

SAC
Website



21st

Century Community Learning Centers Newsletter #7 for Spring 2019



How to End the School Year Right



Two girls sitting in lawn chairs, Century Community Learning Centers

Coordinator's Highlights

I would like to take this opportunity to give a big "THANK YOU" to all of the 21CCLC Center Coordinators for all of your hard work and patience this year! I would also like to thank all of the superintendents and principals for their support this year. And of course, Faye! I wouldn't have survived the year without you! The 21st Century Community Learning Centers are great places for students to learn, enjoy, and be safe because of all of you! I hope you can take some time for yourselves to relax and enjoy days with a little slower pace.



"They're jumping up and down on the couch in there."

Dislike this cartoon?

21CCLC News!!

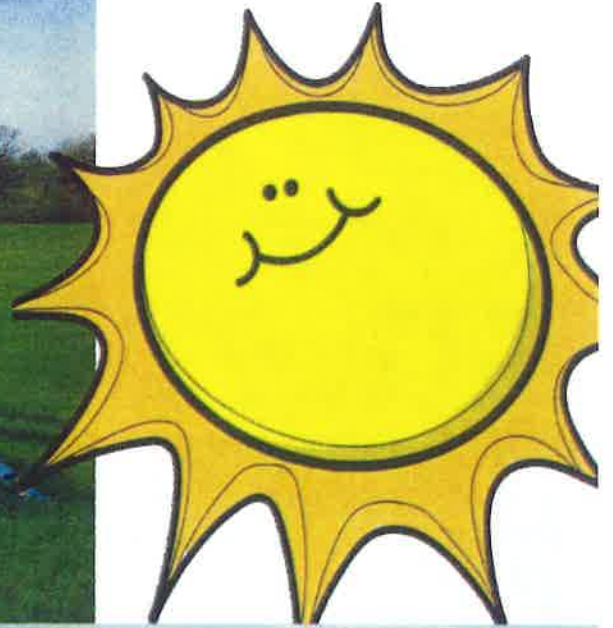
- **Summer Enrichment Programs are all set for each center in our 21CCLC.**
- **Fall APR Reports are in and in the process of being filed with Faye!**
- **M3 Huddle Improvement Plans have all been turned in and ready for the 2019-2020 school year.**
- **Work has begun on gathering information for the Spring APR for 2019.**
- **Please remember to file your 2018-2019 Report as soon as possible. We are Cohort 7 in the grant. This is due by the 20th of June. If you have misplaced your link, let me know and I will send it to you.**



Thank you to Ashley Gunderson from the Win-E-Mac school 21CCLC for sending these pictures from their Garden Project during the last days of their program. They visited area greenhouses and planted at their own school as well.
Looks like a lot of fun!



Finally
Sunshine!

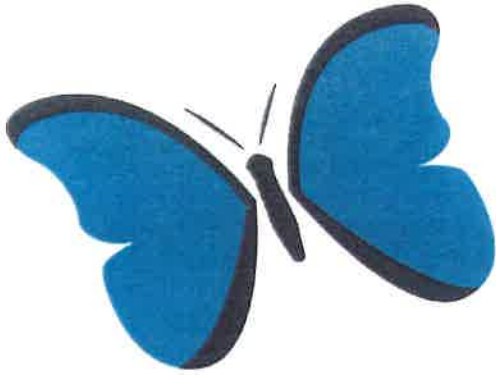






Let the planting begin!





Summer Self-Care for Teachers: How to Relax, Recover, and Prepare for Fall

#1-Avoid all of those “Teacher Skeptics”! You know-those well meaning acquaintances that, after finding out you are on your summer “break”, will sigh and say, “It must be so nice to only work 8 months a year.” Or, “I wish I got paid to have summers off.” Hearing comments like that is bound to make your blood boil. Avoid them at all costs.

#2-Sleep in or take a nap-and don’t feel guilty about it! You need to catch up on all that sleep you missed during the school year. And you need to start the next school year rested.

#3-Take time to laugh. Laughter had been proven to help relax the whole body and release endorphins.

#4-Color in an adult coloring book or just tinker. Admit it. When you watch your students color and/or doodle, you’re a little jealous. Grab some colored pencils and relax.

#5-Take a long lunch. Anything more than 15 minutes always feels like such a splurge!

#6-Read an adult book. No Judy Moody, Captain Underpants, Junie B. Jones, Ramona Quimby, or Fudge.

#7-Go to an aquarium or enjoy the outdoors. Recent studies have found that watching fish helped improve moods and lower heart rates.

#8- Go watch a baseball game or try out those stress balls or calm down bottles that kids use when they are stressed or angry. See if they actually work!

Just so you know, teachers don't "have the summer off"

#9-Go on a Netflix binge. Watch all of your favorite shows that you didn't have time for during the school year.

#10-Go to the bathroom anytime you want! You have all summer to trick your bladder into thinking that you will always have easy access to a bathroom. You can retain your bladder when the school year starts back.

#11-Stay in your pajamas all day. You deserve it!

#12-Get a massage. This is one that is always hard for teachers to justify since it can be pricey. But don't talk yourself out of it – you deserve it after surviving another school year!

#13- If you can't take a real vacation to someplace great, take a "Staycation". Realize that taking real time off is a benefit to both you and your family. It is not a luxury, it is a necessity.

They just do a year's worth of work in 10 months!

21st Century Community
Learning Centers

Soaring
Beyond Expectations

