

DuPage Regional Office of Education
An IL-EMPOWER approved learning partner



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Regional Superintendent
DuPage County Schools
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****SPECIAL FRIDAY EDITION****

TUESDAY TIMES

A resource for professional development and news for DuPage County Educators

FRIDAY.

Or as our students say, "Fri-YAY!"

We've made it through the second week of e-learning, and all of us at the ROE are incredibly proud to serve alongside educators like you.

Years from now our children will remember these days and will tell *their children* about them. Because of your compassionate, wise leadership in the face of crisis, their memories will hopefully be good ones.

As Spring Break approaches, we hope you are able to take some time for yourself and your loved ones. Breathe. Relax. Recharge. Regroup.

There will be challenging days ahead, but together we will learn as we go ... and come out stronger on the other end.

As always, the ROE is here for you. Please feel free to contact us if you have have questions or concerns.



Today we want to highlight resources that may be helpful to you. When you have a few minutes of downtime, click on the blue links below and share them with your colleagues.

LIVESTREAM WITH DR. ZARSE

- Do you want to know what it takes to not only survive these challenging days but actually thrive in the midst of them?
- Do you need practical tips for addressing stress and dysfunction in your staff and students?
- Do you wonder how you can harness the power of community to help the most vulnerable?

In Part 1 of this recorded livestream series, Dr. Ruscitti and District 41 are joined by Dr. Nancy Zarse, a professor in the Forensic Department at the Chicago School of Professional Psychology. An expert in crisis management and resilience, Dr. Zarse gained experience serving as chief psychologist at two federal prisons and leading hostage negotiation teams. This is a must-see video that will help you understand the psychology behind this crisis and how it affects the community.

CASEL CARES is a new initiative that connects the SEL community with experts to address how SEL can be most helpful in response to today's circumstances. A great resource for high-quality SEL research and best practices.

VUCA (Volatility, Uncertainty, Complexity, Ambiguity) for Assistants has vital information and strategies for getting through the COVID-19 crisis.

Professional Wellness, Compassion Fatigue, Burnout, and Secondary Trauma are the topics addressed in this video presented by the DuPage Department of Probation and Court Services. There is also an [abbreviated version](#) available.

BEST PRACTICES. The ROE has compiled some of DuPage County's Best Practices for e-Learning during the COVID-19 crisis. Links include creative videos and helpful suggestions for getting through these times and keeping students connected.



We'd love to hear from you! Let us know how these resources help you navigate these unprecedented times, and share any ideas you have found to be helpful.

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Contact Us

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