



Keeping you up to date on everything AVID at PAHS!

## Happy New Year!

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This month, we are starting off remote to try to keep our students and staff safe.

During this time, we want to focus on combining best practices and self care for everyone to take care of our academic, physical, and mental well being!

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### IN THIS ISSUE:

- AVID Work From Home Spaces!
- AVID Student Spotlight!
- Remote Self Care
- January's WICOR Strategy!

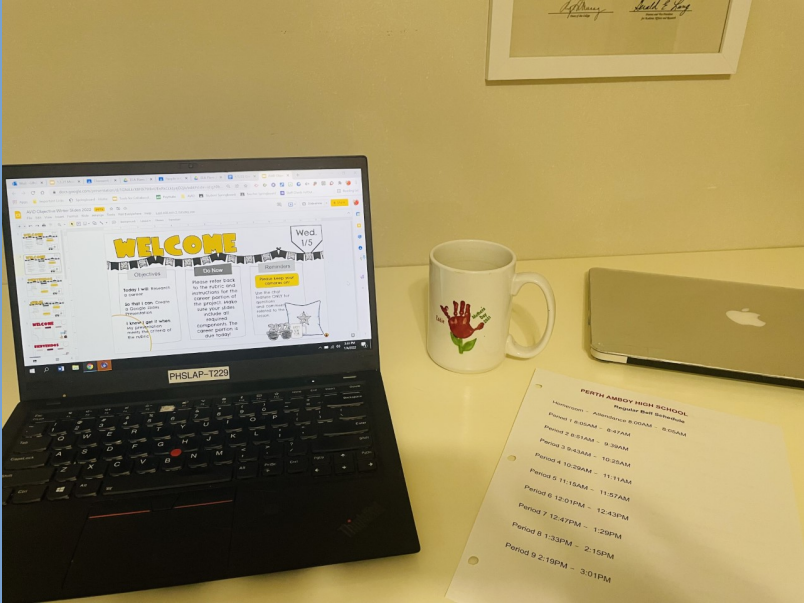
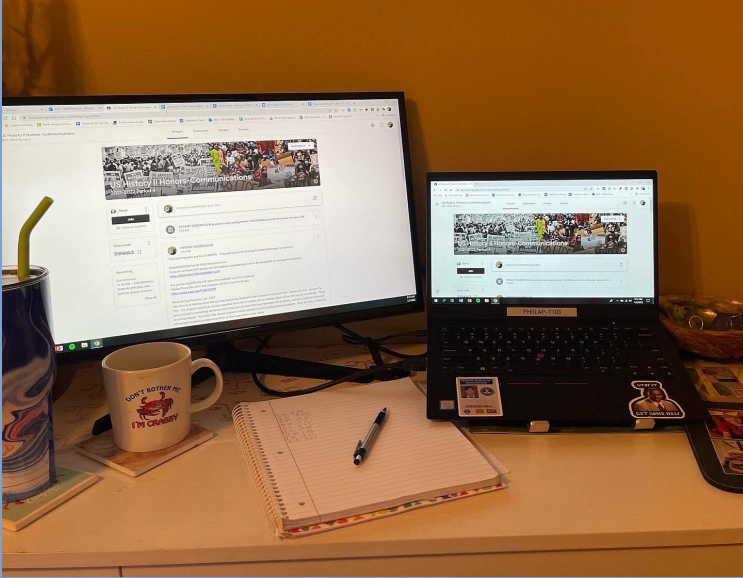


# AVID REMOTE

How does your work from home space look? Simple? Comforting? Check out some of these spaces from our AVID staff!



A crabby coffee cup and a big second screen helps Soderholm stay on task!



Ms. Gindi always has a bell schedule handy to stay on time!

# AVID STUDENT FOCUS!

This month, we are looking at AVID students that are telling us their best form of self care while on remote learning!

## FRESHMAN NICOLE NUNEZ

Something I do to help me during remote is to allow myself to take a break every once in a while. Being remote is really draining both physically and mentally- knowing that I like when I can get off my devices and be able to take a nap or read a manga and have a break. It's important to allow yourself to rest :)



# REMOTE LEARNING

# self care

## SELF CARE TIPS FOR EDUCATORS DOING DISTANCE LEARNING

- GET MOVING (Dumbbell icon)
- UNPLUG FROM MEDIA (Power plug icon)
- PRACTICE GRATITUDE (Heart icon)
- CALL SOMEONE (Smartphone icon)
- GET DRESSED (Hanger icon)
- DO SOMETHING CREATIVE (Art palette icon)
- USE YOUR FAVORITE MUG (Mug icon)
- GET OUTSIDE (Sun icon)
- SET WORK HOURS AND STICK TO THEM! (Alarm clock icon)
- DON'T COMPARE YOURSELF TO OTHERS (Scales icon)

COUNSELLOR COACHESEY

## Distance Learning Toolkit

PARENT SELF-CARE

- Morning Ritual of Connection (Group hug icon)
- Put on Your Teacher Hat (Party hat icon)
- Breaks to Recharge (Battery icon)
- Fill Your Own Cup (Glass icon)
- Grace + Flexibility (Two hands icon)
- Celebrate the Small Wins (Confetti icon)

## Self care for students

- Organise your space (Box icon)
- Stay hydrated (Water bottles icon)
- Get plenty of sleep (Moon and clouds icon)
- Use a planner or calendar (Planner icon)
- Spend time with your family & friends (Family icon)
- Take breaks to refuel (Battery icon)
- Meditate & practice relaxation techniques (Meditating person icon)
- Move your body (Person stretching icon)
- More fruits & vegetables (Fruit basket icon)

## TYPES OF SELF-CARE

- PHYSICAL**
  - Sleep
  - Stretching
  - Walking
  - Physical release
  - Healthy food
  - Yoga
  - Rest
- EMOTIONAL**
  - Stress management
  - Emotional maturity
  - Forgiveness
  - Compassion
  - Kindness
- SOCIAL**
  - Boundaries
  - Support systems
  - Positive social media
  - Communication
  - Time together
  - Ask for help
- SPIRITUAL**
  - Time alone
  - Meditation
  - Yoga
  - Connection
  - Nature
  - Journaling
  - Sacred space



# JANUARY'S WICOR STRATEGY: COLLABORATION!



## Carousel!

This activity encourages all students to interact through reading and writing.

1. Write different but related questions or prompts on chart paper and post the papers around the room.
2. Students move around the room either freely or in small groups and write ideas or answers on each paper. Alternately, you can have them record the ideas on sticky notes at their desks ahead of time and then post the notes on the appropriate papers.
3. Share and process the ideas with the whole group with a gallery walk (students silently move from poster to poster, reading and noting important ideas) small group to whole group presentations or some other technique.

A carousel uses wait time for planning and a degree of anonymity in answering to create a nonthreatening atmosphere in which all students have an equal chance share their ideas.



*This strategy is EASILY applicable to multiple subjects and topics!*





Interested in more AVID  
classroom content?

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