



# TEACHING & LEARNING NEWSLETTER

A monthly newsletter designed for [Norwalk Educators](#)

## SELF-CARE TIPS

### WAYS TO FILL UP YOUR CUP

If you've heard it once, you've heard it a million times: self care matters. You can't pour from an empty cup. Below are some self-care tips from the Teaching & Learning Department:

- Make a playlist of happy songs
- Meditate or exercise
- Find ways to belly laugh
- Schedule dinner with a friend
- Take a nap without feeling guilty
- Say no more often
- Enjoy a hobby
- Set time limits when you take work home
- Surround yourself with the right people

**do it for you!**

Here's what's new in this issue:

**SELF-CARE TIPS**

**COACHES CORNER**

**NEW TEACHER SPOTLIGHT!**

**STRATEGY SPOTLIGHT**

**TEACHING & LEARNING DEPT.**

## COACHES CORNER



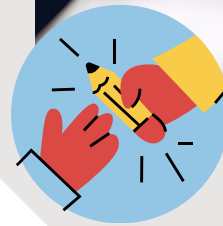
### Student-Centered Coaching: What is it and Why is it Important to Me?

Student-Centered coaching cycles are built around a backward design plan where the teacher and coach work as partners to set goals that are focused on student learning. Instructional coaches employ many core practices as they work with individuals or small groups of teachers. Those practices are: (Harris & Sweeney, 2020, p.10 & 11)

- **Utilize coaching cycles:** A coaching cycle creates the right conditions for ensuring that students learn. Informal or one-shot coaching approaches will not have the same effect on student learning so it is important that the coach and teacher work collaboratively for several weeks.
- **Set standards based goals:** Coaching is centered around setting a standards based goal that is meaningful to the teacher and his/her students. This helps ensure we have expectations for learning.
- **Unpack the goal into learning targets:** The teacher and the coach will unpack the goal into student-friendly targets to increase clarity for all. These targets allow the teacher and coach to gauge success and assist them in designing formative assessments that can be used to track progress toward achieving the goal.
- **Co-plan with student evidence:** The teacher brings student evidence to each planning session with the coach. Formative assessment drives the work of the coaching cycle and helps the coach and teacher stay focused on the goal for student learning.
- **Co-teach using effective instructional practices:** Coaches and teachers build a partnership in the classroom rather than the coach just modeling or observing. The teacher and coach consider a variety of instructional moves that could be used to increase teacher metacognition and help the teacher transfer those practices into her/his day to day teaching practice.
- **Measure the impact on student and teacher learning:** The teacher and the instructional coach collect data to determine how students and teachers are growing throughout the duration of a coaching cycle. If learning is the goal then it is important that we measure it!

Every teacher can benefit from working with a coach because every teacher has students with specific learning needs. Student-centered coaching benefits both teachers and students as the coach and teacher work as partners to set goals that are focused on meeting the learning needs of students.

Resource: Sweeney, D., & Harris, L. S. (2020). Student Centered Coaching What Every K-12 Coach and School Leader Needs to Know. Thousand Oaks, CA: Corwin Press.



## Teaching & Learning Department

- **Dawn Schiro**, Executive Director of Teaching & Learning
- **Shelly Vroegh**, Teacher Leadership & Mentoring Programs Coordinator
- **Nicole Linderman**, Elementary Curriculum & Assessment Facilitator
- **Christie Beving**, Secondary Curriculum & Assessment Facilitator
- **Lauren Phillips**, Teaching & Learning Administrative Specialist

## STRATEGY SPOTLIGHT

### PENNIES FOR YOUR THOUGHTS

If you are struggling to get all students to participate in a class discussion, this strategy is for you! During your next whole class discussion, give each student two pennies or any two objects. Students can pose a question to move the discussion along or respond to a peer's comment, but they must "pay" for their comment or question. Every student must use their two pennies before anyone can have a third turn.

This could also work with virtual learners as well. Students could find two objects to use at home and still give up an object when they participate.

# NEW TEACHER SPOTLIGHT



## **KIM THIELEN METCALF**

G/T & Intro to Education Teacher  
Norwalk High School

Kim Thielen Metcalf is the new Gifted and Talented and Intro to Education teacher at Norwalk High School. Kim graduated from the University of Northern Iowa and has been a teacher for twenty-two years. Prior to coming to Norwalk she taught in the Linn-Marr School District, at Mason City Newman, and in Columbia Public Schools in Missouri. Kim is an avid bargain hunter so if you are looking for a good deal, check with Kim! Kim is enjoying being a part of the staff at NHS because of the kids and as she said, "everyone has been pretty awesome!". If you see Kim walking the halls, be sure to say hi and give her a warm Warrior welcome! We're glad you're a Warrior, Kim!

## **MEGAN LATHROP**



K-1 STEM Teacher  
Oviatt Elementary

Megan graduated with a Bachelor's Degree from the University of Iowa and a Master's Degree from Drake University. She has been teaching for five years. Prior to coming to Norwalk, Megan taught in the I-35 School District where she was a K-12 TAG teacher, 2nd-Grade teacher, and a 1st-Grade teacher. Megan lives in Lakewood and enjoys walks around the neighborhood with her daughter and her dog. She loves all of her students and how excited they are about STEM. Welcome to Norwalk, Megan. We're glad you are a Warrior!

## **ANGELA SCHRECK**



French Teacher  
Norwalk High School

Angela Schreck is the new French I-IV teacher at Norwalk High School. Angela attended Central College and Southern Oregon University and has been teaching for eight years. Prior to coming to NHS, Angela taught for seven years at East High School in Des Moines. She enjoys long walks through the park while listening to podcasts...ask her about some of her favorites. Angela is enjoying being in a 1:1 environment this school year and has felt very supported by administrators and families this year. Welcome to Norwalk, Angela! We're glad you're a Warrior!

## **MEGAN GREENSLADE**



2nd Grade Teacher  
Orchard Hills Elementary

Megan Greenslade is a new 2nd grade teacher at Orchard Hills Elementary. She graduated from the University of Northern Iowa and has been teaching for five years. Prior to coming to Norwalk, Megan taught 2nd grade at Adel Elementary School. In her free time, Megan enjoys spending time outside and exercising. She loves the support from the Norwalk community and the Leader in Me program. Welcome to Norwalk, Megan! We're glad you're a Warrior!