



Lake Washington Education Association

# 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 6 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.

**To register:**

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

**Lake Washington  
Education Association**

10604 NE 38th Place, Ste 212  
Kirkland, WA 98033

March 15, 2018 (4:30 - 7:00 PM)

## Reducing the Strife in Your Life: Strategies for stress & time management

Do you have more on your "to do" list than you have energy or time to complete? Does it seem like you are spending so much energy on other people and things that you have little or nothing left for yourself? Do you need some simple strategies that will help you bring find a little more relaxation and a little less stress?

Our goal is to have each participant leave with at least one practical tip or technique that will help deal with the stressors of everyday life.

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Look for more about these sessions and other professional development opportunities in the Update (the weekly LWEA newsletter) and on the LWEA website (lakewashingtonea.org).

## Session #6

**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.