



Collaborating for Outstanding Readiness in Education

# September 2017 Newsletter

Welcome back to the new school year everyone! Where did the summer go? CORE has been so busy preparing for the new year, it seemed to just fly by.

We hope you had a great and hopefully refreshing summer. Looking forward to another great year with you all!

**Happy Fall!**  
~CORE Team

## Events this Month

**September 4**  
*Labor Day*

**September 9**  
*Coaches Meeting*

**September 22**  
*Fall Equinox*

“For every one of us that succeeds, it’s because there’s somebody there to show you the way out. The light doesn’t have to be in your family; for me, it was teachers and school.” ~Oprah Winfrey

## Virtual Coaching Project

CORE is excited to be expanding our virtual coaching project this year to all RDA participant schools. Coaches will be delivering the technologies to each school throughout the next month. CORE has explored the benefits that virtual coaching can provide to classroom teacher, which are echoed in an article on [“The Power of Virtual Coaching”](#) by Marcia Rock, Naomi Zigmond, Madeleine Gregg and Robert Gable (2011). The most significant benefit is the instant response a coach can give that allows a teacher to learn and improve their lessons, even as they teach. There are always occasional challenges when it comes to using technology, yet the equipment required is easy to operate. While virtual coaching does take some adjusting to, the authors suggest that creating a routine with the sessions will help everyone to acclimate and stay focused.

## New CORE Specialists and Coaches

As CORE grows each year, we have had to expand our team of specialists and coaches. This summer CORE added three new specialists to our team, along with several new coaches.

We’d like to give a shout out and warm welcome to them all;

*Veronica Acosta, Jill Bratton, Jeremy Presser,  
Haley Finch, Bruce Fredricks,  
Maryann Lauterbach, Erin Lopez,  
and Sheryl White.*

**Welcome to the CORE Team everyone!**

To keep this information relevant, we are asking for your help. If you have quotes, ideas or offerings that you would like to share or are interested in reading more about, please email us at [corenmsu@gmail.com](mailto:corenmsu@gmail.com). We will gladly include them in the following month’s newsletter.

## The BIG Five

Over at the TED-Ed blog, Laura McClure (2016) provides five tips for starting off the school year right!

### 1. Adopt a growth mindset.

As Carol Dweck shares in her TED Talk about [the power of a growth mindset](#), knowing that our abilities are not “fixed” reminds students and teachers alike that there is always room for improvement!

### 2. Model kind behavior.

McClure suggests that when we model kindness in our interactions in school, we are fighting bullying.

### 3. Get creative.

And inspired! Here are [10 ways to teach creativity](#) in the classroom.

### 4. Build healthy habits.

When our physical and emotional needs are met, we learn (and teach) best.

### 5. Love unconditionally.

Enough said.

You can read the [full article here](#).

## What's the Buzz? by Rocio Benedicto

In my lifetime I have been witness to many things. I was born in the 1960's and have therefore lived through very interesting times: humans in space; analog to digital phones to cellular phones; televisions moving from knobs to change the channel, to pushing a button to change a channel, to simply commanding that the channel change; amazing and perfect things have happened to make our quality of life increase tenfold. In my lifetime, I have also been witness to one of the most baffling and poorly understood phenomenon that I can possibly imagine; the astronomical increase of children identified with Autism Spectrum Disorder (ASD). [In the 1980s, 1 of every 10,000 children were identified with ASD, in 2016 the number is 1 in 68.](#) There is a lot that still has to be understood about ASD but one thing is for certain, every teacher in the United States has or will have a child in their classroom identified with ASD. Understanding what we can about the complex lives of the children who come to our schools helps us better prepare our instruction for their learning needs. There is so much left to be known about the lives of children identified with ASD, especially as they grow into adults.

[The Mighty](#) is an amazing resource for first person accounts of any number of issues and circumstances that challenge people with disabilities, disease or mental illness. In August, 2017, [Leah Maple shared a day in the her life](#) as a young adult identified with Autism Spectrum Disorder. In true CORE fashion, it helped me become a better resource by being better informed. As always, I hope that you enjoy the research and the first person story. CORE would love hear your thoughts about this **Buzz...** Let us know what you're thinking at [corenmsu@gmail.com](mailto:corenmsu@gmail.com).

### Collaboration for Outstanding Readiness in Education

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