a Mental-Health Check-In to Lesson Plans

As the new school year begins, teachers at many schools across the country are adding a new component to their routines: A mental health check-in with their students. The idea is to open up conversations around how kids are feeling emotionally, and to connect them to help before issues escalate to a crisis. To read more, [click here](#).



## UNITE Virginia

We are excited to share that the Virginia Department of Health renewed its contract with Unite Us in June. The contract was fully funded to support the continued growth of the Unite Virginia network, which has grown to include more than 900 organizations and over 1,800 programs.

The Unite Virginia team is grateful for the leadership and support of the Virginia Department of Health, the Virginia Department of Social Services, and the Secretary of Health and Human Resources. Together, we are forging new public-private partnerships, and building connections for a healthier Virginia. Meet our local team and learn more at [Virginia.UniteUs.com](https://Virginia.UniteUs.com)

If you would like to learn more about the Unite Virginia network, and which health systems, state agencies, and other new partners are joining the network, [click here](#). Our network partners are providing a wide variety of services including substance use treatment and peer support, primary care, housing, and food and nutrition services. Connect with [your local community engagement manager](#) to find out who is active in your area. \*Data as of 9/12/22

### Information Sessions

Learn about Unite Us, a coordinated network of health and social care providers working to address Social Determinants of Health and advance health equity. Includes software demonstration and Q&A session.

[Second Wednesday of each month, 2:00-3:00 pm](#)

[Fourth Thursday of each month, 10:00-11:00 am](#)

## Food for the Soul: Allrecipes Grandma-Approved Cookie Recipes



There's nothing like walking into Grandma's house and being greeted by the sweet scent of freshly baked cookies. Allrecipes community members have shared plenty of vintage cookie recipes from their grandmas' kitchens through the years — and we've rounded up some of the best ones right here. Whether you're in the mood for an old-fashioned idea that has stood the test of time or a fun twist on an old favorite, you'll find a new family tradition in this collection of [our best Grandma-approved cookies](#).

# Of Interest to Our Students & Families

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Coliseum Central Presents Cirque Musica Holiday Wonderland, Dec. 11 @ 7 pm



Cirque Musica Holiday Wonderland is coming to Hampton Coliseum on Sunday, December 11 at 7pm! [Coliseum Central](#) presents an unforgettable experience for the entire family to enjoy a world-class circus experience infused with the holiday classics we all love. Treat your family and create memories you will cherish forever! Get your tickets beginning Friday, September 16 at 10AM!

## Feedback, Questions and/or Recommendations

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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.