

"The greatness of a community is most accurately measured
by the compassionate action of its members."

- Coretta Scott King

As school is winding down, take a minute to recognize former educators that have made a difference in your life! **Teacher and Staff Appreciation Week is May 6-10, 2024** and a great way to celebrate is to write a note of appreciation to a former teacher, coach, or mentor who has made a lasting impact on your life. Let them know how much they've influenced and inspired you!

1. **How Expert Teachers Read their Classrooms:** Mischievous students may wonder if teachers have eyes in the back of their heads—every attempt to pass a note or crack a joke, it seems, is instantly foiled. But it's not a superpower, according to a [2021 review](#) of the disciplinary tactics of expert and novice teachers. **Experienced teachers literally learn to see and think about classroom behaviors differently**, say the researchers, focusing on group dynamics and learning objectives rather than isolated disruptions. The researchers note that expert teachers also:

- Quickly identify and stamp out viral misbehavior;
- Think holistically and have a stronger sense of how their own actions and lessons influence student behavior;
- Are highly efficient scanners, combining visual and auditory data with insights into what makes each student tick to make nimble adjustments.

New teachers shouldn't be discouraged. It takes years of classroom experience to reach mastery, the researchers affirm, but being aware of advanced strategies can help put bad days in perspective—and accelerate growth for newcomers to the craft.

2. **What age is officially old?** It seems that the answer might be changing. A new [study](#) found that the older people get, the later they think old age begins. At 64, people believed it started at 75. At 74, people said on average that old age begins at 76.8. The study looked at data from more than ten thousand people who took part in the German Aging Survey and assessed their views on old age up to eight times over 25 years. The survey asked the question, "At what age would you describe someone as old?" For every four to five years, people tend to report that old age starts a year later compared to their last check-in. Later generations also reported a later onset of old age, which might have to do with people living longer and postponing retirement. "Also, some aspects of health have improved over time, so that people of a certain age who were regarded as old in the past may no longer be considered old nowadays," [said](#) study author Markus Wettstein.
3. Do you see what I see? Metro Tech would like to find a home for their **Vision Care program**. They have amazing equipment that is state-of-the-art and would be the perfect foundation for starting a new program on your campus. Contact Lara for more information about vision care and **Myliissa Hall** (myliissa.hall@metrotech.edu) for information on the equipment!
4. **New Teacher Training** is scheduled for **July 9, 10 and 11, 2024 in Stillwater, OK** at the Ok Dept. of Career Tech. We are working on getting registration information posted to our website along with hotel block information. **We will send a separate email out when registration is open**. The site for the information will be found on our website at: [HCE New Teacher Academy \(oklahoma.gov\)](https://www.hceok.gov/new-teacher-academy)
5. **Cherokee Culture Influences it's Work Environment:** The largest tribe in the US, the Cherokee Nation, has 467,000 citizens worldwide, 45 companies and 15,000 employees, about 80% Cherokee, and has been named by Forbes as a Top 10 employer in Oklahoma. Cherokee culture and traditions are reflected in employment practices, which include uncles, who play an important role in the culture, in bereavement leave, using a Seventh Generation approach in financial planning and emphasizing the importance of family. **Full Story:** [Human Resource Executive](#)

6. **Medical miracle:** A 4-year-old boy's **heart beats again after suddenly stopping for 14 hours**. ([More](#))
7. There are spots available for the May 21st **Long Term Care Nurse Aid Workshop**. Register by May 19th [Virtual LTCNA Workshop Registration](#) *The Zoom link to join the workshop will be sent to registrants on Monday, May 20th.* If you have any questions or problems registering – please contact [Justin Siler](#) or [Andrea Bradley](#).
8. 2024 Horatio Alger **Career & Technical Scholarship** deadline of **June 17, 2024 at 12:00 PM EDT (Noon)** **500 Scholarships up to \$2,500 each** Scholarships are awarded to students who have faced and overcome great obstacles in their lives who wish to pursue a career or technical education at an accredited community college or technical school in the United States. The application for the National Career & Technical program is open annually from **March 15 to June 15**. Funds may be used for tuition, fees, books and supplies, or any additional costs such as transportation, daycare, etc. that help support program progress. All scholarship funds are paid directly to the institution on behalf of the recipient. <https://app.smarterselect.com/programs/95225-Horatio-Alger-Association>
9. The Harvard Business Review Guide give advice on **“How to get people to listen to you”**
10. **Urinary tract infection vaccine** shows success in preliminary trials; around half of women who took the oral treatment reported no infections during nine-year study ([More](#))
11. The 68th Eurovision Song Contest begins today in Sweden—it is the world’s most-watched annual music event with roughly 160 million viewers and will feature 37 acts from Europe, Australia and Israel. Did you know that **Eurovision launched the careers of many icons including ABBA and Celine Dion**? Me either!!! You can check it out on Peacock streaming services!
12. **Catchy Words—How to Use it to Teach!** I read this article and said MED TERM in my head!! The idea is a simple one, take a basic word game that can be beneficial to students -- but usually not engaging for all -- and add **augmented reality** to make it more exciting. The result is a graphically fun way to learn that works for a wide range of ages and abilities. Available in app form, this is easy to download and install. In fact, it is so intuitively designed, that even younger students should be able to pick this up and start using it right away with little to no guidance required. And the best part is you can add your own word lists—so I need someone to try it out and let us know at Summer Conf. how it works! [Catchy Words: How to Use It to Teach | Tech & Learning \(techlearning.com\)](#)
13. And the Smiths have it! Land mass alone I would venture to say **Smith is the most popular name in the world!** [The Most Common Last Name in Every Country, Mapped \(mentalfloss.com\)](#)
14. **Groundbreaking Alzheimer's study** links some cases of the disease with duplicate copies of the APOE4 gene; **marks the most conclusive evidence of genetic causes for Alzheimer's**, may represent 15% to 20% of cases ([More](#)) | **Alzheimer's explained** ([More](#), w/video). And from our friend Matthew Coop with our Ok Alz Assn: The Alzheimer’s Association hosts annual **Community Forum listening sessions** to learn more about our constituents' needs, empower communities, establish a network of supporters, and build community partnerships. Community forums will be held in the following communities in the near future: Enid 5/29/24; Stillwater 5/31/24; Ardmore 6/3/24 and Lawton 6/7/24.
15. **Oklahoma Summit Registration** is open. Our Health Science meetings will begin on Thursday, August 1st with registration in the Tulsa Cox Convention Center and a business meeting at 9:00am at the Doubletree (Buckingham/Windsor room) and all other activities on day two of Summit will be held at the Hyatt Regency Downtown.
Registration costs for the Health Science portion of the conference is \$75 and the rest of the conference registration is \$75. Membership dues for ACTE and OK ACTE are \$60 and \$80 respectively, and OkHSE (OHCETA) is \$25 and **early bird registration ends on July 12** and **online registration closes on July 24 at 5pm**. Please let us know if you have questions or concerns.
16. HOSA Reminders—**International Leadership Conference** registration closes on **May 10th**. All 1st -3rd SLC winners are able to represent Oklahoma HOSA. Please let us know if they won’t be attending! We are thrilled to report

that Camp Ignite has over 100 participants in it's third year! Registration is closed, but camp will be held on May 21st-23rd in Kingston, OK.

17. Mental Health Matters!!! **May is Mental Health Awareness Month**, so here are a few related articles from Tech and Learning:
- [Mindful Tech Integration: Unplug to Reconnect](#)
 - [How One District's Mental Health Program is Saving Millions and Helping Students](#)
 - [Smiling Mind: How to Use it to Teach](#)
 - [Creating a District-Wide Student Wellbeing Survey](#)
18. LAST OPPORTUNITY OF THE YEAR—Tomorrow, May 8, **Hands on Activities to Supplement Sports Medicine or any Health Science Class!** [Register here](#)—3pm CST—taught by TEACHERS!! See you there!
19. [Job Openings posted on our website](#): New Positions are available at Meridian for a Rad Tech Clinical Coordinator and at Mid Del for a PN Instructor.
20. And finally—(this TED Talk may just be for me!) [How to Increase your Happiness](#): Many people would say the connection between happiness and gratefulness is very simple: when you are happy, you are grateful. But think again. Is it really the happy people that are grateful? Quite a number of people have everything that it would take to be happy, and they are not happy. So, how does gratefulness work? Explore the key components to living gratefully.

During this Teacher Appreciation Week, let say that I find it an honor to work with each of you, your administration and your classroom assistants. I've had the most amazing opportunity over the past 26 years to work in CareerTech and I still love my job! Thanks for continually challenging me to learn new things and find new ways to support your efforts!

Lara

Sincerely,
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State Program Manager | Health Science Education



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