

# POWER UP WEEKLY

WELCOME TO THIS WEEK'S EDITION OF THE POWER UP WEEKLY. FOR THE NEXT SEVEN WEEKS WE WILL BE PROVIDING YOU WITH ERIC JENSEN'S MOST VALUABLE TEACHING GOALS FOR THIS YEAR. WE HOPE THAT YOU FIND THESE HELPFUL AND USEFUL AS YOU CONTINUE TO TEACH THIS YEAR. ALSO, CONGRATULATIONS TO MICHELLE LINDQUIST, TEACHER AT CODE, THE WINNER OF THE DRAWING FOR A BALANCE BALL CHAIR. PLEASE BE SURE TO ENTER OUR CONTEST THIS WEEK, FOR A SOLAR PHONE RECHARGER.

~OFFICE OF ACCELERATION & INNOVATION

## JENSEN'S 7 MOST VALUABLE TEACHING GOALS FOR THIS YEAR

### Engage, Engage & Engage some more

Set a high goal for engagement in your classroom. Why? Engagement is also a top 20 contributor to student achievement. Engagement keeps students in school and helps them learn.

Use the 7-minute rule. What IS the 7-minute rule? Engage every student, every day, at least every 7 minutes.

Here are simple suggestions. Ask them to do something like verbally summarize the learning, help a neighbor, write a summary statement, work with a team or just take in a deep breath. Get students up for a stand-up, stretch or activity break ( *Simon Says*, *Follow the Leader*, have students play an imaginary sport, circle three tables, touch all corners in the room, lead a group in dance, etc.). Invite students to take on the role to conduct "in room energizers" either for a team or the whole class. Use music to make it more fun.

To remind yourself, set your smart phone up front and set the timer every 7 minutes (no buzzer or alarm needed). Every time you engage students, reset the timer. Within 30 days, you'll have an amazing engagement HABIT!

You can do this! This experience will make your class the most amazing class on campus. Students will go bananas for your class

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## FAST TRACK RELATIONSHIP BUILDERS

3 IN 30

Tell us:  
**RED** - something about yesterday  
**ORANGE** - something you do well  
**YELLOW** - something about your childhood  
**BLUE** - something you learned last week  
**BROWN** - something you can't live without  
**GREEN** - something you watch/listen to



1. What event of the last three months stands out in your mind the most?
2. What are 3 things you like most about yourself?
3. What leisure time activity pleases you the most?

ELEMENTARY

MIDDLE

**EXERCISE**

**MANY PEOPLE EXERCISE TO CONTROL WEIGHT AND GET IN BETTER PHYSICAL CONDITION TO BECOME MORE HEALTHY OR PHYSICALLY ATTRACTIVE, BUT EXERCISE AND STRESS MANAGEMENT ARE ALSO CLOSELY LINKED. EXERCISE PROVIDES A DISTRACTION FROM STRESSFUL SITUATIONS, AS WELL AS AN OUTLET FOR FRUSTRATIONS, AND GIVES YOU A LIFT VIA ENDORPHINS AS WELL. THIS ARTICLE CAN TELL YOU MORE ABOUT THE STRESS MANAGEMENT BENEFITS OF EXERCISE, AND HELP YOU GET MORE ACTIVE IN YOUR DAILY LIFE.**

## TEACHER SUCCESS STORY

Please send your success stories to us!

“Being that this is my first year teaching in the brand new DJA Fabrication Lab I had no idea what to expect from students or myself. So to keep the kids engaged & striving to do better I have employed two tactics into one. While students are working & do not require my help, I am taking photos. At the end of the day I upload ALL(blurry, off task, it doesn’t matter) but ALL of the photos to the computer. The following day I run a slide show of all of the classes all day long projected onto the screen with classical “brain” music playing. The students are able to see what their friend are working on or not working on & get ideas from students outside of their class. It has really brought all of my classes together as one. Students are now always on task because they know pictures are being taken and they want their friends to see what great things they are doing. They are not distracted by the slide show or the music. I wish I was doing this when I taught Math.”

*Michael Bastedo, Daniel Jenkins Academy, Fabrication Lab Manager*

**YOUR CHANCE TO WIN! SEND AN EMAIL TO: [OAI@POLK-FL.NET](mailto:OAI@POLK-FL.NET)**

**PLEASE RESPOND TO THE FOLLOWING STATEMENT:**

**DESCRIBE HOW YOU HAVE IMPLEMENTED A PERSONALIZED LEARNING ENVIRONMENT IN YOUR CLASSROOM. ANY PHOTOGRAPHS WOULD BE GREAT BUT PLEASE BE SURE TO ONLY SEND PICTURES THAT INCLUDE STUDENTS WHO ARE ALLOWED TO HAVE THEIR PHOTO PUBLISHED.**