

Kent County Public Schools

H. R. Newsletter September 2018

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WELCOME BACK TO SCHOOL!



“Education is the key to unlocking the world, a passport to freedom.”

Oprah Winfrey



MINDFUL TEACHING BY THE NUMBERS

IT ONLY TAKES **5** MINUTES TO HAVE A HEALTHY SNACK. BE SURE TO STOCK UP ON SOME OF YOUR FAVORITES.

3 deep breaths can calm you down. Try it right now. Don't you feel a little better?

There are never more than **24** hours in a day. Don't try to pretend otherwise. It doesn't help.

100% OF TEACHERS FEEL OVERWHELMED FROM TIME TO TIME. SO CUT YOURSELF A LITTLE SLACK, OK?

ZERO: NUMBER OF PEOPLE WHO WILL BENEFIT IF YOU HAVE A NERVOUS BREAKDOWN. TAKING CARE OF YOURSELF IS NOT A SELFISH ACT.

You only need **1** other person to start a support group. Is there someone you can ask for help today?

MindfulTeachers.org

Front Row (left to right)

Abigail Hennessy
Cassandra VanDyke
Kimberly Maney
Anna Farragher
Benjamin Helton
Victoria White
Janet McCormick

Middle Row (left to right)

Sandra Tilghman
Cailley Cochran
Leticia Alfaro
Dawn Reilly
Angelica Walls
Michelle Cerino
Katherine VanBruggen
Daphne Golden
Teresa Fewlass

Back Row (left to right)

Carter Miller
Bryan Williams
Jason Scheib
Steven Fogel
Eliot Bamford
Thomas McAndrews
Albert Olshenske
David Boyle