

POWER UP WEEKLY

WE ARE EXCITED TO LAUNCH OUR INAUGURAL SUPER POWER NEWSLETTER, WHICH IS SPECIFICALLY DESIGNED TO HELP TEACHERS IMPLEMENT GREAT GROWTH AND CHANGE. THERE WILL BE A WEEKLY DRAWING; THIS WEEK'S PRIZE IS A BOSE SPEAKER. WE HOPE THIS NEWSLETTER OFFERS VALUABLE TIPS AND INFORMATION FOR YOU!

OUR NEW WEBSITE!

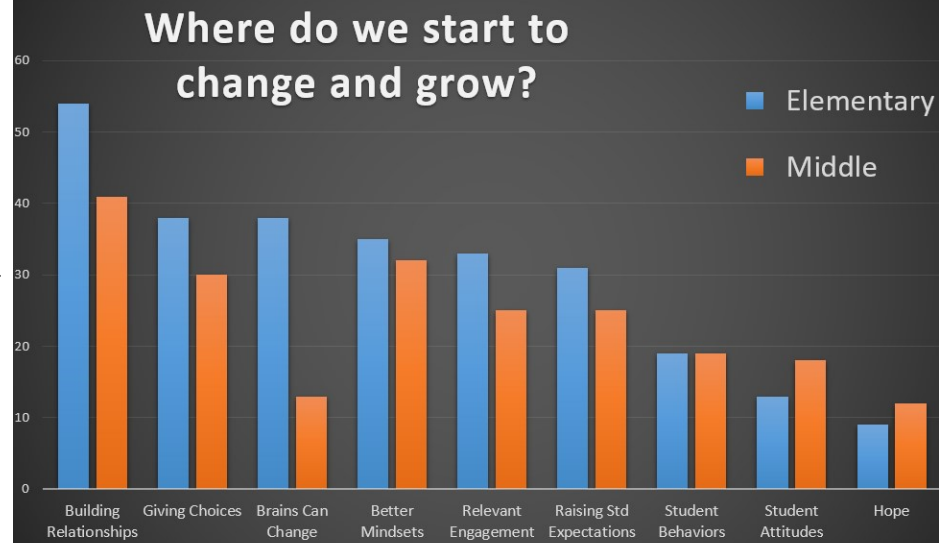
<http://pcsbai.weebly.com/>

- OFFICE OF ACCELERATION & INNOVATION

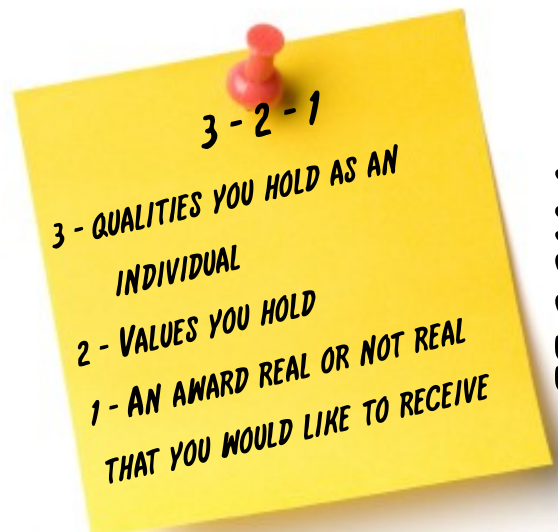
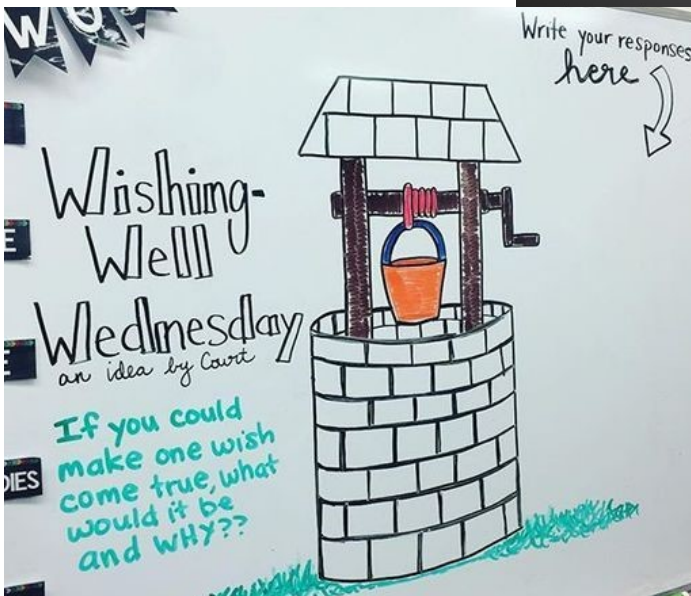
FAST TRACK RELATIONSHIP BUILDERS

3 IN 30

BASED ON THE SURVEY RESULTS (SEE GRAPH TO THE RIGHT) FROM THE UNDERSTANDING POVERTY WORKSHOP, TEACHERS RANKED BUILDING RELATIONSHIPS WITH YOUR STUDENTS AS THE GREATEST AREA IN NEED OF CHANGE! SEE BELOW FOR IDEAS.



ELEMENTARY



MIDDLE

STRESS REDUCTION

BASED ON RESULTS FROM THE PERSONAL CHANGE INVENTORY, IT WAS UNANIMOUS THAT BOTH ELEMENTARY & MIDDLE SCHOOL TEACHERS WANTED TO WORK ON REDUCING THEIR PERSONAL STRESS

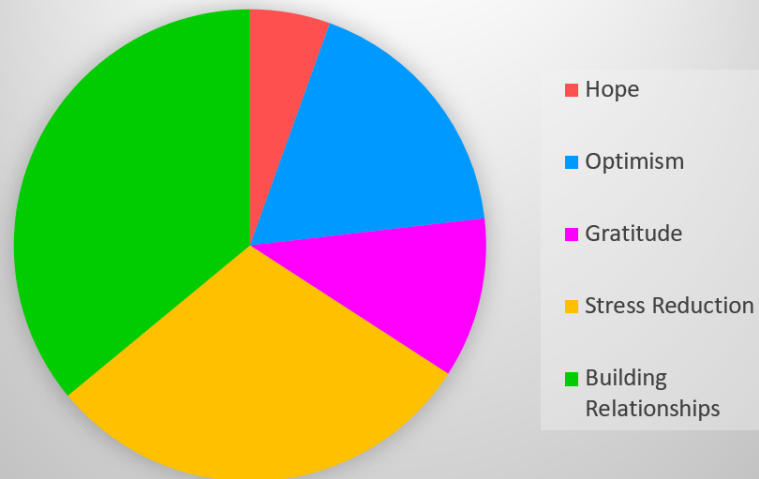
LOOK!

MUSIC THERAPY HAS SHOWN NUMEROUS HEALTH BENEFITS FOR PEOPLE WITH CONDITIONS RANGING FROM MILD (LIKE STRESS) TO SEVERE (LIKE CANCER). WHEN DEALING WITH STRESS, THE RIGHT MUSIC CAN ACTUALLY LOWER YOUR BLOOD PRESSURE, RELAX YOUR BODY AND CALM YOUR MIND. HERE ARE SOME SUGGESTIONS OF DIFFERENT TYPES OF MUSIC TO LISTEN TO, AND HOW TO USE MUSIC IN YOUR DAILY LIFE FOR EFFECTIVE STRESS MANAGEMENT.

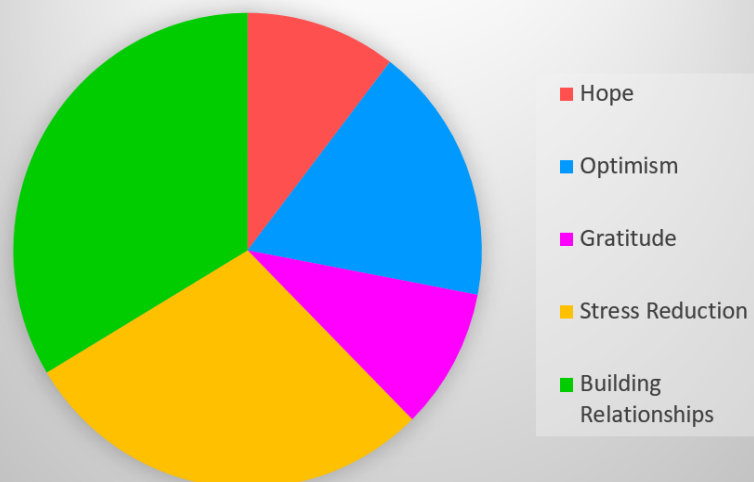


Stop being afraid of what could go wrong and start being excited about what could go right."

Results from Elementary Teachers Personal Change Inventory



Results from Middle Teachers Personal Change Inventory



YOUR CHANCE TO WIN! SEND AN EMAIL TO : MAGNETCHOICE@POLK-FL.NET ANSWER THE FOLLOWING QUESTIONS:

HOW HAVE YOU INCORPORATED ONE OF THE STRATEGIES FROM THE SUMMIT AND HOW CAN WE ASSIST YOU WITH INCORPORATING MORE OF THE STRATEGIES?