

5 Things



You Need to Know! the Virginia Principal - October, 2020

Greetings!



The LEAD

The American Federation of School Administrators (AFSA), the National Association of Elementary School Principals (NAESP), and the National Association of Secondary School Principals (NASSP) are gearing up for the October 2020 celebration of **National Principals Month**. Undoubtedly, this year will be unique and challenging as school leaders strive to return some sense of normalcy for students and educators amid the COVID-19 pandemic. National Principals Month will recognize the outstanding work of principals and advocate for the support they need to provide high-quality instruction for all students.

[READ MORE](#)

Jim Baldwin, Executive Director, VAESP



5 ideas for supporting teachers during COVID

District Administration Magazine

It may seem counterintuitive, but COVID has so disrupted K-12 education that building leaders and teachers could look at 2020-2021 as their first year in the profession, says one administrator. That's because online learning is a brand new instructional setting for most educators, says Adam Brown, assistant principal of the Renaissance Academy in Virginia Beach City Public Schools. [READ MORE](#)

Children don't all learn the same way, or on the same timetable. So why should our education system be one-size-fits-all?

The 74

Prior to COVID-19, education in America was absolutely equal for every child. Are you done laughing yet? Good. Now let's get serious. [READ MORE](#)



Calendar Check

Late Fall: VAESP Virtual Zone Meetings. Meet regional colleagues and discuss issues facing all of us in this unique educational year.

Opportunities for rewards and door prizes for attendees.

December: VAESP Assistant Principal and Aspiring Administrator Virtual Workshop.

VAESP June 2021 Conference, June 27-29, 2021, Virginia Beach, Details and registration in **December.**

NAESP Annual Convention, July 8-10,2021, Chicago, ILL



You PD'D? Jenn David Lang shares: We are barely into the school year and school leaders are already deeply stressed. One west coast AP told me she was working very

late nights to finish the school schedule while at the same time several staff and her own family were on alert for evacuations from the wildfires.

It's just too much. And I know there's a lot out there to help *teachers* and *students* with stress and trauma, but I haven't seen as much for *school leaders*.

I decided to pause the content this month, and instead write something to help with **principal stress**. As you know, it's already lonely at the top and too many good leaders leave the job (even before the pandemic).

So, what do I suggest for managing stress?

Step One: Acknowledge that as a school leader, right now you are experiencing your own unique stresses and trauma.

Step Two: Try 1 to 2 new strategies to better handle stress using the 4 A's framework below – Avert, Alter, Accept, Adapt.

Click here for a [Coping with Stress one-pager](#)



Horace Mann

**Community
Chatter**

VAESP Corporate Partners play a key role in the operations of our Association.

Throughout the last eight months, they have provided invaluable assets and resources to support our schools, students and staff as they navigated the new reality that is COVID-

19. Each month we will highlight a few of our partners and share what it is that they have to offer you and your communities. Find out what they can do for you.

Horace Mann - How Administrators Can Attract and Retain Teachers Through Student Loan Forgiveness Support. [LEARN MORE](#)

ACE - American College of Education (ACE) is pleased to become a partner of the Virginia Association of Elementary School Principals (VAESP). American College of Education is:

- Accredited through the Higher Learning Commission
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ACE actively partners with innovative schools and districts to provide tuition reduction grants as an employee benefit. The grant amounts are: Ed.D./Ed.S., \$1,000; M.Ed., \$500; certificates and micro-credentials, \$250. For more information, please contact Melissa Hill, your Virginia field specialist, at (844) 823-0652 or melissa.hill@ace.edu.

[LEARN MORE](#)

EdConnective - Classroom management remains a challenge for most teachers in virtual/hybrid landscape we find ourselves in, but one of the top instructional coaches at EdConnective has come up with a few strategies to help. Rashaida Melvin (Ed.M, MAEd), one of our expert instructional coaches at EdConnective has developed a checklist of virtual routines teachers can make habit with students during start of the school year. [Click here to view it](#), then save it and share it with teachers! [LEARN MORE](#)

iStation - Check out 3 key actions principals can take to help develop an effective whole-school solution for reading instruction. Plus listen to the author speak about powerful literacy practices in our recorded webinar available now.

<https://hubs.li/H0vFrx80>

O'Brien Associates - We partner with educators to provide the most effective resources for K-12 Education and professional development. [LEARN MORE](#)



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