

# The Educator's Room

A Weekly Round-up of Events, Articles and Resources for educators in K-12  
Education.

March 22, 2020

## **In This Issue:**

1. [School closures of 8 weeks or more may better mitigate coronavirus spread, CDC says](#)
2. [Senators press Betsy DeVos on Education Department's coronavirus response](#)
3. [Is online school illegal? With schools closing from coronavirus, special education concerns give districts pause](#)
4. [Teachers fear exposure to coronavirus when asked to report to school for training, packet distribution](#)
5. [Restarting kids' education won't be easy: 'It's putting superintendents in a tremendous bind'](#)

## **Quotes of the Week**

“Many teachers and staff feel like guinea pigs and disposable right now during a global pandemic because our society didn't have protections and a safety net for young people in poverty, in this failed healthcare system. We teachers know this every day as we go teach and do our jobs and serve young people, which I love doing and which has been my calling since I was six. Teachers do everything, and this is yet another case where everything we do isn't enough, AND we are expected to carry the burden for a larger society that won't carry the burden.” *Anonymous Teacher, Once Again Teachers are first responders*”

## **Education News Articles:**

1. [Has Your School Closed Due to the Coronavirus?](#) (Published March 10, 2020)
2. “[Dear Teachers: There Are Many of Things That Don't Matter](#)” (Published March 15, 2020)
3. “[I Refuse to Run a Coronavirus Home School](#)” (Published March 19, 2020)

## Teacher Self-Care Articles

*“What you risk when you think you know it all” Published March 18, 2020)*

You just know that you’re right about this one. But how do you know? Are you even looking at the real issue? Or are you looking at something else entirely?

### 2.The Road to Mental Health

I have been wanting to write a piece about our brave Paramedics, those men, women and those of other identities for a long time. However, I have never been able to work out the best way to do that. Today, I am going to try my best to pay tribute to our Paramedics, our first defense. Fitting, considering we are in the throws of the biggest medical emergency of our time.

### 3.Teacher Self-Care Calendar 2020

**LARGE, DESIGNER DESK PAD** calendar perfect for desktop decor and monthly planning around teacher self-care.

**STUNNING, STATEMENT PIECE**, with 12 vibrant colors, a different one for each month.

**PRETTY & PRACTICAL DESK CALENDAR** - great for monthly planning, office or countertop decor & tracking self-care.



## Research Articles

### 1. Struggling from Compassion Fatigue? Life Stress?

Denial is one of the most detrimental symptoms of Compassion Fatigue and Life Stress. It can easily hinder your ability to assess the level of fatigue and stress in your life as well as thwart your efforts to begin the healing process.

## **2. Why We're Doing School All Wrong**

The world has changed greatly ever since the school system first came to be. Although we've modernized the tools we teach with and the environment we teach in, we've neglected to re-design the overall structure and outcome of the typical school day. As a high school teacher, I believe we're doing school all wrong.

## **3. How Combining Mindfulness, Compassion, and Gratitude Can Bring About Emotional Healing**

Attempting to overcome past trauma can lead some to fall into anger, self-harm, and substance abuse as coping mechanisms, which end up causing more harm. Overcoming these issues can seem downright impossible. In this conversation between Tim Ferriss and Dr. Gabor Maté, the pair discuss a powerful way to reframe these mechanisms through compassionate inquiry, gratitude, and mindful introspection, that can help craft a new path towards recovery and healing.

*If you have feedback or suggestions,  
please e-mail [info@theeducatorsroom.com](mailto:info@theeducatorsroom.com)*

## About The Educator's Room Newsletter

### ***Mission and focus:***

This weekly newsletter was created to keep teachers, principals, superintendents and other leaders informed about teaching and learning. The Educator's Room mission is one that is simple, yet straightforward for so many teachers: To empower teachers to be the **experts in education**. Through articles, events, and social media we will advocate for honest dialogue with teachers about how to improve public education. This mission is especially important when reporting on education in our community; therefore, we commit our readers to **integrity, accuracy, and independence** in education reporting. As a way to reinforce these principals we vow to be transparent in our sources for revenue to include (but not limited to): contributions from readers; paid sponsorships through our website and email newsletter, major donations from foundations, our jobs board and our paid webinars. This belief of being diversified on how we monetize solidifies our independence and allows us to report new ethically.

Before highlighting any article, we take into carefully consideration the publication, date of publishing and intent of the writing. We value articles written by fellow educators, practitioners, or researchers. If you are interested in having your writing featured, please send an email to [info@theeducatorsorom.com](mailto:info@theeducatorsorom.com) .

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