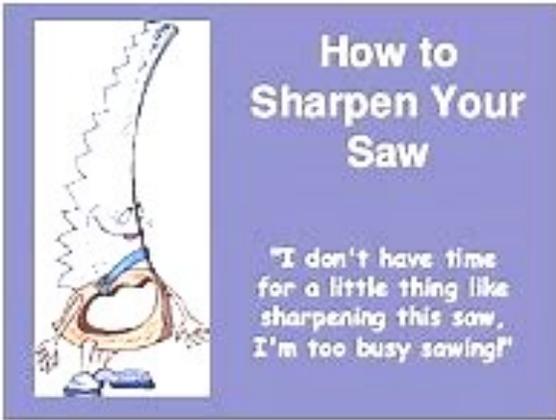


# Newbie Nights

A professional development series for newer teachers



Do you wake up in the middle of the night worried about how to engage that reluctant learner or handle a difficult parent? Do you often wonder if you'll ever not be so tired? Or how on earth you are ever supposed to get everything done with the limited amount of time in the day? Then this series of professional development opportunities is just for you.

LWEA is sponsoring 5 evening sessions designed specifically for teachers with 6 or fewer years of teaching experience.

We'll provide you with hospitality, dinner, and an opportunity to hear from experts on various topics as they share strategies for surviving your first few years in the classroom.

Please join us in connecting and collaborating with others new to the profession. Find out how LWEA, WEA, and NEA can help support you in your profession.

May 22, 2019 (4:30 - 7:00 PM)

## Reflection on Your Practice and Sharpening Your Saw

A woodcutter had been sawing in the woods for several days, but noticed his productivity was going down, so periodically, he needed to stop to sharpen his saw. In much the same way, you can take steps to help prevent burnout and stay fresh by "sharpening the saw." We'll cover ideas for giving yourself a boost in the physical, mental, and social/emotional dimensions of your life.

In addition, we'll learn how reflective practice can increase self-awareness, lead to better understanding of others, and help develop creative thinking skills.

This is our fifth and final Newbie Night session for the 2018-19 school year. Look for other professional development opportunities in the Update (the weekly LWEA newsletter) and on the LWEA website ([lakewashingtonea.org](http://lakewashingtonea.org)).

**To register:** Contact Terri Neely at LWEA ([terrineely@lwsd.org](mailto:terrineely@lwsd.org)) or at 425-822-3388.

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### Earn clock hours while you attend these sessions!

Clock hours will be provided to all LWEA and WEA members who attend at least two sessions. More information will be available at each session.