

Growth and Wellness Wednesdays

This week we are spotlighting Dr. Patricia Clark-Jeter and her

Spotlight on Dr. Patricia Clark-Jeter's

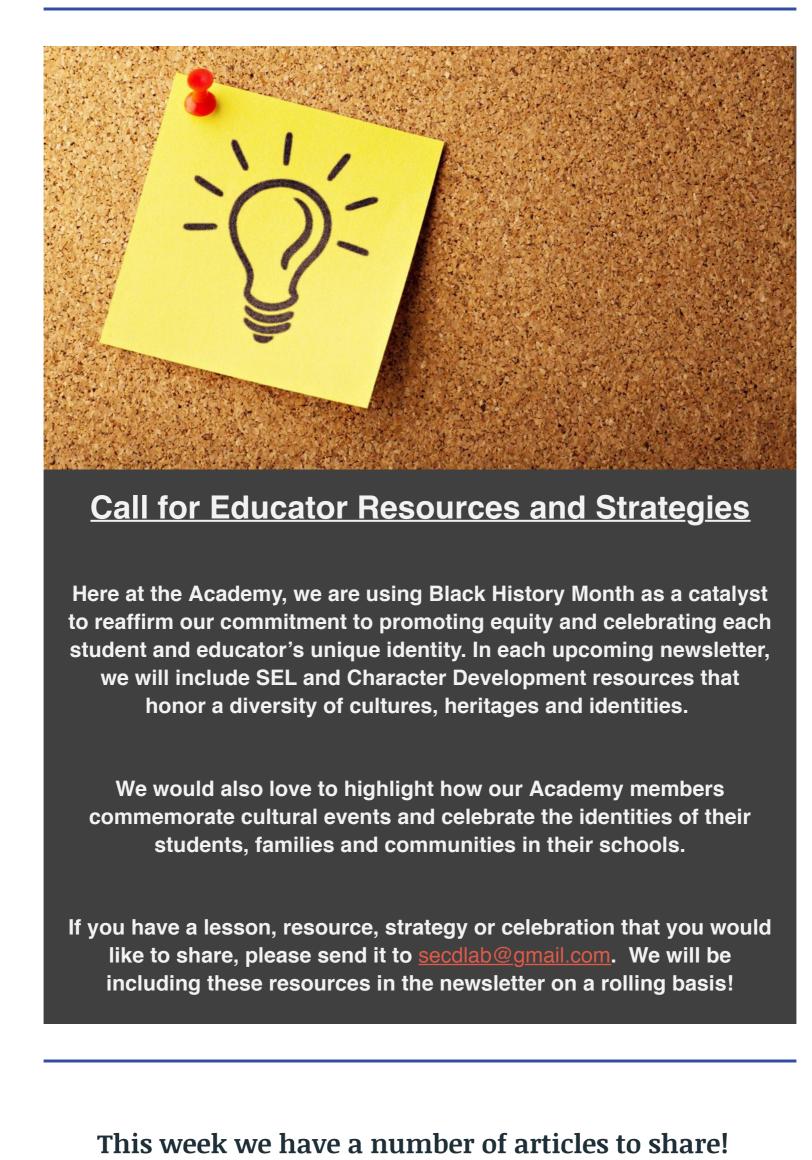
Growth and Wellness Wednesdays! Every Wednesday morning from 8:30 - 10:20 AM at the Essex

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 wellbeing 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.

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

Growth and Wellness Wednesdays have been a huge

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 <u>pjeter@essextech.org</u>.



Responsive Ways" 2. Jessica Huang shares <u>"7 Steps Toward Building an Equitable</u>

1. Rann Miller writes about <u>"Teaching Black History in Culturally</u>

School Culture"

3. Aperture Education provides a <u>brief chart</u> on equitable action

4. Jordan Posamentier overviews anti-racist curricula and Black

activities educators can use to reduce unconscious bias

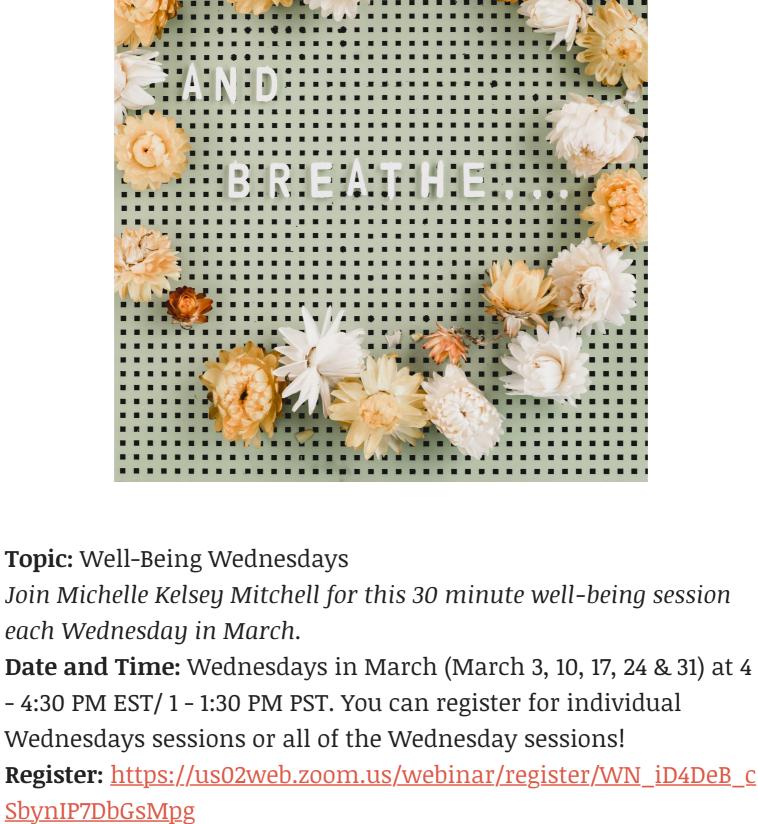
studies in this **Committee for Children Blog** article

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 schoolbased personnel in their role as essential workers.



<u>Virtual Professional Learning Community</u>

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

OR

Complete this **Google Form**





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