

TA TALK

Issue 5, March 2016

Australian Teacher Aide Directors Message

THANK YOU – OVER 2000 FACEBOOK LIKES

We are very thankful and really excited to know that our Facebook followers now exceed 2000 and growing daily. There were also a few posts that really fired the imagination of followers this month. Read more about What's Trending on FB on page three.

We recently ran our first monthly webinar for TAFE Institute members. Participating Education Support teachers welcomed the opportunity to network at a national level and said how useful it would be, to be able to discuss national training matters and also know more about how the Education Support qualifications were delivered in other states.

A few of our members are taking full advantage of our fabulous free webinars. This month we were privileged to have Corporate Mindfulness Trainer, Lindel Greggery talk about how to bring more calm, clarity and effectiveness to your work day.

Look out for the first of our Member Webinars for teacher aides, coming soon. The webinars are an opportunity to meet and collaborate with other teacher aide members. This is a great way to connect, grow your network and learn from each other. All you need to do is to post your questions or topic for discussion on MyPLC and we will facilitate the webinar. If you haven't participated in a webinar, it is really easy to join in. We send you a link and you simply follow the link to register and log in on the day. This is a bit of a landmark! We will be the first to connect teacher aides around Australia. Help make it a success and join us!

We wish you happy holidays and a great Term Two.

Warm regards, *Stella Liliendal & Mandy Bell*



Leaders in
Professional
Learning
For
Teacher Aides



Stella Liliendal and Mandy Bell, ATA Directors

WEBINAR: MINDFUL WORKING – HOW TO BRING MORE CALM, CLARITY AND EFFECTIVENESS TO YOUR WORK DAY



We noticed a few of our members joined us for our recent webinar, *Mindful Working, How to Bring More Calm, Clarity and Effectiveness to Your Work Day*, presented by Lindel Greggery. Always great to see your names pop up on the attendee list!

Lindel is a Corporate Mindfulness Trainer and Coach and she shared with us the benefits of applying mindfulness to our everyday practices.

This interactive webinar was attended by teacher aides and educators from all over Australia. Here is a summary of the key steps that Lindel talked about, that help us understand and practise mindfulness.

What is mindfulness?

What causes us stress and uses up almost 50% of our energy? Lindel explains what mindfulness is and how it can help us reduce stress and focus our energies on the present.

The science of mindfulness

Do you ever get so angry that you can't think straight? Lindel describes how the amygdala part of our brain, can hijack our thinking and what to do to avoid it happening.

Mindfulness practice

Is training our mind like training a playful puppy? Lindel takes participants through a mindfulness exercise that can be practiced regularly to train our mind to be more focused and in the "now".

Staying present

Do you ever feel like there are too many things going on at once? Lindel likens that feeling to having too many tabs open on our internet browser. Find out how to close down those tabs and choose what to notice.

Mindful break

Do you respond or react to situations? Lindel gives us three practical mindfulness tips that we can practice every day to help us perform better at work and develop better relationships with students.

14 Day challenge

Lastly, Lindel issued a Mindfulness Challenge. Our listeners were excited to start the challenge and we received comments such as "*Wow! That was a fantastic webinar. Looking forward to the 14 day challenge!*"

The recording of this webinar will be uploaded to the Members' area very soon.

You can find more information about Lindel's Mindfulness Training on her website www.noticingthenow.com.

NEW RESOURCES

Literacy Support Skills for Teacher Aides

Two Vocabulary Support Skills videos have been uploaded for our members. These programs show you how to reinforce reading vocabulary, using Marzano's Steps 1-6, and include workbooks and a certificate of completion. In Term 2, keep your eye out for the third video in this series, on academic vocabulary.



WHAT'S TRENDING ON FACEBOOK?

MARCH 2016



HURRAH! We are celebrating because we reached our March target of **2000 Page Likes**. Our Facebook followers are growing daily. If you haven't been to FB for a while please have a look and Like and Share with your school colleagues!

Top Post

TOOTLING 15,936 Views 109 shares

We had never heard of TOOTLING before we came across this activity. Tootling is an exercise in kindness and gratitude. Students write a positive message on a sticky note about their classmates, teacher or teacher aide and post it on the Tootle board! I wonder how we can start a Tootle Board for ATA FB? Any ideas?

Did you miss any of these posts? Find them on our [ATA FB page](#). *Please keep Liking and Sharing our page*

TIPS AND IDEAS

[Great Book Swap](#)

Celebrate books and reading by getting involved in this great fundraising initiative to raise funds for the Indigenous Literacy Foundation. The foundation aims to raise literacy at community level through early exposure to quality books in the home and community.

<http://www.indigenousliteracyfoundation.org.au/the-great-book-swap.html>



Below are some of the stories about teacher aides and education that caught our attention. Click on the links to learn more.

NATIONAL

[Five from Five](#) is an initiative from the Centre for Independent Studies that aims to improve children's literacy by ensuring all children receive effective literacy instruction. Their five keys to reading are Phonemic Awareness, Phonics, Fluency, Vocabulary and Comprehension. As TAs often support students with literacy, we thought you would find this useful.

NEW SOUTH WALES

Do you still love getting a handwritten card or letter? Children do not get many opportunities to write real letters these days, so this story about year 1 and 2 students at [Richardson Primary School in the ACT](#) caught our attention. Teacher, Emma McCloud worked with the children, helping them write their letters before personally delivering the letters to the children at the Tubarere School in Rwanda. In her holidays, Emma has been teaching in schools in Rwanda, Kenya, Ghana and Samoa. Every letter was translated before the children were helped to write back in English.

WESTERN AUSTRALIA

[Will your child thrive at school](#) explains the recent changes to early years education in Western Australia and how parents can help their child be ready for school.

QUEENSLAND

Congratulations to 23 year-old [Stephanie Conroy, who is a learning support teacher aide](#) from St James Lutheran College, in Queensland. Stephanie was recently recognised for her inclusive work in supporting a student with Down Syndrome. She was awarded the 2016 Inspirational Teacher Aide Award from the Down Syndrome Association in Queensland.

Photo courtesy of Fraser Coast Chronicle



SHARE YOUR STORIES FROM AROUND THE STATES AND TERRITORIES. HERE ARE SOME IDEAS:

- **Make a difference:** Acknowledge someone who is making a difference in the lives of students
- **What's new?** Are you using a new App, literacy program, STEM activity?
- **What have you been learning?** Have you attended an awesome workshop? Share it with your paraprofessional colleagues [here](#)

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