

THE FW INSIDER

FLOWING WELLS TEACHERS HONORED BY RAYTHEON

Congratulations to Shelley Valencia, Kindergarten teacher at Centennial, and Chris Pankratz, Theater and Stagecraft teacher at Flowing Wells High School, who have been named Raytheon Leaders in Education winners, and Vanessa Schiess, Kindergarten teacher at Hendricks, who was named a finalist! This award recognizes the contributions of Pima County teachers who have gained the respect and admiration of students, parents, and colleagues, and who inspire students of all backgrounds and abilities to learn. Nominees distinguish themselves as leaders and play an active and useful role in their communities and in their schools. Thank you Shelley, Chris, and Vanessa for making Flowing Wells proud!

WE VALUE TEACHERS

Join Us in Celebrating Excellence and Leadership in Education

RAYTHEON LEADERS IN EDUCATION AWARD WINNERS

Shelley Valencia, Kindergarten, Centennial Elementary School, Flowing Wells Unified School District
Jessica England, Grades 6-8, Music, Sanabria Middle School, Schuett Unified School District
Christopher Pankratz, Grades 9-12, Theater and Stagecraft, Flowing Wells High School, Flowing Wells Unified School District

RAYTHEON LEADERS IN EDUCATION AWARD FINALISTS

Vanessa Schiess, Kindergarten - Hendricks Elementary School, Flowing Wells Unified School District, **Latricia Ferguson**, Grade 5 - Cottonwood Elementary School, Val School District, **Graciela Hernandez**, Grade 6, Science - Mulligan PK-8 School, Tucson Unified School District, **Adam Salcido**, Grades 4-6, Math - Dove Mountain, O'Dora PK-8, Palomar School District, **Eric Frautscher**, Grade 12, Direct View High School, Sonoran School District, **Julia Ramsey**, Grades 9-12, Amphitheater High School, Amphitheater Public Schools.

Tucson Values Teachers

BENEFIT ME

Experts say that watching the news or following events on social media in excess after a tragedy or during challenging times can result in post-traumatic stress for many viewers. When this happens it can deeply impact the way you see the world and your own behaviors. According to the American Counseling Association, it's not uncommon to have depression, general irritability, inability to discuss personal feelings, and a lack of enthusiasm for activities that were, at one time, very enjoyable. Be aware of the news, but don't be consumed by it. After traumatic events and news, pay close attention to your own emotional needs. Ways to cope: Control your media intake by turning off the television, and unplugging from social media. Eat regularly and exercise. Get the right amount of sleep. Enjoy the outdoors by walking, hiking, or riding your bike. Be creative by painting, writing, listening to music. Remember that no matter what you are feeling after watching or reading traumatic news, others are feeling the same way. You are not alone. Reach out to others who may help. (Blue Cross/Blue Shield)

FIRST DAY OF HYBRID LEARNING!



