



### Spotlight on Dr. Patricia Clark-Jeter's Growth and Wellness Wednesdays

This week we are spotlighting Dr. Patricia Clark-Jeter and her Growth and Wellness Wednesdays!

Every Wednesday morning from 8:30 - 10:20 AM at the Essex County Schools of Technology in New Jersey, around 1,900 students participate in **Growth and Wellness Wednesdays**. Recognizing a need for her students to focus on their well-being during the COVID-19 pandemic, Dr. Patricia Clark-Jeter created Growth and Wellness Wednesdays for her students and faculty. Students participate in two workshops that they choose from over 50 workshop options, including Mindful Meditation, Under Trauma, Yoga, Zumba, College & Career Readiness and much more. Workshops are run by the school's support staff. School counselors, child study team members, nurses, paraprofessionals, coaches, club advisers, cooperative industrial education coordinators, and even administrators have all pitched in to lead workshops. As the program continues to grow, Dr. Clark-Jeter plans to invite "spotlight" presenters, such as motivational speakers and mental health agencies, to lead workshops.

Growth and Wellness Wednesdays have been a huge success! Students give the program rave reviews in surveys and parents and teachers are interested in getting more involved.

Dr. Clark-Jeter welcomes educators to follow in her footsteps and set up Growth and Wellness Wednesdays in their schools. She provided her contact information for Academy members who have questions about Growth and Wellness Wednesdays. You can email her at [pjeter@essextech.org](mailto:pjeter@essextech.org).



### Call for Educator Resources and Strategies

Here at the Academy, we are using Black History Month as a catalyst to reaffirm our commitment to promoting equity and celebrating each student and educator's unique identity. In each upcoming newsletter, we will include SEL and Character Development resources that honor a diversity of cultures, heritages and identities.

We would also love to highlight how our Academy members commemorate cultural events and celebrate the identities of their students, families and communities in their schools.

If you have a lesson, resource, strategy or celebration that you would like to share, please send it to [secdlab@gmail.com](mailto:secdlab@gmail.com). We will be including these resources in the newsletter on a rolling basis!

### This week we have a number of articles to share!

1. Rann Miller writes about ["Teaching Black History in Culturally Responsive Ways"](#)
2. Jessica Huang shares ["7 Steps Toward Building an Equitable School Culture"](#)
3. Aperture Education provides a [brief chart](#) on equitable action activities educators can use to reduce unconscious bias
4. Jordan Posamentier overviews anti-racist curricula and Black studies in this [Committee for Children Blog](#) article

### Upcoming Events

#### **Join Pure Edge's Pure Community Webinars for Well-Being Wednesdays each Wednesday in March!**

Well-Being Wednesdays are experiential mindfulness-based sessions intended to support educators and school-based personnel in their role as essential workers.



**Topic:** Well-Being Wednesdays

*Join Michelle Kelsey Mitchell for this 30 minute well-being session each Wednesday in March.*

**Date and Time:** Wednesdays in March (March 3, 10, 17, 24 & 31) at 4 - 4:30 PM EST/ 1 - 1:30 PM PST. You can register for individual Wednesdays sessions or all of the Wednesday sessions!

**Register:** [https://us02web.zoom.us/webinar/register/WN\\_id4DeB\\_cSbynIP7DbGsMpg](https://us02web.zoom.us/webinar/register/WN_id4DeB_cSbynIP7DbGsMpg)

### Virtual Professional Learning Community

Our Virtual Professional Learning Community (VPLC) is always looking for new topics or areas of interest. If you could send us an issue, topic, or question for which you would most like consultation/support we would greatly appreciate it!

Emails can be sent to: [SELvplc@gmail.com](mailto:SELvplc@gmail.com)

OR

Complete this [Google Form](#)



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