



Teachers in Wonderland

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Abstract

Teachers need to set goals to maintain a positive self-concept for themselves and their students. A teacher who feels inferior compared to other professionals cannot cope with the stress induced aspects of teaching in a classroom. Thus, teachers need to maintain physical and emotional fitness. Measures can be undertaken to build relaxation and recreation: Batting Cages or join a sports club; hiking in conservation areas; visit an animal sanctuary or farm and so forth.

Administrators need to praise the staff for their contributions and their own unique achievements and personalities as opposed to comparing them to other individuals. We need to realize that educators bring to the table: variety of accomplishments, skills, knowledge and work ethics based on their own unique upbringing, backgrounds and socio economic status. They should not demoralize the educators based on back biting and grape vine gossip with the malicious attempt to destroy the career of educators who have dedicated their life to teaching and the well being of students.

Schools can incorporate at least a social for teachers in the school building or off site for team building cooperative learning activities where the school staff can work towards a common goal of success and empowerment for all instead of competition. They can choose an offsite facility for bowling, team games, laser tag, escape room etc.

Maintaining a positive school climate can include organizing a variety of events including students vs. teachers dodge ball a few times a year during lunch time. Schools can organize a harvest festival where the older students and staff can plan the event together. Harvest festival usually takes place in the month of October so schools can keep this in mind. They can send newsletters home to parents enlisting any contributions or volunteer time from the parents to pass their suggestions to the teachers or make an appearance during the planning committee meetings. Parents can be invited as well to this event. They can bring their own blanket and the seating arrangement can be picnic style. Some chairs will be provided. However, parents can sit on the grass as well.

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