

Falling into Summer

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As you set to close another chapter in your learning spaces, you are probably feeling a number of emotions and that can be overwhelming. There are a lot of loose ends to tie up and perhaps even some time to consider preparing for what comes next. What happens in between? How long does it take you to arrive in your summer? Do you 'Fall' in from sheer exhaustion or are you able to walk in to vacation, with clear intention and purpose to be able to enjoy a much-deserved pause?

Many of you will wear the hat of student as you work towards a Master's degree or attend a conference, seminar etc. How do you incorporate yourself into this learning time?

Have you planned a vacation or staycation? Time with family and/or friends? What about those things that you said you'd get to when you had time? Here are some ideas to help you to recharge and implement taking time for yourself this summer inspired by ideas from Edutopia.org on how to take a "real" break this summer.

1. Take *some* time to reflect on the school year that was 2021-22. Note any learnings you will take forward from your challenges but try not to *live* in this headspace. Remember to recognize some of the best moments. Perhaps next year, you can start a "good times" jar for your learning space that can guide this transition to summer practice in 2023.
2. Summer can sometimes mean that teachers will also engage in professional learning. And while this can be an opportune time, it is important to consider balance here with activities that are fulfilling personally as well—not items on your to-do list that did not get accomplished during the school year, but activities that are *just for you*. Try out a new podcast, a hobby, activity, etc.
3. Read for pleasure. Whether it's a paperback, hardcover or audiobook, summer can give an opportunity to curl up with a good book. It can be tough to transition from "reading for work" so if you need to take some space before you start, take the time you need before diving in to your next good read.
4. Finally, if you're the journaling sort, you could also journal about what you did during the summer. Teachers sometimes give the option for students in September to write about what they did during summer vacation. What if you kept a journal of your summer memorable moments? Journaling and reading can help us to return to those happy times when needed. This can sometimes be the best "remedy" of all, when needed.

Your Professional Learning and MAP team would like to express our most sincere wishes for a restful, relaxing and rejuvenating summer.

