



National Sorority of Phi Delta Kappa, Incorporated

APRIL 2021 NEWSLETTER



What is it about Spring?

Probably each of us is looking with anticipation to a change in the seasons; a change in the weather; a change in the trees, grass, and flowers; and, YES, even a change in the attitudes of family and friends. Spring makes one really feel like a weight has been lifted.

These circumstances are more observable as we anticipate Spring in 2021. We are waiting and wishing for a noticeable change. That is why many young people rushed to Florida during the middle of March. They were seeking a change. Change from wearing masks, change from virtual school days, change from social distance, change from being cautious with friends and family, and changes to fun, freedom, and release from demands. Many feels as if it is time to laugh, sing, dance, relax, run, exercise, "hang out" with friends, ignore caution and exercise no limits.

But the amazing thing is that humans cannot wave a magic wand and usher in Spring.....no matter how we wish we can do just that. Sometimes we rush to make something happen prematurely when the elements are not in place for change to happen naturally, we bring on another crisis.

Currently, we are praying for a slow-down in the health crisis, that financial concerns will diminish, businesses will reopen, and jobs will return, schools will welcome students, families will enjoy family times and vacations, churches will open their doors, and we will be able to give warm hugs to grandma and grandpa. These will happen in the future, if we are patient, if we are obedient to laws, if we use common sense, calm our fears and anxieties, and realize who holds the future. We did not make this world nor are we in control of this world.

So, I ask you and your family members to remain calm, cautious, and patient. There are new variants of the coronavirus that are emerging daily in the United States. Be vigilant, get the vaccine, continue to adhere to all procedures to curtail the new viruses. Pray for those who remain stubborn, disobedient, defiant, and rebellious.

God dictates the seasons! Spring will come when all is in order and in His good time!

Be blessed!

Etta F. Carter, Ph.D.

26th Supreme Basileus





National Sorority of Phi Delta Kappa, Incorporated

A Professional Organization of Women in the Field of Education

RESOLUTION

COMMEMORATING THE 100th BIRTHDAY

OF

MRS. HELEN DAWN TALBERT FELTON

Chi Chapter – Midwest Region



WHEREAS, Helen Dawn Talbert Felton celebrated her 100th Birthday on March 29, 2021, and will be honored on April 3, 2021 in a "Virtual" Birthday Centennial Celebration with family, friends, church members, civic members, Sorors and extended loved ones, the National Sorority of Phi Delta Kappa, Incorporated deems it an honor and a privilege to be among the many organizations invited to participate in this prestigious celebration; and

WHEREAS, Helen Dawn Talbert Felton began her career in education in 1955 in Detroit, Michigan working in Brady, Lillibridge and Hampton Elementary Schools, this love for education sparked a desire to continue her education that began at Talladega College in Alabama, a distinguished HBCU, and continued through graduate studies at Wayne State University earning a Master's Degree in Early Childhood Education; and

WHEREAS, Helen Dawn Talbert Felton joined the National Sorority of Phi Delta Kappa, Incorporated, Chi Chapter in 1972, a professional organization of women in the field of education where she found a sisterhood like none-other. A sisterhood that values the chosen career of its members and helps members perform at the highest level in the education field. Mrs. Felton received her Life Membership in 1989 after seventeen years of continuous membership in Chi Chapter and her 25-year membership pin in 1997; and

WHEREAS, Helen Dawn Talbert Felton served as a role model in Chi Chapter and the Midwest Region exemplifying true dedication, service and commitment. She was elected and served as Financial Secretary, Treasurer, and Editor of the Krinon, the professional journal of the National Sorority of Phi Delta Kappa, Incorporated; and

WHEREAS, Helen Dawn Talbert Felton demonstrated her unwavering love for this organization as she served as chair of many service projects adopted by Chi Chapter and has made a substantial contribution to the betterment of the City of Detroit and the world, through her unselfish commitment to the children she taught and to whom she poured her devotion.

NOW, THEREFORE, BE IT RESOLVED that the National Executive Council of the National Sorority of Phi Delta Kappa, Incorporated hereby commends ***Helen Dawn Talbert Felton*** for her dedication, time-honored legacy, and outstanding public service through her past 100 years and send our grandest wishes that she will continue to receive bountiful blessings from our Heavenly Father forevermore.

PRESENTED BY:

Etta F. Carter, Ph. D.

26th Supreme Basileus (National President) On this 3rd day of April, the Year of our Lord, 2021

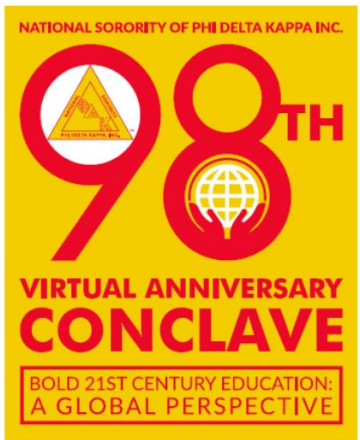
CONCLAVE ANNOUNCEMENTS

MARCH 31, 2021

98TH "VIRTUAL" ANNIVERSARY CONCLAVE
REGISTRATION WILL CLOSE EARLY DUE TO
OVERWHELMING RESPONSE AND
LIMITED ACCOMMODATIONS!

FINAL REGISTRATION DEADLINE

APRIL 10, 2021 AT 11:59PM CST



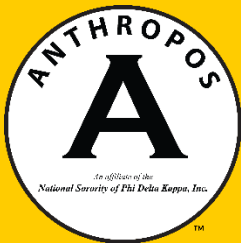
Please be advised that while we are excited over the outstanding response to the 98th "Virtual" Anniversary Conclave we regret having to make the decision to close registration on April 10, 2021 at 11:59 PM Central Standard Time.

We have a limited number of spaces reserved for Spring Krinon Members who will become Sorors during the Spring Intake period between March and June, 2021. The membership information for these new sorors will be verified by Soror Myrna Robinson, Second Supreme Anti-Basileus and National Membership Chair. The registration deadline for these new members will be June 1, 2021.

We are looking forward to a great 98th "Virtual" Anniversary Conclave.

Etta F. Carter, Ph. D.
26th Supreme Basileus

IMPORTANT: Non-Financial Sorors will **NOT** be registered for the Conclave.



ADDITIONAL INFORMATION FOR ANTHROPOS REGISTRATION

Registration Deadline: April 30, 2021 at 11:59 Eastern Standard Time

All payments for the Anthropos National Meeting during the 98th "Virtual" Anniversary Conclave must be paid in the following manner as per Anthropos Alexander Smith, National Anthropos President:

Make Check or Money Order payable to: National Anthropos
In the Memo write: Conclave Registration
Mail to: Mr. Rudolph Brown
12346 Tioga Court
Chino, CA 90710-2127

Ctrl+Click on link for Anthropos Registration https://whova.com/portal/registration/niacp_202107/

This information will be forwarded to Mr. Rudolph Brown and Anthropos Registration Chair.
Name, Address, City, State, Zip Code Phone Number, Cell Number

**REGISTER
NOW!**

National Sorority of Phi Delta Kappa, Inc.



Dr. Tonya Chestnut
National Chaplain



Dr. Etta Carter
Supreme Basileus

2nd Sunday Monthly Prayer Call

6:00 p.m. CST

Ctrl+ Click here to join: [Prayer Meeting](#)

Dial in by telephone: 1-312-626-6799 or 1-346-248-7799

Meeting ID: 865 4028 4084

Passcode: 260801

Hosted by Regional Chaplains:

Sandra Crockett (SW), Maggie Burnes (MW), Debra Moody (FW), Jerrie Foster (SE) & Naydene Williams (E).

W
A
I
T



JOIN US W.A.I.T. TIME



WOMEN ANCHORED IN TRUST

SAVE THE DATES: JANUARY - JULY 2021

RESCHEDULED- VIRTUAL - 2021 SPRING (ONE -DAY) REGIONAL CONFERENCES

REGION	YOUTH CONFERENCE	REGIONAL CONFERENCE	K.O.T. CONFERENCE
Eastern	April 24-25,2021	June 18-19, 2021	June 18, 2021
Southeast	June 12, 2021	May 14-15, 2021	May 14, 2021
Midwest	March 26-28, 2021	April 30-May 1, 2021	April 30, 2021
Southwest	February 26-28, 2021	June 25-26, 2021	June 25, 2021
Far West	April 10, 2021	May 21-22, 2021	May 21, 2021

Virtual - NATIONAL FOUNDERS' DAY RITUALISTIC CEREMONY

THEME: **One Heart, One Sisterhood, One Spirit, ONE TIME**

Saturday, May 22, 2021

Region	Date	Time	Time Zone
Eastern	May 22, 2021	12:00 PM	Eastern
Southeast	May 22, 2021	11:00 AM or 12:00 PM	Central or Eastern
Midwest	May 22, 2021	11:00 AM	Central
Southwest	May 22, 2021	11:00 AM	Central
Far West	May 22, 2021	9:00 AM	Pacific

VIRTUAL - NATIONAL MEETINGS

Organization	Day	Date	Time (Central)	Presiding
100 th Anniversary Centennial Committee	Thursday	July 15, 2021	10 AM-12 PM	Margarette Galloway, National Chair
Board of Trustees	Thursday	July 15, 2021	1 PM-4 PM	Charlotte M. Williams, President
National Anthropos Board	Thursday	July 15, 2021	1 PM – 3 PM	Alexander Smith, President
National Executive Council Pre-Conclave	Friday	July 16, 2021	10 AM-3 PM	Dr. Etta F. Carter, Supreme Basileus
Perpetual Scholarship Foundation Board	Friday	July 16, 2021	10 AM-12 PM	Lisa Frieson, President
National Executive Council Post- Conclave	Wednesday	July 21, 2021	9 AM-12 PM	Dr. Etta F. Carter, Supreme Basileus

Virtual - 98TH ANNIVERSARY CONCLAVE

Host Region – Southeast Host Chapter: Beta Xi Orlando, Florida

July 17 - 20, 2021

<u>Saturday, July 17, 2021</u> National K.O.T. Conference 10:00 AM – 3:00 PM	<u>Sunday, July 18, 2021</u> Worship Opening Ceremony - PM	<u>Monday and Tuesday</u> <u>July 19 -20, 2021</u> - Business Sessions - Special Events and Programs
------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------

National Sorority of Phi Delta Kappa, Inc.

Delta Phi Chapter invites you to our


African American Legacy Scholarship Event

Saturday, May 15, 2021 11:00am (virtually)


"Ensuring Educational Equity and Economic Prosperity During a Crisis"
Honoring
 Sondi Jackson, Glynis King-Harrell, Ed.D.,
 Melissa Jenkins, Ed.D., Karen DuBois-Walton, Ph.D.,
 Marlene Pratt, Crystal Emery, Khalil Jackson and Noreen Little

Purchase Tickets at:
<http://www.nspdkdeltaphi.com>

All proceeds benefit local scholarships to high school students



Artwork by Shai Yossef



THEME
"Speak Up! How to Build Confidence as African American Youth in the 21st Century"
54th Far Western Regional Xinos & Kudos Virtual Youth Conference



Saturday, April 10, 2021
National Sorority of Phi Delta Kappa, Inc.
Beta Nu Chapter
San Francisco, California

National Sorority of Phi Delta Kappa, Inc.
 "To Foster a Spirit of Sisterhood Among Teachers and to Promote the Highest Ideas of the Teaching Profession"

Eastern Region Literacy Luncheon

Keynote Speaker:
Dr. Crystal LaVoulle
 Chronicles of Effective Teaching©
 The Educational Complexity of Hip-Hop Discourse:
 Educating For Equity and Social Justice

Saturday, April 10, 2021 11:00 am

Register by April 9, 2021
<https://forms.gle/Dn86vs1SEKz4GsWJ6>

Dr. Patsy O. Squire, Eastern Region Director
Maria Allmond - ER Literacy Chair
Tanisha Dorvil - Program Chair

ER Literacy Committee
 Jocelyn Potts
 Vickie Pendleton
 Angela M. Ringgold

www.nspdkeasternregion.org




REMEMBER TO JOIN FOUNDERS' DAY OBSERVANCE

ADDITIONAL INFORMATION FORTHCOMING

Virtual - NATIONAL FOUNDERS' DAY RITUALISTIC CEREMONY

THEME: **One Heart, One Sisterhood, One Spirit, ONE TIME**

Saturday, May 22, 2021

Region	Date	Time	Time Zone
Eastern	May 22, 2021	12:00 PM	Eastern
Southeast	May 22, 2021	11:00 AM or 12:00 PM	Central or Eastern
Midwest	May 22, 2021	11:00 AM	Central
Southwest	May 22, 2021	11:00 AM	Central
Far West	May 22, 2021	9:00 AM	Pacific



Our Founders



Front Row – Left to right: Gladys Cannon Nunery, Julia Asbury Barnes, Mother Founder Gladys Merritt Ross, Dr. Florence Steele Hunt

Back Row – Left to right: Ella Wells Butler, Marguerite Gross, Mildred Morris Williams

(Not Shown: Edna McConnell)

*ALL IN OMEGA CHAPTER

As a teacher, I possess
tremendous power to
make a child's life
miserable or joyous. I can
be a tool of torture or an
instrument of
inspiration. I can humiliate
or humor, hurt or heal. In
all cases it is my response
that decides whether a
situation will be escalated or
de-escalated or a child
humanized or de-
humanized.

-Haim Ginott



World Autism Awareness Day – April 2, 2021



April 2 is World Autism Awareness Day. Did you know that CDC statistics revealed that autism spectrum disorder (ASD) is 4.3 times more prevalent in boys than it is in girls? This is because girls “often go undiagnosed because they don’t fit autism stereotypes and they mask symptoms better than boys do,” according to the Child Mind Institute. There is no better way to celebrate this day than by becoming aware of the characteristics of people with this condition and how all of us can do better to increase our own understanding and promote kindness.

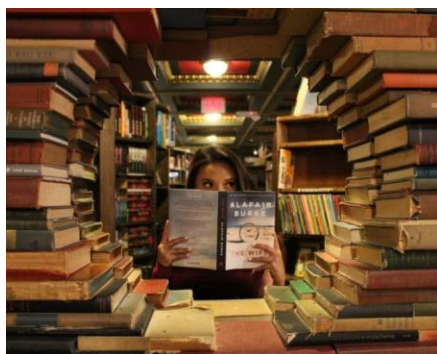
Easter – April 4, 2021



Easter is the single most important holy day throughout Christianity. It celebrates the resurrection of Jesus Christ — a central belief for Christians worldwide and the focal point of their faith. Religious scholars believe the event occurred three days after the Romans crucified Jesus in roughly 30 AD. Christians therefore derive hope that they too will experience a resurrection in heaven.

Easter falls on the first Sunday after the first full moon after March 21. For 2022, Easter is on April 4.

National Librarian Day – April 16, 2021

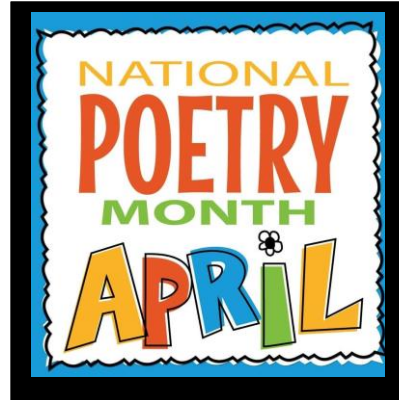


National Librarian Day on April 16 is a chance to be thankful for all the knowledge that librarians possess. You may think of them as book-slingers who spend all day cataloging and reshelving, but librarians play a much more important role. From children’s story time to literacy classes, libraries offer a wealth of free public resources.

Trained in Library Science, professional librarians work with complex cataloging systems to organize books, make purchasing decisions for their library, liaise with local schools and universities, organize events and programming, teach classes, and more. Their role is constantly evolving to adapt to new

technology and social needs. Celebrate National Librarian Day with us and say thanks to the awesome librarians that are always on hand to help.

National Poetry Month, -April 2021



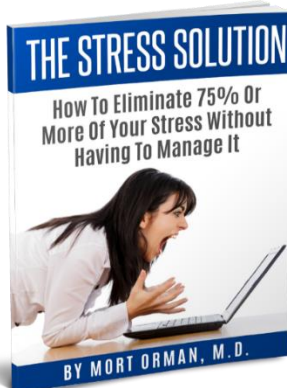
Initiated in April 1996 by the Academy of American Poets, National Poetry Month is currently the largest world-wide literary celebration. It encourages booksellers, libraries, poets, publishers, and schools to promote the importance of poetry and its significance to society and culture.

Sexual Assault Awareness and Prevention Month- April



Sexual Assault Awareness and Prevention Month (SAAPM) is recognized in April by both civilian and military communities. The Department of Defense observes SAAPM by focusing on creating the appropriate culture to eliminate sexual assault and requiring a personal commitment from all Service members.

Stress Awareness Month – April

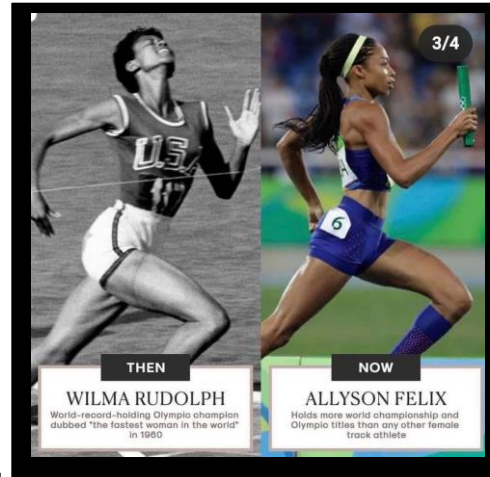
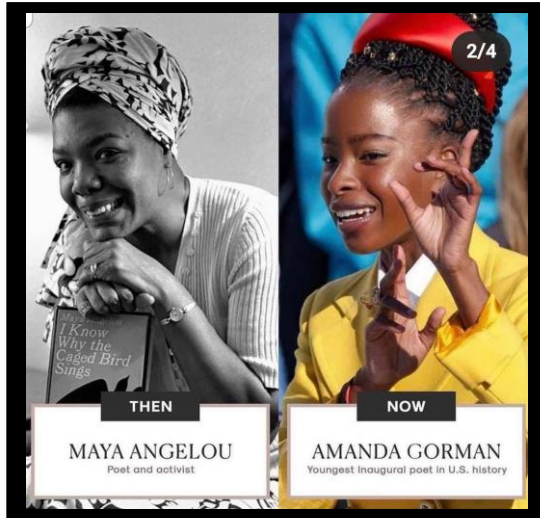


Stress Awareness Month has been held every April, since 1992. During this annual thirty-day period, health care professionals and health promotion experts across the country will join forces to increase public awareness about both the causes and cures for our modern stress epidemic.

Black History 365



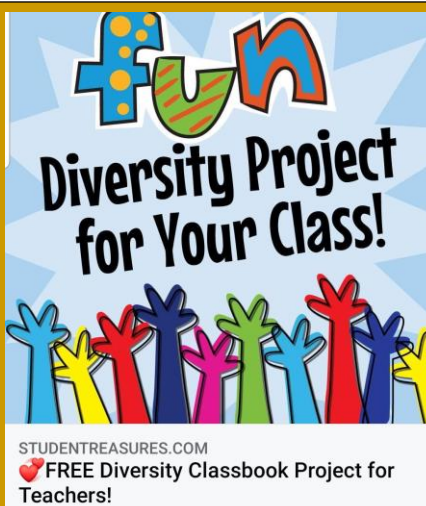
Helen Octavia Dickens was an American physician, medical and social activist, health equity advocate, researcher, health administrator, and health educator. She was the first African American woman to be admitted to the American College of Surgeons in 1948 and specialized in Obstetrics and Gynecology.



Jane Cooke Wright was a pioneering cancer researcher and surgeon noted for her contributions to chemotherapy. In particular, Wright is credited with developing the technique of using human tissue culture rather than laboratory mice to test the effects of potential drugs on cancer cells.



TEACHERS' LOUNGE



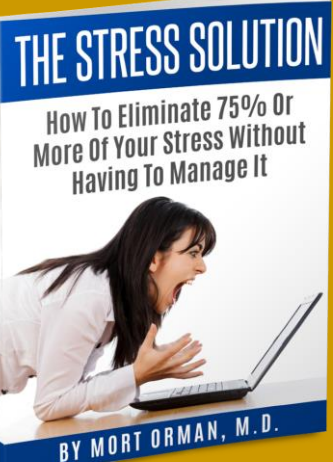
Teachers are dealing with a lot this school year. Let us help you support all your students with FREE teacher access to Read&Write.

free for teachers



TEXTHELP.COM
Sign up for your free

GET OFFER



As children develop their language skills, they learn to produce sounds. Most children say /p/, /m/, and /w/ early on, while sounds like /r/, /l/, or "th" often take longer to master. By four years old, children can produce and say the majority of speech sounds correct.

When a child is having difficulties with a sound that should have been mastered based on the child's chronological and linguistic ages, it might be an indication of a speech sound disorder. This may either be an articulation disorder or a phonological disorder. Visit <https://lnkd.in/gbxXy5b> to learn more.



Sponsored •

Teachers use Nearpod to bring their existing lessons to life and make them interactive! You can:

✂ Upload your existing videos, and slides... See More



NEARPOD.COM
Get Started On Nearpod For Free!

LEARN MORE

RELAY/GSE

WHAT'S THE SECRET TO TEACHING DURING A PANDEMIC?
Learn best practices for distance learning.



LEARN MORE

FORM ON FACEBOOK

The first step to better schools is better leadership.

LEARN MORE

"To Foster a Spirit of Sisterhood Among Teachers and to Promote the Highest Ideals of the Teaching Profession"

To all the **TEACHERS**

From hand holding to screen sharing
From chalk to chat
From blackboard to whiteboard
From real to virtual
The journey was difficult
but YOU did not give up.

From offline to online
From keep quiet to speak up
From no mobile to turn on your mobile
From conventional to technical
The journey was difficult
but YOU did not give up.

From notebook to screenshot
From teacher's assessment to self
assessment
From classroom to zoom
From school to home
The journey was difficult
but YOU did not give up.

House stimulus bill would mean \$170 billion for schools; educators say the needs are great

Twenty percent of the money would go toward "learning loss" that has happened since schools went primarily virtual.



00:2102:02Author: Mike Gooding
Published: 7:06 PM EST March 5, 2021

_WASHINGTON — As the Senate takes up debate on the latest COVID-19 stimulus plan, it's worth noting that the bill would mean big bucks for local school systems.

The money couldn't come at a better time, as school divisions transition from virtual learning back

into the classroom.

The \$1.9 trillion stimulus package passed by the House and being debated now by the Senate would dedicate an additional \$170 billion for K-12 schools and higher education.

The American Rescue Plan Act is supposed to help get schools back up and running, with about 20 percent of the dollars going toward addressing learning loss that's happened because of COVID.

"This plan to catch up will be critically important to make sure that those who have done the worst with this distance learning get the most assistance," said Rep. Bobby Scott (D-Virginia, 3rd District).

Scott, who chairs the House Education and Labor Committee, heard from local superintendents about the challenges ahead.

"We're going to be doing a lot of things to capture some of the learning that was lost over the past year and a half, and that's something we know we have to look at very carefully," said Elie Bracy, Portsmouth Public Schools Superintendent.

John Gordon, superintendent of Suffolk Public Schools, said: "We do need more people because you have to have more supervision, especially when you're dividing things up... not only in the classroom but sometimes on the bus."

Jared Cotton, superintendent of Chesapeake Public Schools, said: "And the challenge we're facing now is, frankly, we don't have the bus drivers to get them to school if we expanded back to more. And of course, we don't have the space in our buildings to provide the three-feet of distancing."

It's estimated Virginia will receive \$2.2 billion for K-12 schools, \$845 million for institutions of higher education, \$796 million for child care, and an additional \$16 million for Head Start.

In Congressman Scott's Third District, it is estimated that schools would receive \$395 million under the House-passed version of the American Rescue Plan.

US Dept. of Education provides Connecticut schools over \$1 billion to reopen

News 12 Staff Mar 18, 2021, 9:58am EDT

The U.S. Department of Education wants Connecticut students back in the classrooms quickly and safely, and it's providing the state more than \$1 billion to help do it.

U.S. Education Secretary Miguel Cardona shared the breakdown Wednesday morning for the \$122 billion of school funding in the American Rescue Plan. He also announced a national summit on reopening schools next Wednesday.

The Connecticut Education Association says reopening might not be the right word, as some Connecticut students have been in class since the start of the school year.

CEA president Jeff Leake says if students are going to adjust to their new normal, part of this funding has to be for counseling and social-emotional support.

Leake hopes the American Rescue Plan funding is applied along with, not instead of, money from the state's Education Cost Sharing program.

The Centers for Disease Control and Prevention announced this week it's giving states a total of \$10 billion in funding nationally for COVID-19 testing in schools.



The **CROWN** Act

Great news! The CROWN Act was signed into law in Connecticut by Governor Lamont. That makes a total of eight (8) states and eighteen (18) municipalities that have signed the CROWN Act into law.

A total of thirty (30) states are considering the CROWN Act and have taken action to end hair discrimination. To find out which states are included, visit the TheCROWNAct.com.

On behalf of Dove and the CROWN Coalition, thank you for supporting the CROWN Act which aims to create an equitable and inclusive experience for Black women, men, and children. Please continue to share the CROWN Act petition with your friends, family, and community– help us reach our goal of 500,000 signatures!

All my best, Esi Eggleston Bracey, EVP & COO, NA Beauty & Personal Care, Unilever



Get vaccinated. Get your smartphone. Get started with v-safe.

What is v-safe?

v-safe is a smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after you receive a COVID-19 vaccination. Through **v-safe**, you can quickly tell CDC if you have any side effects after getting the COVID-19 vaccine. Depending on your answers, someone from CDC may call to check on you. And **v-safe** will remind you to get your second COVID-19 vaccine dose if you need one.

Your participation in CDC's **v-safe** makes a difference—it helps keep COVID-19 vaccines safe.

How can I participate?

Once you get a COVID-19 vaccine, you can enroll in **v-safe** using your smartphone. Participation is voluntary and you can opt out at any time. You will receive text messages from **v-safe** around 2pm local time. To opt out, simply text "STOP" when **v-safe** sends you a text message. You can also start **v-safe** again by texting "START."

How long do v-safe check-ins last?

During the first week after you get your vaccine, **v-safe** will send you a text message each day to ask how you are doing. Then you will get check-in messages once a week for up to 5 weeks. The questions **v-safe** asks should take less than 5 minutes to answer. If you need a second dose of vaccine, **v-safe** will provide a new 6-week check-in process so you can share your second-dose vaccine experience as well. You'll also receive check-ins 3, 6, and 12 months after your final dose of vaccine.

Is my health information safe?

Yes. Your personal information in **v-safe** is protected so that it stays confidential and private.*

*To the extent **v-safe** uses existing information systems managed by CDC, FDA, and other federal agencies, the systems employ strict security measures appropriate for the data's level of sensitivity. These measures comply, where applicable, with the following federal laws, including the Privacy Act of 1974; standards enacted that are consistent with the Health Insurance Portability and Accountability Act of 1996 (HIPAA); the Federal Information Security Management Act; and the Freedom of Information Act.

12/01/20



v-safe
after vaccination
health checker

Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second vaccine dose.



Sign up with your
smartphone's browser at
vsafe.cdc.gov

OR

Aim your smartphone's
camera at this code



How to register and use v-safe

You will need your smartphone and information about the COVID-19 vaccine you received. This information can be found on your vaccination record card; if you cannot find your card, please contact your healthcare provider.

Register

1. Go to the **v-safe** website using one of the two options below:

Use your smartphone's
browser to go to
vsafe.cdc.gov

OR

Aim your smartphone's
camera at this code



2. Read the instructions. Click **Get Started**.
3. Enter your name, mobile number, and other requested information. Click **Register**.
4. You will receive a text message with a verification code on your smartphone. Enter the code in **v-safe** and click **Verify**.
5. At the top of the screen, click **Enter your COVID-19 vaccine information**.
6. Select which COVID-19 vaccine you received (found on your vaccination record card; if you cannot find your card, please contact your healthcare provider). Then enter the date you were vaccinated. Click **Next**.
7. Review your vaccine information. If correct, click **Submit**. If not, click **Go Back**.
8. **Congrats! You're all set!** If you complete your registration before 2pm local time, **v-safe** will start your initial health check-in around 2pm that day. If you register after 2pm, **v-safe** will start your initial health check-in immediately after you register—just follow the instructions. You will receive a reminder text message from **v-safe** when it's time for the next check-in—around 2pm local time. Just click the link in the text message to start the check-in.

Complete a v-safe health check-in

1. When you receive a **v-safe** check-in text message on your smartphone, click the link when ready.
2. Follow the instructions to complete the check-in.

Troubleshooting

How can I come back and finish a check-in later if I'm interrupted?

- Click the link in the text message reminder to restart and complete your check-in.

How do I update my vaccine information after my second COVID-19 vaccine dose?

- v-safe** will automatically ask you to update your second dose information. Just follow the instructions.

Need help with v-safe?

Call 800-CDC-INFO (800-232-6366)
TTY 888-232-6348
Open 24 hours, 7 days a week
Visit www.cdc.gov/vsafe



Getting the Moderna COVID-19 Vaccine

What to Expect During & After Your Injection

EMERGENCY USE AUTHORIZATION

The Moderna COVID-19 Vaccine has not been approved or licensed by the US Food and Drug Administration (FDA), but has been authorized for emergency use by FDA, under an Emergency Use Authorization (EUA), to prevent Coronavirus Disease 2019 (COVID-19) for use in individuals 18 years of age and older. There is no FDA-approved vaccine to prevent COVID-19.

The EUA for the Moderna COVID-19 Vaccine is in effect for the duration of the COVID-19 EUA declaration justifying emergency use of the vaccine, unless terminated or renewed (after which the vaccine may no longer be used).

Before you get the vaccine

Tell your vaccination provider if you:

- Have any allergies
- Have a fever
- Have a bleeding disorder or take blood thinners
- Are immunocompromised or are on a medicine that affects your immune system
- Are pregnant, plan to become pregnant, or breastfeeding
- Have received another COVID-19 vaccine

For more information, visit moderna.com/covid19vaccine-eua/recipients/

After you get the vaccine

Side effects that have been reported with the Moderna COVID-19 Vaccine include:

- Injection site reactions: pain, tenderness and swelling of the lymph nodes in the same arm of the injection, swelling (hardness), and redness
- General side effects: fatigue, headache, muscle pain, joint pain, chills, nausea and vomiting, and fever

Talk to your vaccination provider if you have side effects that bother you or do not go away.

If you think you're having an allergic reaction to the vaccine, call 9-1-1.

Signs of a severe allergic reaction can include: Difficulty breathing, swelling of your face and throat, a fast heartbeat, a bad rash all over your body, dizziness and weakness.

A second dose of the Moderna COVID-19 Vaccine is REQUIRED

Complete vaccination 1 month after your first dose of the Moderna COVID-19 Vaccine. To help remember that appointment:

Immediately schedule your next appointment after the first dose of your vaccine



Ask for a 2nd Dose Reminder Card to display prominently at home



Set a reminder on your mobile phone or calendar



For more information, talk to your vaccination provider or call Moderna Customer Care at: 1-866-MODERNA (1-866-663-3762)

What is the Moderna COVID-19 Vaccine?

The Moderna COVID-19 Vaccine is an unapproved vaccine that may prevent COVID-19. There is no FDA-approved vaccine to prevent COVID-19. The FDA has authorized the emergency use of the Moderna COVID-19 Vaccine to prevent COVID-19 in individuals 18 years of age and older under an Emergency Use Authorization (EUA).

Please see next page for additional Important Safety Information and Fact Sheet for Recipients and Caregivers beginning on page 3 of this document.

1 of 2

moderna

IMPORTANT SAFETY INFORMATION

What should you mention to your vaccination provider before you get the Moderna COVID-19 Vaccine?
Tell your vaccination provider about all of your medical conditions, including if you:

- have any allergies
- have a fever
- have a bleeding disorder or are on a blood thinner
- are immunocompromised or are on a medicine that affects your immune system
- are pregnant or plan to become pregnant
- are breastfeeding
- have received another COVID-19 vaccine

Who should not get the Moderna COVID-19 Vaccine?

You should not get the Moderna COVID-19 Vaccine if you:

- had a severe allergic reaction after a previous dose of this vaccine
- had a severe allergic reaction to any ingredient of this vaccine

How is the Moderna COVID-19 Vaccine given?

The Moderna COVID-19 Vaccine will be given to you as an injection into the muscle. The Moderna COVID-19 Vaccine vaccination series is 2 doses given 1 month apart. If you receive one dose of the Moderna COVID-19 Vaccine, you should receive a second dose of the same vaccine 1 month later to complete the vaccination series.

What are the risks of the Moderna COVID-19 Vaccine?

Side effects that have been reported with the Moderna COVID-19 Vaccine include:

- Injection site reactions: pain, tenderness and swelling of the lymph nodes in the same arm of the injection, swelling (hardness), and redness
- General side effects: fatigue, headache, muscle pain, joint pain, chills, nausea and vomiting, and fever

There is a remote chance that the Moderna COVID-19 Vaccine could cause a severe allergic reaction. A severe allergic reaction would usually occur within a few minutes to one hour after getting a dose of the Moderna COVID-19 Vaccine. For this reason, your vaccination provider may ask you to stay at the place where you received your vaccine for monitoring after vaccination. Signs of a severe allergic reaction can include:

- Difficulty breathing
- Swelling of your face and throat
- A fast heartbeat
- A bad rash all over your body
- Dizziness and weakness

These may not be all the possible side effects of the Moderna COVID-19 Vaccine. Serious and unexpected side effects may occur. The Moderna COVID-19 Vaccine is still being studied in clinical trials.

What should I do about side effects?

If you experience a severe allergic reaction, call 9-1-1, or go to the nearest hospital.

Call the vaccination provider or your healthcare provider if you have any side effects that bother you or do not go away.

Report vaccine side effects to FDA/CDC Vaccine Adverse Event Reporting System (VAERS). The VAERS toll-free number is 1-800-822-7967 or report online to <https://vaers.hhs.gov/reportevent.html>. Please include "Moderna COVID-19 Vaccine EUA" in the first line of box #18 of the report form. In addition, you can also report side effects to ModernaTX, Inc. at 1-866-MODERNA (1-866-663-3762).

See Fact Sheet for Recipients and Caregivers beginning on page 3 of this document.

moderna

2 of 2

©2020 Moderna, Inc. US-COV-2000033 12/2020

FACT SHEET FOR RECIPIENTS AND CAREGIVERS
EMERGENCY USE AUTHORIZATION (EUA) OF
THE MODERNA COVID-19 VACCINE TO PREVENT CORONAVIRUS DISEASE 2019
(COVID-19) IN INDIVIDUALS 18 YEARS OF AGE AND OLDER

You are being offered the Moderna COVID-19 Vaccine to prevent Coronavirus Disease 2019 (COVID-19) caused by SARS-CoV-2. This Fact Sheet contains information to help you understand the risks and benefits of the Moderna COVID-19 Vaccine, which you may receive because there is currently a pandemic of COVID-19.

The Moderna COVID-19 Vaccine is a vaccine and may prevent you from getting COVID-19. There is no U.S. Food and Drug Administration (FDA) approved vaccine to prevent COVID-19.

Read this Fact Sheet for information about the Moderna COVID-19 Vaccine. Talk to the vaccination provider if you have questions. It is your choice to receive the Moderna COVID-19 Vaccine.

The Moderna COVID-19 Vaccine is administered as a 2-dose series, 1 month apart, into the muscle.

The Moderna COVID-19 Vaccine may not protect everyone.

This Fact Sheet may have been updated. For the most recent Fact Sheet, please visit www.modernatx.com/covid19vaccine-eua.

WHAT YOU NEED TO KNOW BEFORE YOU GET THIS VACCINE

WHAT IS COVID-19?

COVID-19 is caused by a coronavirus called SARS-CoV-2. This type of coronavirus has not been seen before. You can get COVID-19 through contact with another person who has the virus. It is predominantly a respiratory illness that can affect other organs. People with COVID-19 have had a wide range of symptoms reported, ranging from mild symptoms to severe illness. Symptoms may appear 2 to 14 days after exposure to the virus. Symptoms may include: fever or chills; cough; shortness of breath; fatigue; muscle or body aches; headache; new loss of taste or smell; sore throat; congestion or runny nose; nausea or vomiting; diarrhea.

WHAT IS THE MODERNA COVID-19 VACCINE?

The Moderna COVID-19 Vaccine is an unapproved vaccine that may prevent COVID-19. There is no FDA-approved vaccine to prevent COVID-19.

The FDA has authorized the emergency use of the Moderna COVID-19 Vaccine to prevent COVID-19 in individuals 18 years of age and older under an Emergency Use Authorization (EUA).

For more information on EUA, see the "What is an Emergency Use Authorization (EUA)?" section at the end of this Fact Sheet.

Revised: 12/2020

1

WHAT SHOULD YOU MENTION TO YOUR VACCINATION PROVIDER BEFORE YOU GET THE MODERNA COVID-19 VACCINE?

Tell your vaccination provider about all of your medical conditions, including if you:

- have any allergies
- have a fever
- have a bleeding disorder or are on a blood thinner
- are immunocompromised or are on a medicine that affects your immune system
- are pregnant or plan to become pregnant
- are breastfeeding
- have received another COVID-19 vaccine

WHO SHOULD GET THE MODERNA COVID-19 VACCINE?

FDA has authorized the emergency use of the Moderna COVID-19 Vaccine in individuals 18 years of age and older.

WHO SHOULD NOT GET THE MODERNA COVID-19 VACCINE?

You should not get the Moderna COVID-19 Vaccine if you:

- had a severe allergic reaction after a previous dose of this vaccine
- had a severe allergic reaction to any ingredient of this vaccine

WHAT ARE THE INGREDIENTS IN THE MODERNA COVID-19 VACCINE?

The Moderna COVID-19 Vaccine contains the following ingredients: messenger ribonucleic acid (mRNA), lipids (SM-102, polyethylene glycol [PEG] 2000 dimyristoyl glycerol [DMG], cholesterol, and 1,2-distearoyl-sn-glycero-3-phosphocholine [DSPC]), tromethamine, tromethamine hydrochloride, acetic acid, sodium acetate, and sucrose.

HOW IS THE MODERNA COVID-19 VACCINE GIVEN?

The Moderna COVID-19 Vaccine will be given to you as an injection into the muscle.

The Moderna COVID-19 Vaccine vaccination series is 2 doses given 1 month apart.

If you receive one dose of the Moderna COVID-19 Vaccine, you should receive a second dose of the same vaccine 1 month later to complete the vaccination series.

HAS THE MODERNA COVID-19 VACCINE BEEN USED BEFORE?

The Moderna COVID-19 Vaccine is an unapproved vaccine. In clinical trials, approximately 15,400 individuals 18 years of age and older have received at least 1 dose of the Moderna COVID-19 Vaccine.

WHAT ARE THE BENEFITS OF THE MODERNA COVID-19 VACCINE?

In an ongoing clinical trial, the Moderna COVID-19 Vaccine has been shown to prevent COVID-19 following 2 doses given 1 month apart. The duration of protection against COVID-19 is currently unknown.

Revised: 12/2020

2

WHAT ARE THE RISKS OF THE MODERNA COVID-19 VACCINE?

Side effects that have been reported with the Moderna COVID-19 Vaccine include:

- Injection site reactions: pain, tenderness and swelling of the lymph nodes in the same arm of the injection, swelling (hardness), and redness
- General side effects: fatigue, headache, muscle pain, joint pain, chills, nausea and vomiting, and fever

There is a remote chance that the Moderna COVID-19 Vaccine could cause a severe allergic reaction. A severe allergic reaction would usually occur within a few minutes to one hour after getting a dose of the Moderna COVID-19 Vaccine. For this reason, your vaccination provider may ask you to stay at the place where you received your vaccine for monitoring after vaccination. Signs of a severe allergic reaction can include:

- Difficulty breathing
- Swelling of your face and throat
- A fast heartbeat
- A bad rash all over your body
- Dizziness and weakness

These may not be all the possible side effects of the Moderna COVID-19 Vaccine. Serious and unexpected side effects may occur. The Moderna COVID-19 Vaccine is still being studied in clinical trials.

WHAT SHOULD I DO ABOUT SIDE EFFECTS?

If you experience a severe allergic reaction, call 9-1-1, or go to the nearest hospital.

Call the vaccination provider or your healthcare provider if you have any side effects that bother you or do not go away.

Report vaccine side effects to **FDA/CDC Vaccine Adverse Event Reporting System (VAERS)**. The VAERS toll-free number is 1-800-822-7967 or report online to <https://vaers.hhs.gov/reportevent.html>. Please include "Moderna COVID-19 Vaccine EUA" in the first line of box #18 of the report form.

In addition, you can report side effects to ModernaTX, Inc. at 1-866-MODERNA (1-866-663-3762).

You may also be given an option to enroll in **V-safe**. **V-safe** is a new voluntary smartphone-based tool that uses text messaging and web surveys to check in with people who have been vaccinated to identify potential side effects after COVID-19 vaccination. **V-safe** asks questions that help CDC monitor the safety of COVID-19 vaccines. **V-safe** also provides second-dose reminders if needed and live telephone follow-up by CDC if participants report a significant health impact following COVID-19 vaccination. For more information on how to sign up, visit: www.cdc.gov/vsafe.

Revised: 12/2020

3

WHAT IF I DECIDE NOT TO GET THE MODERNA COVID-19 VACCINE?

It is your choice to receive or not receive the Moderna COVID-19 Vaccine. Should you decide not to receive it, it will not change your standard medical care.

ARE OTHER CHOICES AVAILABLE FOR PREVENTING COVID-19 BESIDES MODERNA COVID-19 VACCINE?

Currently, there is no FDA-approved alternative vaccine available for prevention of COVID-19. Other vaccines to prevent COVID-19 may be available under Emergency Use Authorization.

CAN I RECEIVE THE MODERNA COVID-19 VACCINE WITH OTHER VACCINES?

There is no information on the use of the Moderna COVID-19 Vaccine with other vaccines.

WHAT IF I AM PREGNANT OR BREASTFEEDING?

If you are pregnant or breastfeeding, discuss your options with your healthcare provider.

WILL THE MODERNA COVID-19 VACCINE GIVE ME COVID-19?

No. The Moderna COVID-19 Vaccine does not contain SARS-CoV-2 and cannot give you COVID-19.


KEEP YOUR VACCINATION CARD

When you receive your first dose, you will get a vaccination card to show you when to return for your second dose of the Moderna COVID-19 Vaccine. Remember to bring your card when you return.

ADDITIONAL INFORMATION

If you have questions, visit the website or call the telephone number provided below.

To access the most recent Fact Sheets, please scan the QR code provided below.

Moderna COVID-19 Vaccine website	Telephone number
www.modernatx.com/covid19vaccine-eua	1-866-MODERNA (1-866-663-3762)
	

HOW CAN I LEARN MORE?

- Ask the vaccination provider
- Visit CDC at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Visit FDA at <https://www.fda.gov/emergency-preparedness-and-response/mcm-legal-regulatory-and-policy-framework/emergency-use-authorization>
- Contact your state or local public health department

Revised: 12/2020

4

WHERE WILL MY VACCINATION INFORMATION BE RECORDED?

The vaccination provider may include your vaccination information in your state/local jurisdiction's Immunization Information System (IIS) or other designated system. This will ensure that you receive the same vaccine when you return for the second dose. For more information about IISs, visit: <https://www.cdc.gov/vaccines/programs/iis/about.html>.

WHAT IS THE COUNTERMEASURES INJURY COMPENSATION PROGRAM?

The Countermeasures Injury Compensation Program (CIIP) is a federal program that may help pay for costs of medical care and other specific expenses of certain people who have been seriously injured by certain medicines or vaccines, including this vaccine. Generally, a claim must be submitted to the CIIP within one (1) year from the date of receiving the vaccine. To learn more about this program, visit www.hrsa.gov/cicp/ or call 1-855-266-2427.

WHAT IS AN EMERGENCY USE AUTHORIZATION (EUA)?

The United States FDA has made the Moderna COVID-19 Vaccine available under an emergency access mechanism called an EUA. The EUA is supported by a Secretary of Health and Human Services (HHS) declaration that circumstances exist to justify the emergency use of drugs and biological products during the COVID-19 pandemic.

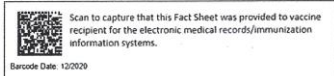
The Moderna COVID-19 Vaccine has not undergone the same type of review as an FDA-approved or cleared product. FDA may issue an EUA when certain criteria are met, which includes that there are no adequate, approved, and available alternatives. In addition, the FDA decision is based on the totality of the scientific evidence available showing that the product may be effective to prevent COVID-19 during the COVID-19 pandemic and that the known and potential benefits of the product outweigh the known and potential risks of the product. All of these criteria must be met to allow for the product to be used during the COVID-19 pandemic.

The EUA for the Moderna COVID-19 Vaccine is in effect for the duration of the COVID-19 EUA declaration justifying emergency use of these products, unless terminated or revoked (after which the products may no longer be used).

©2020 ModernaTX, Inc. All rights reserved.

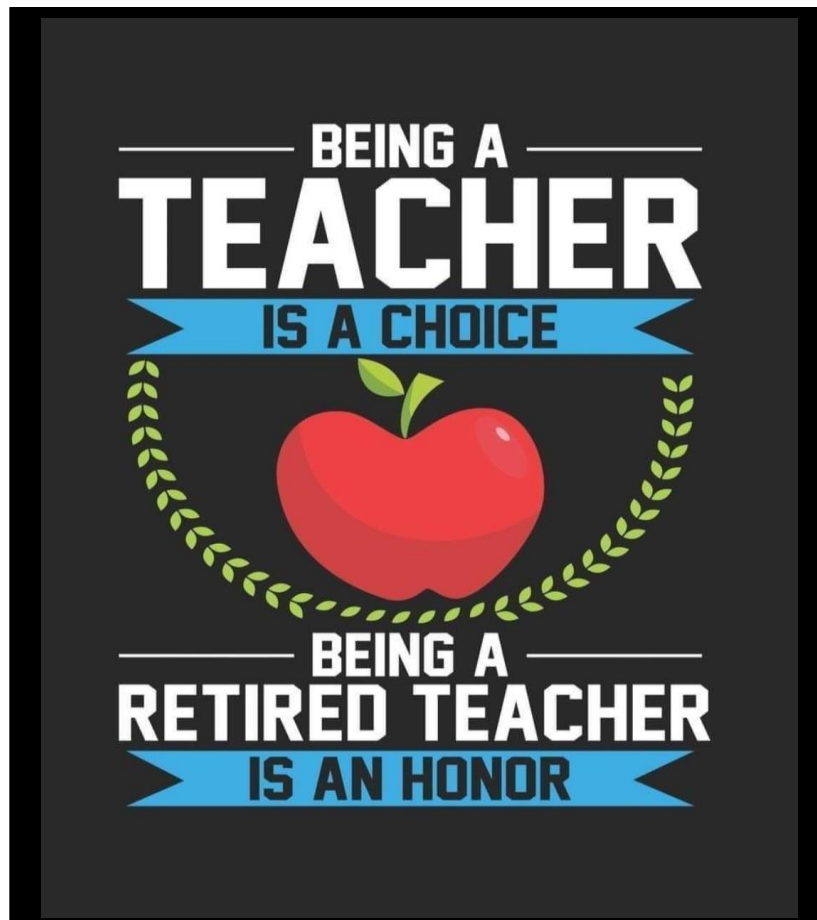
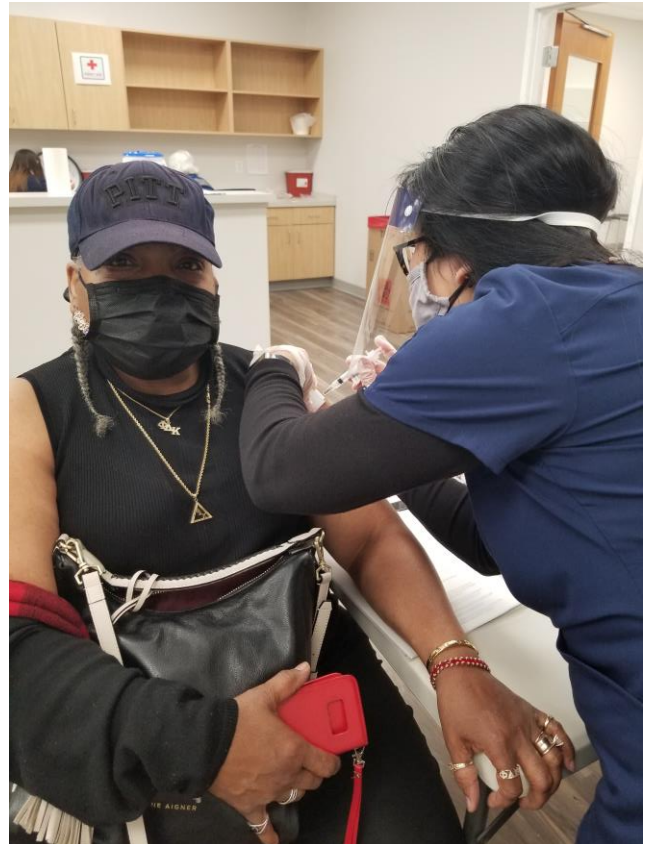
Patent(s): www.modernatx.com/patents

Revised: 12/2020



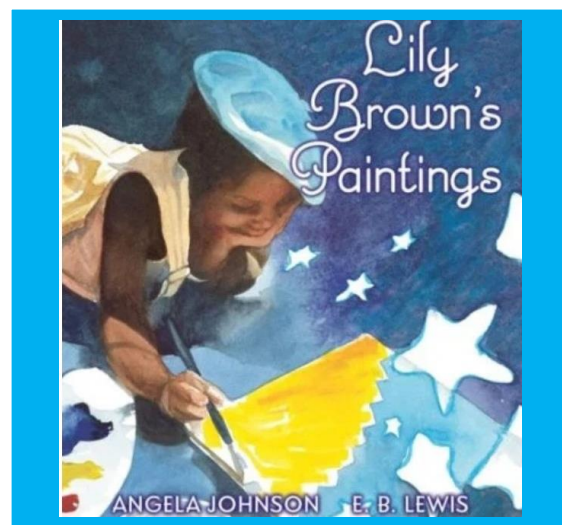
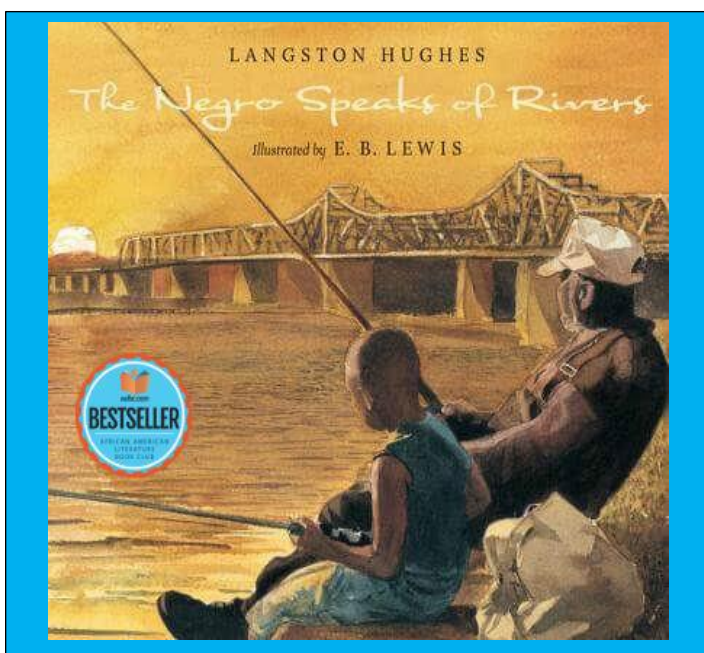
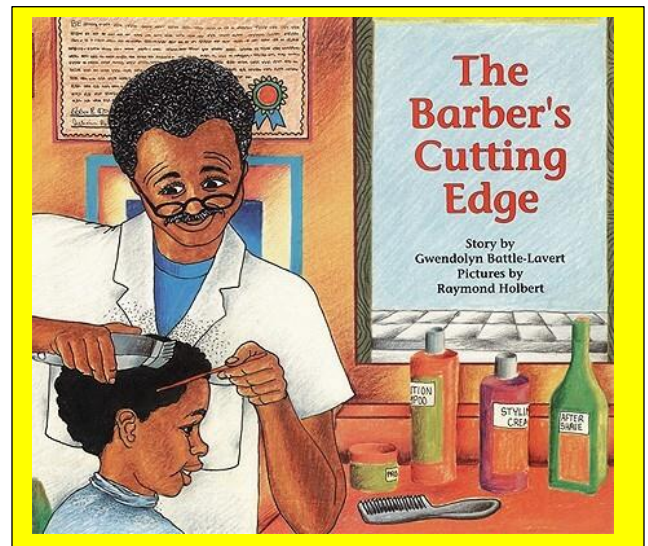
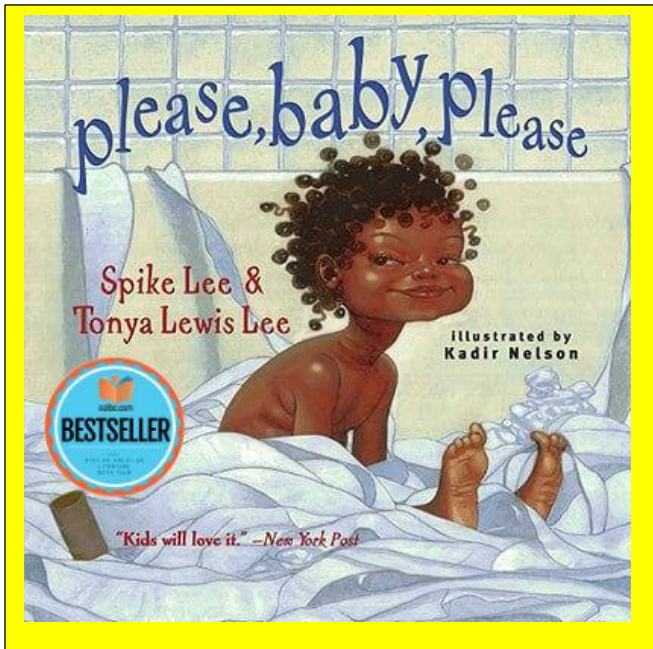
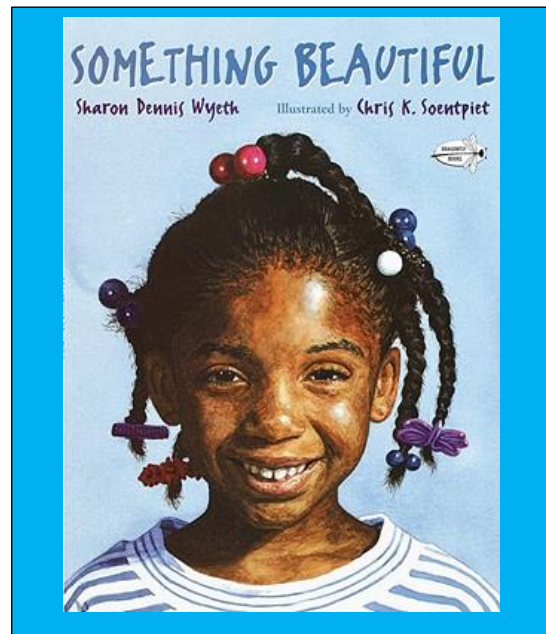
Revised: 12/2020

5

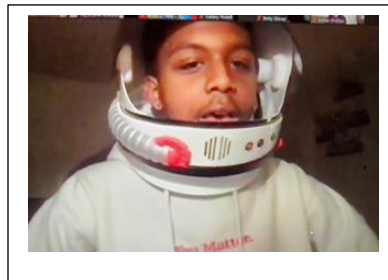
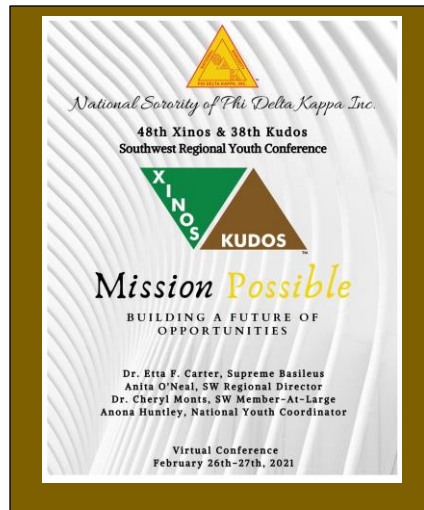


"To Foster a Spirit of Sisterhood Among Teachers and to Promote the Highest Ideals of the Teaching Profession"

Children's Book Nook



"To Foster a Spirit of Sisterhood Among Teachers and to Promote the Highest Ideals of the Teaching Profession"



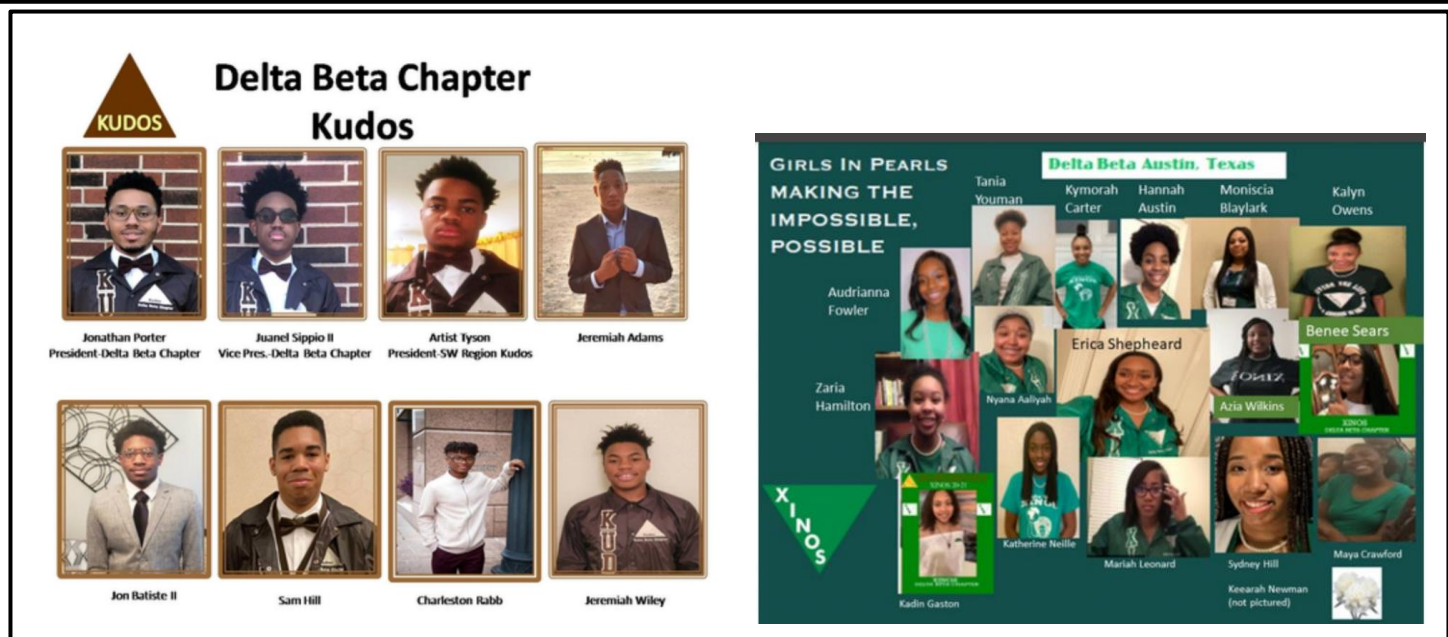
"To Foster a Spirit of Sisterhood Among Teachers and to Promote the Highest Ideals of the Teaching Profession"



The youth and advisors of Delta Zeta chapter participated in the first annual Black HISTORY PARADE as a grand finale of Black History month celebration in Waycross. The chapter was awarded first place and a monetary prize for the float. There were approximately 20 participants representing the chapter. Theme of the parade "OUR HISTORY, OUR STORY". The high school student who won first place in the chapter's Black History program oratorical contest, Willie White, III was featured in the parade as the main focus of the chapter's float. He spoke to crowd as Xinos and Kudos youth groups walked in the parade carrying signs stating, "I can't breathe" and "don't kneel on my neck". Other youth held signs depicting their future occupations as they walked.

The Delta Beta Chapter Xinos and Kudos Virtual Youth Conference article was published in the March 19, 2021 edition of *The Villager* newspaper. (Vol. 47. No 33 March 19, 2021 Page 6) If you prefer to view online, the website link is:

<http://www.theaustinvillager.com>



"To Foster a Spirit of Sisterhood Among Teachers and to Promote the Highest Ideals of the Teaching Profession"



DELTA BETA CHAPTER SOUTHWEST REGION

KUDOS SUPPORT COMMUNITY FALL FESTIVAL ACTIVITIES



KUDOS GIVEN BOOKS TO PARTICIPATE IN TEEN READ WEEK





DELTA BETA CHAPTER SOUTHWEST REGION

XINOS AND YOUTH SPONSOR DELIVER BLANKETS TO THE SAFE CHILDREN'S SHELTER



KUDOS SPONSOR DELIVERS BLANKETS TO THE SALVATION ARMY



TECHNOLOGY INTEGRATION

10 Teacher Picks for Best Tech Tools

Teachers and administrators from pre-K through 12th grade named these tools their top picks for this year and beyond. By [Jonathan Eckert](#) February 5, 2021



If there was ever a year for teachers to beg, borrow, and steal good ideas, this is it. All good teachers know this is how we get better, and this is a curated list of tech tools that I have begged and borrowed from others—and I didn't have to steal any of these as there has never been a year when teachers were more generous.

Based on my own teaching of college students as well as the responses of 1,461 virtual learning academy participants—pre-K to 12 teachers and administrators—to survey questions on impactful

tools that I conducted from May to December 2020, and over 70 webinars and virtual learning sessions I've conducted in that time, these are the top teacher-tested tech tools I have identified. My learning has happened with my own students and through my own mistakes, and I received great ideas from educators across the U.S. and around the world.

I will continue to use these tools and recommend their use regardless of student level or how we deliver education moving forward.

TOP TECH TOOLS FOR EDUCATORS

10. Parlay: For those of us who like to discuss rich texts with students, Parlay lets us connect with students remotely, facilitate discussion, and track how the dialogue builds. As students respond, Parlay shows who is contributing and where the conversation is moving as the software visually tracks student responses in a discussion web. Teachers can use built-in tools to assess the frequency of students' answers in real time even when students are not in the same room. Teachers can then spend their time on deeper level assessment of the depth of student responses, which can also be recorded.

9. Flipgrid: One of the most popular tech tools in schools, Flipgrid won praise from teachers across the country because of the flexibility it gives students to submit digital projects and how it effectively supports peer and teacher feedback.

8. Edpuzzle: I've used Edpuzzle for a while, but it became much more vital as more of my content shifted online. Teachers use Edpuzzle to make video clips interactive by requiring student responses, which are easy to collect and assess.

7. Pear Deck: Pear Deck does to Google Slides what Edpuzzle does to videos. Slides become interactive, and teachers are able to collect feedback immediately.

6. Prezi: I've used the virtual presentation software Prezi for years, and I appreciate a recent update that allows me to be on the same screen with the graphics, creating a more engaging presentation. Prezi offers teachers another tool to capture short lectures, explanations, or other content in a more visually appealing and personal way than as a disembodied voice or thumbnail in the bottom corner of a screen.

5. Screencastify: Every student can be [Sal Khan](#) working out problems with explanations. This tool was first recommended to me by a teacher in Kenya, who explained how Screencastify transformed her math assessments by allowing students to show what they're thinking from wherever they happen to be working. Screencastify is also valuable for reducing cheating as teachers can observe students working and explaining problems instead of just recording answers.

4. Mural: This has been a lifesaver for virtual collaboration. Mural allows teachers, students, and other contributors to write on virtual sticky notes and then organize and reorganize them in real time. The best in-person meetings are always the ones where the collective expertise of the room can be captured visually, and if we can't be in the same room with students—or colleagues—Mural is the next best thing. Even better, there's no need to go back and summarize or clean up evidence from the meeting. The Mural is the artifact. Many teachers are now using Jamboard in a similar way.

3. Gimkit: Created by a high school student who thought he could improve upon Kahoot! Gimkit allows teachers to create question sets that students can answer over and over again while competing against each other, which is great for surface learning and review. Because Gimkit allows for repetition of answers and has a variety of ways for students to earn points, students remain engaged as they work at their own pace.

2. Mentimeter and Slido: These are both excellent for collecting feedback from groups, so I've ranked them together. I use these almost weekly for professional learning and in my classes. Slido allows participants to ask questions and then upvote others. There are many similar tools, but Slido is easy and free. Mentimeter allows students and teachers to collect real-time data on questions they have, in the form of word clouds, rankings, and various scales. These are great discussion starters that allow everyone to contribute to the collective wisdom of the group.

1. Learning management system: A good LMS is key to reducing stress for teachers, students, and parents. A list like this one would be counterproductive if it left your educational delivery

fragmented among disparate tools, and a good LMS helps you organize everything into a one-stop shop.

I personally love Canvas and Schoology, but I know many teachers have worked miracles with Google Classroom, which is “free.” I use those quotes for a reason: Google Classroom is only truly free if it is not requiring significantly more human capital in the form of time and energy than a fee-for-service platform like Canvas or Schoology. The most significant asset for managing learning in the chaos of this school year has been staying organized, and Canvas has been a lifesaver for me.

I have taught virtually, led professional learning across many time zones, delivered content asynchronously, and taught students in masks with others Zooming in due to quarantine, Covid, or personal preference. For me, nothing will ever replace in-person teaching and learning, but like many other teachers and administrators, I now know how to effectively facilitate learning in a previously unimaginable set of circumstances. This school year’s desperation has driven us to explore a wide range of tools, and we can be better because of the firehose learning we have done this year. We just need a few tools to create some space for us to breathe.

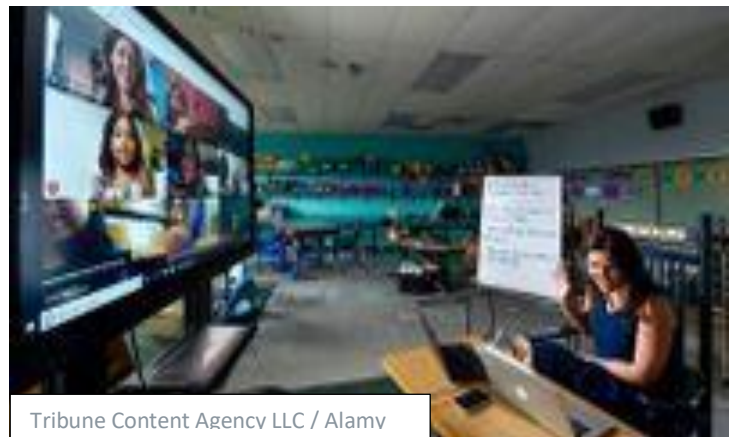
ONLINE LEARNING

Takeaways From Distance Learning

An instructional coach makes the case that “business as usual” will not be the right path once students return to traditional classrooms. By [Christopher Klein](#) February 10, 2021

The Covid-19 pandemic has wreaked havoc: tragic loss of life, economic disruption, and educational turmoil. In the wake of such chaos, many of us are searching for fragments that suggest something—anything!—good will come out of this chapter in world history.

Those anxious to boost learning through edtech met recent disappointment reading Dr. Arran Hamilton and Professor John Hattie’s recent report “[Not All That Glitters Is Gold](#)”; it suggests that the overall impact of digital technology on learning [has not fundamentally changed](#) since the 1970s. Quality of teaching, they suggest, remains the single most important component to successful education, no matter what the context and no matter what the tools.



A ‘TECH-TONIC’ SHIFT

In pre-Covid times, the adoption of edtech was slowed, primarily, by two factors: limited time for professional development and the existence of good-enough conventional teaching methods. However, there’s good reason to believe that things will be different moving forward. For those of

us who have been teaching virtually for almost a year now, pushing pedagogy through an electronic pipeline has bred creative adaptations.

I believe the pandemic will be viewed as an incubation period when teachers' love for children spurred unprecedented technological innovations. My hope is that the material conditions for supporting larger-scale changes are here and will begin showing up in the next wave of educational research studies. In fact, [new research](#) supporting this view is already emerging.

DURABLE ENHANCEMENTS

Some enhancements of pandemic-era instruction will persist. Here's what I think those durable power-ups are, as well as how to apply them to your classroom.

More experience and familiarity with edtech: The first and most obvious improvement is that all teachers are now more adept users of technology in general. As new edtech continues to emerge, its adoption will be accelerated by improved instructor skill and confidence. Teachers will become better and better at experimenting with new tools and quickly zeroing in on the ones that truly work.

More consistent consideration of end-user experience: While student-centered learning has long been a primary goal among educators, teaching through a tech lens has made "end-user first" essential. This has meant simplifying communications, reducing visual clutter on lesson presentations, and seeking regular feedback from students. Ideally, teachers will survey their students frequently—and let them know what their feedback has influenced so that students have more ownership of their learning.

Increased cognitive empathy: Regardless of your opinion on the student-camera issue, increased sensitivity to student anxiety and trauma can only improve relationships. But the true benefit of allowing students this privacy is that many teachers without visual access to student faces have come to rely on other—arguably more accurate—ways of gauging student comprehension. Interactive technology like Nearpod, Pear Deck, and Flipgrid will continue to provide the most equitable form of classroom participation, the one where all students contribute. When teachers use interactive tools to check for understanding in class, they're better prepared to identify and clear up misconceptions before kids leave the room.

A better understanding of how to use in-class time: Teachers will continue to use synchronous and asynchronous learning where they have the most impact. Students will get back the small-group collaboration and peer interactions they've been craving, while maintaining their access to on-demand content. Ideally, teachers will continue to create lean six-minute videos that distill what would have previously been 30-minute lectures, and they'll continue to supplement these videos with [info-gap activities](#); structured partner discussions; and time for meaningful, student-generated questions.

GAME CHANGERS

Other shifts will be more transformative; these big-picture changes will, I believe, dramatically alter student motivation and engagement.

More effective differentiation: Harnessing curiosity and joy in learning will be more achievable because teacher- and organization-curated curricular and pedagogical materials archives will improve. This will open the floodgates for [blended and self-paced learning](#) to occur more consistently. Effective differentiation can become the norm as teachers harness learners in producing the conditions of their own differentiation. Kareem Farah's [Modern Classroom Project](#) is already turning this vision into reality.

Greater emphasis on mastery: The tension between offering unlimited reassessment (which we know is key for fostering a growth mindset) and the difficulty in grading on a deadline will fade. Constant, tech-augmented, individualized feedback will fuel and channel student energy, leading the shift from grading as compliance to [mastery-based grading](#) policies—and shed the busywork that doesn't just bore students but demoralizes them by tanking their grades. Mastery-based grading would foreground the criteria for success of the content standards and inspire students by showing them how to reach their goals. (For more on this, check out work by [Susan Brookhart](#), [Thomas R. Guskey](#), [Jay McTighe](#), and [Dylan William](#); [Rick Wormeli](#); and [Matt Townsley](#).)

BRAIN-BASED LEARNING

10 New Focused Attention Practices

Whether students are in class or at home, these quick breaks can help them find calm and prime their brains for learning. By [Lori Desautels](#) March 4, 2021



twinstephoto / iStock

The traumatic conditions of isolation, chronic unpredictability, and physical and emotional distance over the past year are affecting everyone, but children and adolescents are experiencing these effects as they are still developing. Toxic levels of stress can wear out their nervous systems, and they find themselves in elevated states of anxiety, depression, and sometimes hopelessness.

Our children and adolescents who appear withdrawn, detached, oppositional, defiant, or aloof may often be exhibiting negative behaviors because they are in pain and are responding as their stress response and nervous system dictates. When we feel threatened or unsafe or when something feels unfamiliar, our response is reactive and reflexive. In such moments, students often don't have the resources to self-regulate.

When students are able to achieve a calm state, they can think clearly, problem-solve, and create stronger memories of what they are learning with increased attention. To help them find that calm, I recommend regulatory activities called focused attention practices, which provide a stimulus that students can focus upon, including deep breaths, sounds, visualizations, movement, rhythm, art, and sometimes taste.

Focused attention practices prepare and prime our brains and bodies to create and hold a state of relaxed alertness. They can calm and/or energize the nervous system. They broaden and deepen our awareness while promoting emotional, social, and cognitive well-being for all students and can be integrated into procedures and routines in our classrooms and schools and students' homes.

10 FOCUSED ATTENTION PRACTICES FOR DISTANCE AND IN-PERSON LEARNING

- 1. Fist Pumping:** Have students stretch their arms out, palms up, to each side at shoulder height and hold their elbows straight, and then have them open and close their fists with an energizing breath. I have students do this for 30 seconds and then take a long slow deep breath and do it again for 30–60 seconds. Ask students to focus on their movement and breath. Ask them to flip their hands over and open and close their fists again for another minute. This exercise brings an oxygen flow to the brain and strengthens the nervous system.
- 2. Crossing Movements:** Have students make a fist with the thumb inside and raise their arms up and slightly out to each side, making a 60-degree-angle V. They inhale with their arms straight, and bend their elbows to cross their fists in front of their forehead on the exhale. Then they straighten their arms and inhale back into the raised-arms V, and then bend their elbows and cross their fists behind their head. Continue with this powerful breath exercise, which releases calcium deposits in the shoulders and improves blood flow to the brain. This is an energizing movement.
- 3. Punch and Grab:** Have students stand with feet about three feet apart and make fists. One arm at a time, have them reach in front of them, opening their fist on the inhale and closing it and drawing it back to their body on the exhale. They will move back and forth with a powerful inhale and exhale, opening and closing their fists and alternating arms as they pretend to grab something they need. This is much like a boxing movement with one arm at a time, at any speed that feels comfortable.
- 4. Blossoming Flower:** With the fingertips of both hands touching, students begin by opening their thumbs with a deep inhale and then exhale; as they continue to breathe, they open their forefingers, then middle fingers, the ring fingers; when they come to the pinkies, they pull their hands apart and take the biggest breath as their flowers bloom. As they open each pair of fingers, you can also ask them to say an affirmative sentence such as “I am peaceful,” “I am strong,” “I am ready,” or “I am getting there.”
- 5. Frog Breaths:** Standing up with their heels touching and toes pointed out, have students squat down and touch the floor with their fingertips. They should inhale when they stand, and exhale when they squat. Aim for 20 repetitions. This exercise energizes students and strengthens the nervous system.
- 6. Balancing the Plate:** Have students balance a light object such as a paper plate or cup, or even a book, on their heads and hold a variety of poses. They can try balancing on one leg, squatting down,

walking, or bending forward as they steady their heads and seeing how low they can bend and still keep the object on their heads. You can try coming up with new poses with students.

7. Dedicate This One: Have students create an image or write down a few words that they want to share with someone they appreciate. As they think of the person, they should breathe deeply for one minute, mentally expressing their love and their image or words with the thought of this person.

8. Give Me Yours, and I'll Give You Mine: Have students write down or draw a worry or concern they have and then fold up the paper and hand it to a friend. As they share their worries, have them breathe together for one minute, breathing in strength and love and breathing out this strength and love to their friend. Whether they share the worry is a choice; if you want students to share these with one another and with the class, you will need to set guidelines and agreements for everyone.

9. Vision Quest: Have students focus on one specific object in the room or within the setting where they are. After focusing their attention for 30 seconds, have them broaden their gaze and create a gentler, more open vision of their setting. When they do this, their heart rate, respiration rate, and blood pressure will lower.

10. Reveal: Bring an object to Zoom or the classroom that is covered with a towel or cloth. Hold the covered object with just a small part being revealed in front of the students, and with every deep breath they take, you slowly peel back the cloth, revealing a bit more of the object. After a few deep breaths, they should now see enough to begin guessing in the chat box or by calling out. You can ask how the object is related to your content or to social and emotional learning.

Goldman Sachs Commits \$10 Billion in Investment Capital and \$100 Million in Philanthropic Capital to Impact the Lives of One Million Black Women

<http://www.goldmansachs.com/media-relations/press-releases/2021/one-million-black-women.html>



"Educators, this is our moment." – First Lady Dr. Jill Biden

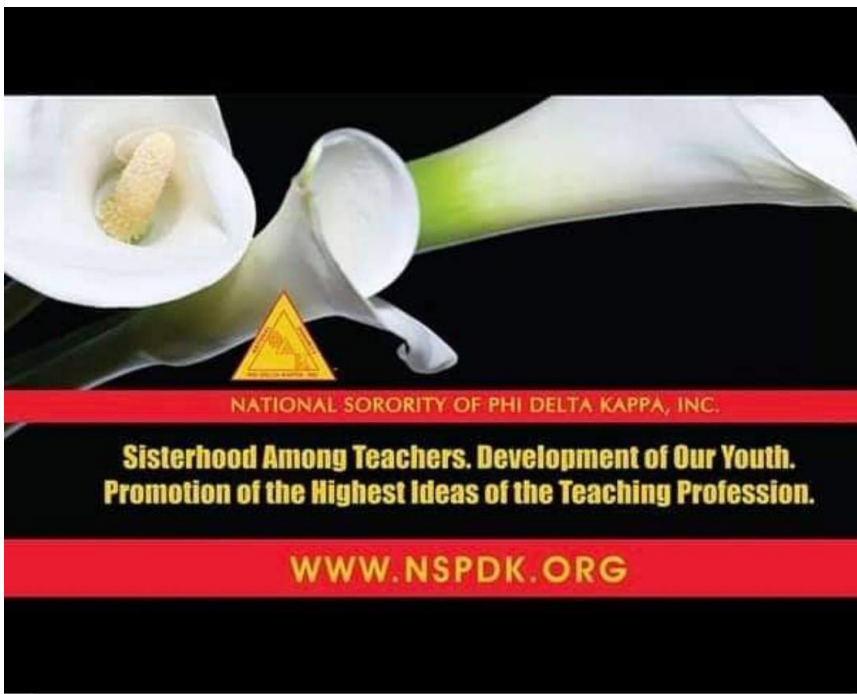
Dr. Biden hosted AFT President Randi Weingarten and NEA President Becky Pringle at the White House today, the 2nd day of the Biden administration, to thank educators across America for everything we've done to help students during the pandemic.



"To Foster a Spirit of Sisterhood Among Teachers and to Promote the Highest Ideals of the Teaching Profession"



MOVING NSPDK FORWARD TOGETHER...



BETA LAMBDA CHAPTER

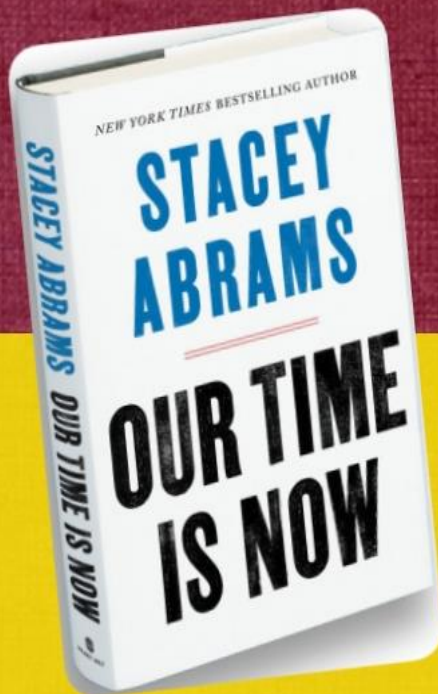
NSPDK Inc., Beta Lambda Educators and President Donna Mickens delivered books and magazines to the Domestic Violence Shelter. Educate to Live!



"To Foster a Spirit of Sisterhood Among Teachers and to Promote the Highest Ideas of the Teaching Profession"

GAMMA RHO CHAPTER

National Sorority of Phi Delta Kappa, Inc.
Gamma Rho Chapter Shaker Heights, Ohio



BOOK Talk

Sunday, April 18th
2:00pm-3:30 pm est.

ZofJII1/fWIIUJI fJd
8423634 4902
tftMwiJU,
662294

Hosted by the
Academic Trends, Civil
Rights & Legislative
Affairs and Literacy
Committees



Kim Kidd-Collins	Kiayam Mathis	Patricia Davis	Tiffany Pritchett	Dr. Etta F. Carter
Academic Trends Chair	Literacy Committee	Chapter President	Regional Director	National President

"To Foster a Spirit of Sisterhood Among Teachers and to Promote the Highest Ideals of the Teaching Profession"



Soror Andrea Guzman, of Delta Nu Chapter, was named Related Service Provider for the year at Early Childhood Development Center of Hackensack, NJ.

DELTA NU CHAPTER



ZETA BETA CHAPTER

Y.E.S. Service "STEPPING UP WITH NSPDK"

Submitted by Germaine Eddie



Germaine's iPhone



Angelic Scott



Germaine's iPhone



SOUTHWEST REGION
DELTA BETA CHAPTER – COMMUNITY SERVICE PROJECTS 2020



Donations to families from Forbes Early Childhood Development Center and Walnut Creek Elementary



Gift-wrapping toys for children at the Sickle Cell Association for the Marc Thomas Foundation Sickle Cell Toy Drive



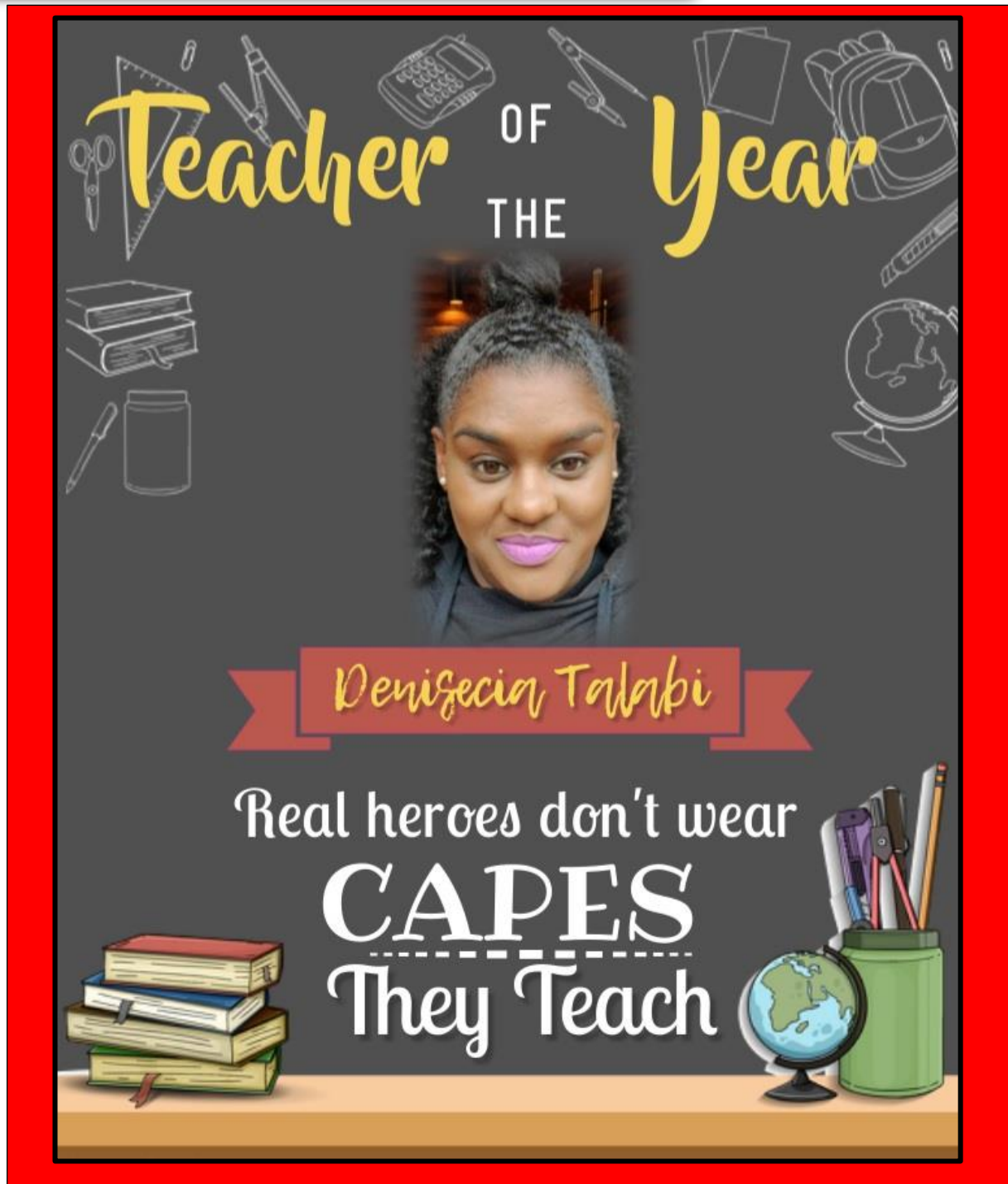
On behalf of the Alpha Rho Chapter congratulations is extended to Soror Denisecia Talabi on winning Teacher of the Year at Daniel Webster Elementary in Dallas, Texas.

Soror Denisecia's perspective on teaching during a global pandemic--
"Wow! Never thought I would be here. This pandemic has taught me who I truly am as an educator. Some days have definitely been harder than others. However, I've managed to adjust and push through. My students whether on campus or learning from home are still thriving and that's what motivates me to continue pushing through this year. "

Submitted by Soror Emily Hemphill



ALPHA RHO CHAPTER

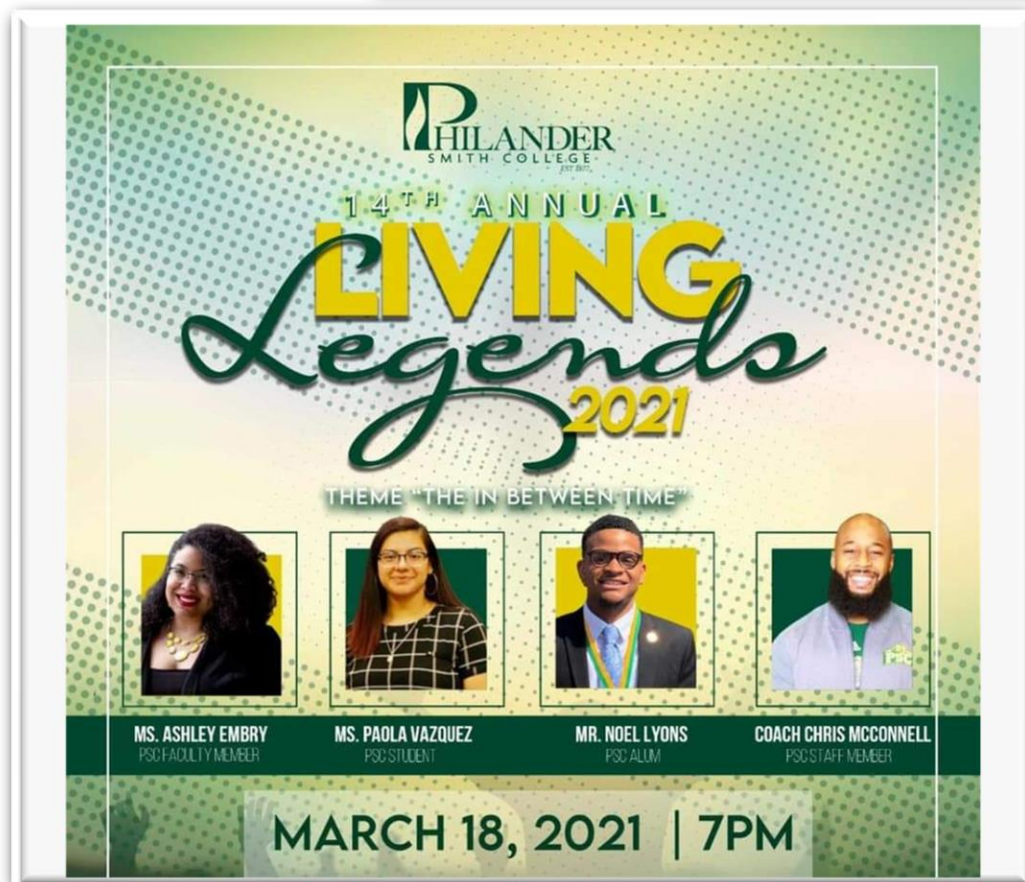


"To Foster a Spirit of Sisterhood Among Teachers and to Promote the Highest Ideals of the Teaching Profession"



Congratulations to Math Professor and Soror Ashley Embry who was awarded the 2021 "Living Legends Award at Philander Smith College! We are so proud of you, Soror! Well deserved!

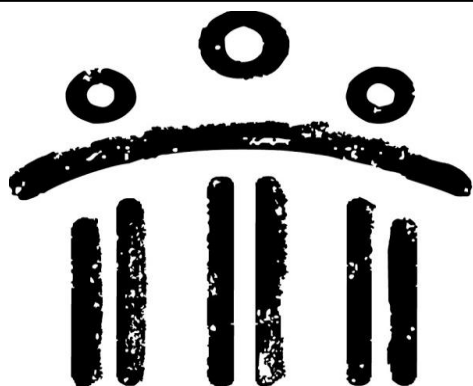
GAMMA NU CHAPTER



"To Foster a Spirit of Sisterhood Among Teachers and to Promote the Highest Ideals of the Teaching Profession"



ETA CHAPTER



NEW JERSEY SCHOOL COUNSELOR ASSOCIATION

FOR IMMEDIATE RELEASE

NJSCA Announces 2021 "COUNSELOR OF THE COUNTY" AWARDS RECIPIENTS

Somerset, NJ. –On Friday, March 19, 2021 NJSCA honored school counselors from the different counties within the State of New Jersey at the annual "Counselor of the County" Awards Program. School counselors are nominated by their colleagues and are selected by their own county's School Counselor Associations for this award.

The award honors the professionals who devote their careers to serving as advocates – and often lifesavers – for the nation's students. Aleah Braxton, a school counselor from Overbrook High School, was selected as the 2021 Counselor of the County for Camden County.

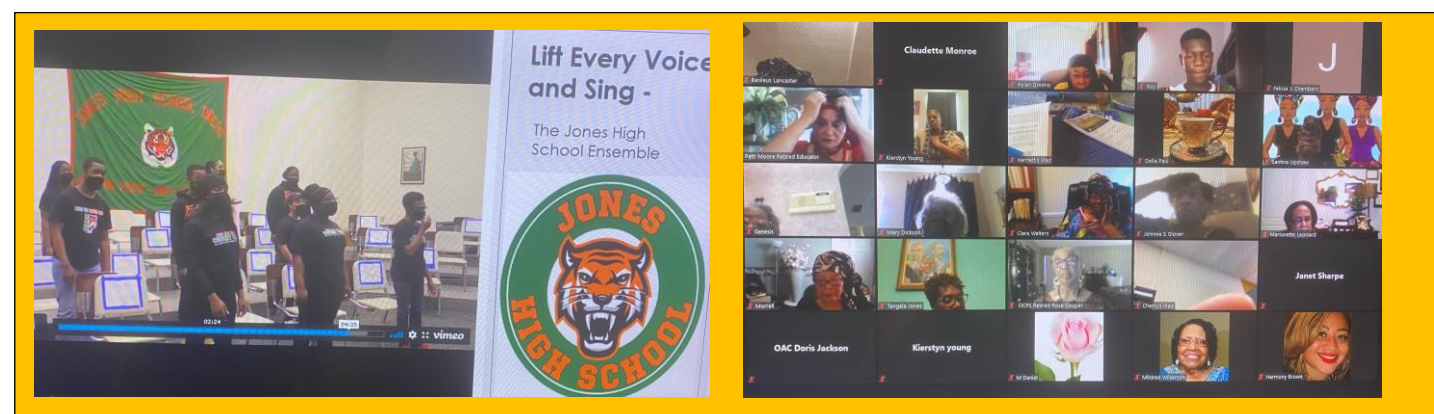
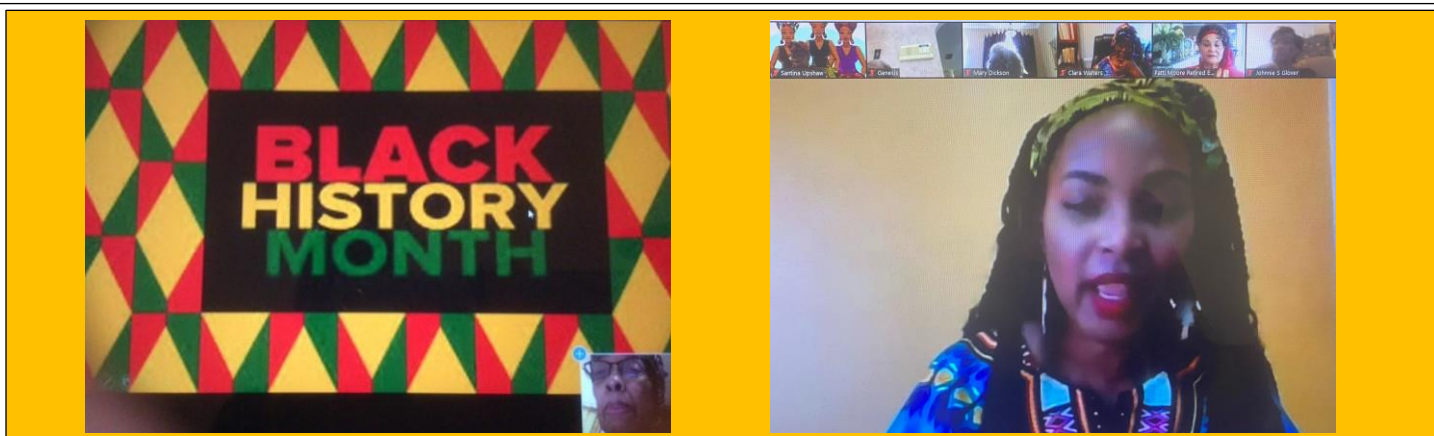
Candidates are selected for the Counselor of the County Award at their county-level school counselor associations. They are selected because of their ability to deliver an effective school counseling program which focuses on academic development, career counseling, and personal/social support. They further distinguish themselves by proving to be leaders of systemic change, advocates for students, and collaborative professionals who seek the success of the "whole" student in school and in life. For more specific information on this association, visit: www.njsca.org.

"To Foster a Spirit of Sisterhood Among Teachers and to Promote the Highest Ideals of the Teaching Profession"

Beta Xi chapter's virtual celebration of Black History Month and recognition of Heart Health Month began in triumph with singing of "Lift Every Voice and Sing," performed by the award winning Concert Ensemble of the historic Jones High School, Orlando, Florida and ended with praise, Marvin Sapp's "I Never Could Have Made it." The Chapter's Xinos and Kudos, two of whom are Jones High students, presented the welcome, introductions and words of thanks. Program planners were Sorors Alice Gordon and Patti Moore. Sorors were joined by family and friends for the occasion. The featured guest speaker was Mrs. Donique Rolle, African American Studies teacher, Jones High School.

Black History Month

Speaker Rolle wove together reflections from her family legacy, how it applies to her life today along with the importance of shared experiences and of teaching youth our history. She stated that Generation Z feels it is "normal" to have had a black President and now a black female Vice-President. The speaker expressed her hope that one day we will create a "new normal" where black men and women will continue to break down barriers and are in leadership roles worldwide. Just one of several sororal responses emphasized the importance of helping our youth understand the struggles that have made these achievements possible.





Heart Health Month

The featured speaker for the heart health presentation was returning guest, Mrs. Gail Morrell, sister of Soror Patti Moore. Mrs. Morrell shared an incredible and moving update of her twenty-three-year journey, surviving and thriving with Congestive Heart Failure. She provided information on signs, symptoms, and number of African American women in the United States with different types of heart disease, such as hypertension, cardiomyopathy, coronary artery disease, and congestive heart failure. She delivered a detailed description of her life saving surgery, where a mechanical pump was placed to the left side of her heart, known as a Left Ventricular Assist Devise (LVAD). Before her presentation, Soror Patti Moore provided an introduction and power point overview including facts and figures about heart disease among women of color and the urgency of monitoring our health.

Submitted by Lillian Lancaster, Basileus
Beta Xi Chapter, Orlando, Florida

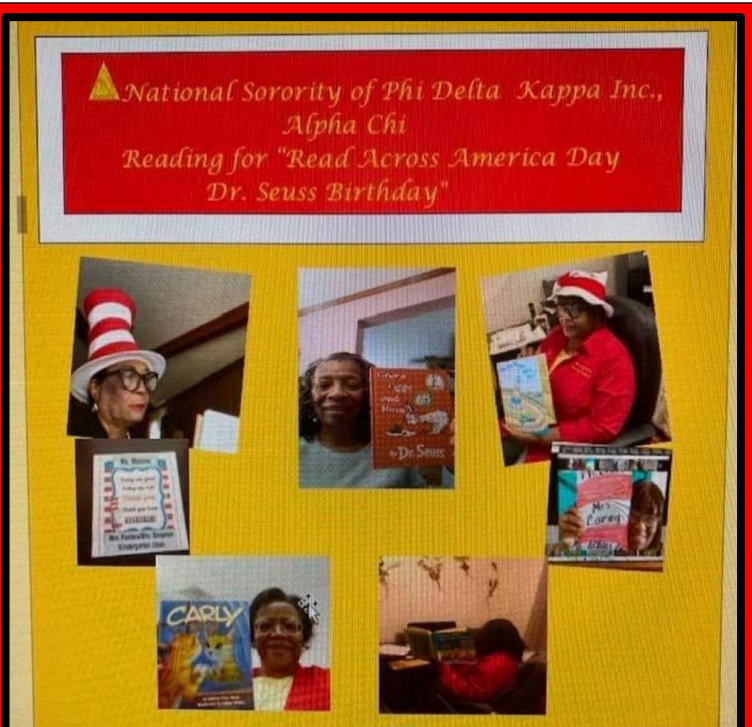


Happy Birthday to Alpha Chi of the National Sorority of Phi Delta Kappa, Incorporated. Chapter chartered March 1951 celebrated its 70th anniversary. Members celebrated with presentations of chartering of the chapter while wearing birthday hats, balloons, and snacks.

ALPHA CHI CHAPTER



Delta Kappa Inc. Alpha Chi chapter were on board to virtually read to boys and girls at Churchland Academy, Portsmouth, Virginia. Celebrating Read Across America Day and Dr. Suess birthday. On board to read were Queen Malone, Carolyn Stiff, Marian Carey, Margie Mcdaniel and Deryl Winborne.



"To Foster a Spirit of Sisterhood Among Teachers and to Promote the Highest Ideals of the Teaching Profession"



Theme: In Celebration of Black History Month

By

Soror Etta M. Jones

The National Sorority of Phi Delta Kappa Sorority, Inc., San Francisco Chapter, Beta Nu in Celebration of February being designated as Black History Month, proudly acknowledged and celebrated our new Sorors: Gianna Alexander, Judith Brooks, Tessa Brown, Dr. Melanie Spears, and Donna Sykes. Our new Sorors were presented with certificates from our National Office. Also receiving acknowledgment were our Sorors: Faye Anderson, Irene Cage, and Mildred Hale-Ward for their dedication of twenty-five plus years of service to Beta Nu Chapter. They were each presented with framed certificates and silver pins.

Basileus, Emily Wade-Thompson

1st Anti, Eva Allen



"To Foster a Spirit of Sisterhood Among Teachers and to Promote the Highest Ideals of the Teaching Profession"

IF YOU HAVE A CHILD PASS THEM THE BATON. DON'T MAKE THEM
START FROM THE BEGINNING.

POSITION THEM TO PICK UP WHERE YOU LEFT OFF.

ARMOR THEM WITH VALUES, WISDOM AND LIFE PRINCIPLES.

ALLOW THOSE THAT COME AFTER YOU TO GO FURTHER THAN YOU.

GIVE THEM A GOOD HAND OFF FOR LIFE



Jarian R. Graham
National Public Relations Director
nspdk.pr@gmail.com

"To Foster a Spirit of Sisterhood Among Teachers and to Promote the Highest Ideals of the Teaching Profession"