

# Mental Health News for Teachers

## November is for National Education Week

### Facts and Techniques for Success

NATIONAL  
EDUCATION  
WEEK

#### **HISTORY:**

The National Education Association was one of the creators and original sponsors of American Education Week.

Distressed that 25 percent of the country's World War I draftees were illiterate, representatives of the NEA and the American Legion met in 1919 to seek ways to generate public support for education.

In 1921, the NEA Representative Assembly, called for designation of one week each year to spotlight education. In its resolution, the NEA called for: "An educational week ... observed in all communities annually for the purpose of informing the public of the accomplishments and needs of the public schools and to secure the cooperation and support of the public in meeting those needs."

The first observance of American Education Week occurred December 4-10, 1921, with the NEA and American Legion as the cosponsors. A year later, the U.S. Office of Education joined the effort as a cosponsor, and the PTA followed in 1938.

#### **QUOTES TO EDUCATE YOU:**

- Education is the ability to meet life's situations. –Dr. John G. Hibben
- Let us think of education as the means of developing our greatest abilities, because in each of us there is a private hope and dream which, fulfilled, can be translated into benefit for everyone and greatest strength for our nation. –John F. Kennedy
- Without education, you're not going anywhere in this world. –Malcolm X
- The principle goal of education is to create men who are capable of doing new things, not simply or repeating what other generations have done—men who are creative, inventive and discoverers. –Jean Piaget
- Invest in yourself, in your education. There's nothing better. - Sylvia Porter

#### **TECHNIQUES FOR MAKING EDUCATION IMPORTANT:**

**"The secret in education lies in respecting the student." –Ralph Waldo Emerson**

Here are some ways to help your students feel understood and heard:

- Give students choices in assignments. They are more likely to accomplish things when they are invested in their school work.
- Students appreciate being heard. Give them a voice in your classroom; even asking them to evaluate how they feel about selected lessons.
- Reward effort in school with words of encouragement.
- Stay in contact with social workers and administration, so students have the benefit of comprehensive conversations about any barriers to their success.
- Call Nicasa at 847-546-6450 if a student is experiencing mental health or addiction issues, which reduce their potential for school achievement.