



Greetings Region IV,

As the fall air begins to settle, and the trees begin to turn, many educators are finding their niche in this new norm of school. It has not been easy; it has not been pretty, but we are here for kids and that is what matters. However, as I look into the eyes of my teachers each day, I see the fatigue, stress and overwhelming workload.

As educators, we must unite during these trying times. I would prefer these newsletters to be upbeat and student focused as that is our purpose, but in the current reality, we must focus on our colleagues and support each other. Here are four essentials all educators need to focus on this fall for self-care:

1. Trim your List:

All educators have an extensive list of tasks to do each day. Review this list and decide what is essential. What is essential for your job and what is essential for your students' success. As educators, we must complete the essentials to our jobs, but also remember some tasks or extra steps can be trimmed away to help handle the stress and workload of the year. We also must be aware of the essentials with our students. What must we provide them to be successful and engaged in our content.

2. Take Breaks

All educators take work home, and we are all aware that our profession is not an 8:00 a.m.–5:00 p.m. schedule. However, to keep the balance, we must find time to leave the work of school at school. Have an evening with family, go to dinner with friends, take a weekend completely free from school work. It might be stressful and might require some front loading of work, but taking the time to completely remove yourself from your work and email is key to maintaining the balance.

3. Utilize Resources

Educators love working together — use the experts, resources and colleagues available to you. Do not take on all the work. Let the work of others support you in the daily task of working for students. With all educators being impacted, this is a great time to be a piece of a professional learning community and work with fellow colleagues to achieve our goals.

4. Reflect

Reflection can be a great tool. Reflecting on the current reality, how we use it to do something, how something new is working for us — all of these reflections make us, as educators, stronger. Are there many pieces of this pandemic that have been rough on education? Yes! Are there pieces that have changed education for the good? Yes! Take the time to reflect and find the positives, growths, and milestones reached in the current world of education! As we continue through the challenges of this year, take care of yourself and check in on other educators!



[RSVPs](#) to the Region IV Business Meeting are required by **Friday, Nov. 6**. The Zoom meeting link will be sent to each RSVP no later than **Friday, Nov. 13**.

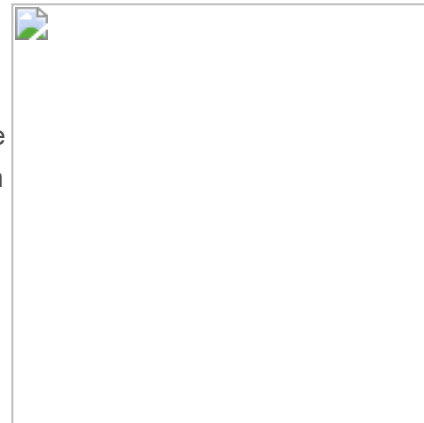
Questions? Contact [member services](#) at ACTE.



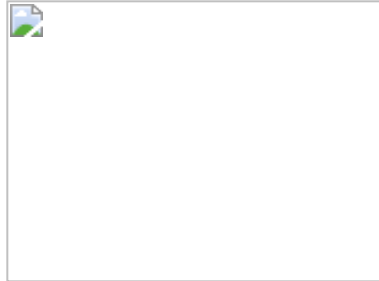
Watch as Kimberly Wilson, ACTE’s 2020 Teacher of the Year, and this year’s ACTE Excellence Award Finalists share their love of CTE! Love this video?! Watch ACTE’s social media channels — [Facebook](#), [Twitter](#) and [Instagram](#) — from now through **Oct. 23** and share this happy video (along with another one!) on your social media to be entered into a drawing for 10 \$15 gift cards! Bring your virtual glitz and glam to the ACTE Awards Gala at Virtual VISION, happening **Nov. 30–Dec. 4**, to help us recognize those individuals and organizations, who have made extraordinary contributions to CTE. Don’t forget, the member advance rate of only \$250 ends **Oct. 23!**

Engage, Gather & Learn at VISION

ACTE is excited to offer Virtual VISION 2020 on a dynamic virtual platform, bringing you [hundreds of sessions](#) in a mixture of live-streamed, simulative and on-demand formats, all of which you will be able to access post-event! Happening **Nov. 30–Dec. 4**, Virtual VISION will offer immersive and expanded programming that addresses cutting-edge CTE issues during these unprecedented times. Be sure to register by **Oct. 23** to secure the advance rate of \$250 for members.



Tune in for Virtual VISION



ACTE Announces 2021 National Award Finalists

The ACTE Excellence Awards recognize those individuals who have made extraordinary contributions to CTE, programs that exemplify the highest standards and organizations that have conducted activities to advance CTE programs. All ACTE Excellence Awards are presented at the ACTE Awards Gala in conjunction with Virtual VISION. [Meet our finalists](#)

SynED Named Business-Education Partnership Award Winner

ACTE recently announced synED as the ACTE Business-Education Partnership Award winner. SynED's work in conjunction with Canyon Springs High School at Moreno Valley Unified School District in Moreno Valley, California to help build a skilled and prepared workforce of high school students was a driving factor and example of their exemplary work that led to their award recognition. [Read more](#)

Joseph P. Dragone Named Champion for CTE Winner

ACTE is pleased to announce the ACTE Champion for CTE: Joseph P. Dragone, Ph.D., senior executive officer at Capital Region BOCES in Albany, New York. The ACTE Champion for CTE award recognizes education leaders, business and industry executives, and thought leaders who support and champion CTE programs as a vital part of developing a prepared, adaptable and competitive workforce. [Read more](#)

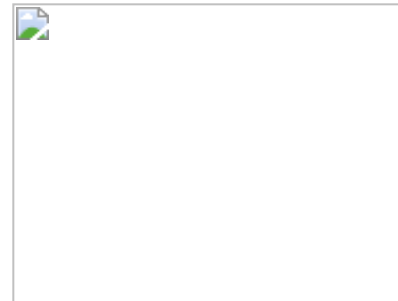
Michigan Student Wins ACTE National Student Trophy Design Contest

ACTE recently announced Sara Tatreau, a Kent Career Tech Center recent graduate, as the national student trophy design winner in its fifth annual student trophy design contest. In addition to having her design used to create this year's trophies, Tatreau will receive a \$1,000 scholarship and Kent Career Tech Center will receive a free one-year lease of a 3D printer, courtesy of Stratasys, Ltd. [Meet Sara Tatreau](#)

ACTE Seeking Inclusion, Access, Equity and Diversity Mentees

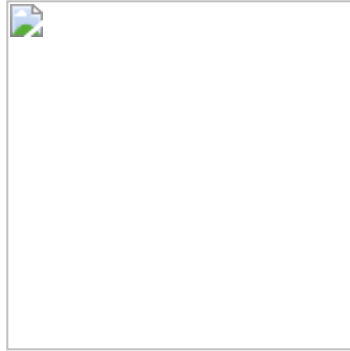
ACTE's new mentorship program, offering professional development opportunities to help cultivate more diverse and inclusive work environments for CTE educators, seeks to support association members interested in inclusion, access, equity and diversity (IAED) — those who are interested in serving as mentees in ACTE's IAED Mentorship Program should apply by **Nov. 1**.

[Learn more](#)



Innovation in CTE

ACTE is looking for innovation at the forefront of CTE. The innovation definition for the purpose of ACTE's work on this project is: Something new or unique utilized at the CTE program level which improves conditions for student learning, teacher practice or other



facets of the CTE experience. Please submit any innovative concepts for ACTE to develop into best practices content to [Megan Kmiotek](#).

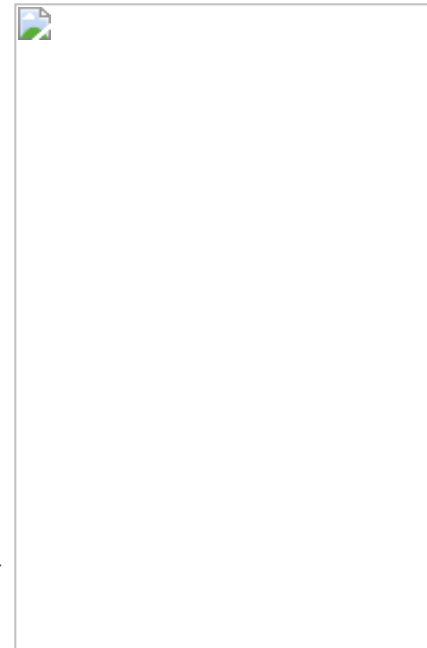
New Resource for CTSO Students

Rachael Mann, author of *The CTSO Competition Companion*, offers CTSO students specific components of winning strategies and approaches in this easy-to-read book, covering such topics as:

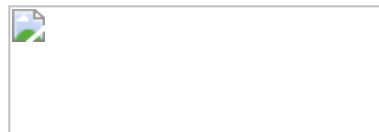
- How to excel in competitions and win at life
- Building skills that will open doors and opportunities
- How to prepare for unknown variables and predict worst-case scenarios

The complementary book launch webinar, featuring the author and some of the book's guest voices, can be viewed [here](#).

Member price is \$19.95.



Purchase your copy



New Student Video Contest: Advancing Space Exploration

Through Manufacturing

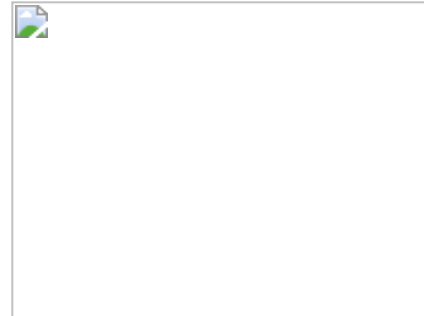
ACTE, host of CTE Month®, and NASA HUNCH are excited to once again collaborate on the 2020–21 student video challenge, showcasing CTE and project-based learning programs in high-demand career fields on earth and in space. This year's theme is "Advancing Space Exploration Through Manufacturing" and encompasses multiple CTE sectors, including health care, transportation, family and consumer sciences, energy, robotics and more! The deadline to submit a video is **April 1**.

[Learn more](#)

Verify Your Membership by Nov. 4 to Vote!

The 2021 ACTE board of directors election will be held this year **Dec. 4–Jan. 4**! Please mark your calendars to reflect the election schedule below:

- You must be an ACTE member by **Nov. 4** to vote
- Voting will open during Virtual VISION on **Dec. 4** and run through **Jan. 4**
- Winners will be announced in early January 2021



[Learn more](#)

Ross White, Ed.S.
VP, Region IV



Association for Career and Technical Education
1410 King Street, Alexandria, VA 22314
703-683-3111

[Unsubscribe](#)

