

# February Staff Development News

A newsletter for the Seward staff by Dr. Dominy

## February

### A message from Matt

As February rolls around and the weather starts to feel a little better, the thought of bright spring days creeps into my mind. This is the time of year when I have to be most resilient. Winters in Nebraska can be unforgiving and limit my opportunity to recharge by being outside and engaging with nature.



I am sure that this is also the case for many of you, and certainly for our students. I am thankful for Jamie and her team and the ideas that she sends us each month. I am also thankful for Amanda and the EHA for sending us competitions and ideas on how to stay mentally healthy.

This is the time of year when we need to embrace those ideas and support each other. We also need to recognize when we need additional support and seek it through Jamie, the EAP, or another provider.

Below, you will find an article I found about being resilient. There are some great points to reflect on.

Thank you all for what you do for our students and our community. We are doing legacy-shaping work, and spring days are ahead!

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### 5 Key Resilience Traits

This message is excerpted from the book [Life Coaching for Successful Women: Powerful Questions, Practical Answers](#) by Valorie Burton.

Research shows that resilient people think differently. They have a set of skills – sometimes learned, other times innate – that allow them to persevere, manage stress, and triumph in the face

of challenges. In the midst of your current challenges, which of the five traits of resilient people is it time to lean on?

### **1. They are authentic.**

Resilient people are at peace with their humanity. Perhaps it is because their mistakes along the way have humbled them, or life experiences have helped them accept their own vulnerability, but resilient people don't let imperfections hinder them. They don't think failing makes them a failure. They learn as they go, making course corrections that lead them to positive outcomes.

As a leader, your ability to navigate challenges and lead effectively in an uncertain environment can set you apart and positively influence those you lead. Your team looks to you for clues about how to respond in these ever-changing times. Organizations that thrive with change are those who have high psychological capital – a workforce that has the resilience to see the big picture, embrace a new vision, and work together to persevere towards it.

### **2. They are flexible thinkers.**

Even if they initially struggle with negative thoughts, resilient people are self-aware enough to notice when their thinking is counterproductive. They don't jump to conclusions or make assumptions. Instead, they gather the facts they need to move around obstacles and face challenges head-on. If something isn't working, they make adjustments. They find aspects of the challenge that are within their control, and they exercise that control.

### **3. They are (mostly) optimistic.**

It's hard to bounce back from setbacks when you see every obstacle as the end of the world. Research shows that optimists live as much as nine years longer than pessimists. But it isn't just about positive thinking. Resilient people see risks and take precautions to prevent problems. When faced with a challenge, they are more likely to say, "I can get through this."

### **4. They reach out.**

Resilient people don't go it alone. They have close friends and are not too proud to ask for help when they need it, talk out problems, or help others in need. When faced with a stressful situation, just knowing you have support can alleviate the pressure.

### **5. They use their strengths.**

Everyone has innate talents and strengths. When faced with a challenge, there is power in tapping into those strengths – the things that come naturally to you. It takes less energy to use your strengths – and, in fact, you are energized by them. Know what your strengths are and use them.

*More information about key topics*

The logo for aiEDU, featuring the letters 'a', 'i', 'E', 'D', and 'U' in a bold, teal, sans-serif font. The 'a' and 'i' are lowercase, while 'E', 'D', and 'U' are uppercase. The letters are closely spaced and set against a white background within a thin teal border.

aiEDU utilizes research-based strategies and educational psychology frameworks to create equitable training experiences for teachers of Computer Science, Math, English, Social Studies, Science, and CTE; a wide range of administrators; and nonprofits. Our trainings are designed to help audiences empower the students they serve with AI literacy.

[aiedu.org](https://aiedu.org)



### How to Reframe MTSS to Help Close the Education Achievement Gap -- THE Journal

An educator and researcher explains how a simple shift in how educators understand and implement the Multi-Tiered System of Supports (MTSS) pyramid can help close the achievement gap in K-12 classrooms, schools, and districts.

[thejournal.com](https://thejournal.com)

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## PATRIOTIC HOLIDAYS

Nebraska Revised Statute 79-724 requires the following:

Appropriate patriotic exercises suitable to the occasion shall be held under the direction of the superintendent in every public, private, denominational, and parochial school on **George Washington's birthday, Abraham Lincoln's birthday**, Dr. Martin Luther King Jr.'s birthday, Native American Heritage Day, Constitution Day, Memorial Day, Veterans Day, and Thanksgiving Day, or on the day or week preceding or following such holiday, if the school is in session.

George Washington's Birthday is: February 22nd

Abraham Lincoln's Birthday is: February 12th

President's Day celebrated: February 19th



**Seward Public Schools**

<https://www.sewardpublicschools.org/>