

October - December 2025

Spotlight on the Standards



[View the Standards here.](#)



Connecting School and Afterschool with Shared Practices

Edutopia video, 10/8/2020



This short video is an oldie but a goodie! It is part of Edutopia's *How Learning Happens* series and centers around the important role consistency plays in child development and productive learning. Learn how one school increased communication and started implementing common vocabulary and common practices to bridge the gap between school and afterschool.

[Watch the video](#)

Building Relationship and Behavioral Skills

Turning Wait Time into a GREAT Time: Making the Most of All Moments!

by Jen Harris
The Flourish Lab Blog



In this blog post from the Flourish Lab, explore how to change often dreaded transition times from behavior management challenges into intentional opportunities for relationship building and engagement.

- Keep minds and bodies busy with something fun and positive.
- Incorporate mindfulness exercises.
- Ensure readiness through preparation and routine.
- Expect the unexpected.
- Equip staff and volunteers with effective strategies and ideas.

[Read the full post](#)

Health and Wellness

Supporting Children's Mental Health During the Holidays

Phoenix Children's Bright Futures Blog Post



The holiday season is often described as "the most wonderful time of year," but for many children and teens, it can bring unique emotional challenges. It is essential to create space for both joy and emotional support during this season.

This blog post provides a brief guide to:

- Why the holidays can be emotionally hard for kids
- What parents and caregivers can do
- Special considerations

Use this information in your programs and share with families!

[Read the full post](#)

STEM Activities

Problem solving is the foundation of every STEM challenge – whether children are testing hypotheses, building structures, or debugging a coding exercise. By nurturing skills like creativity, critical thinking, decision-making, and perseverance, we help children build the cognitive and social tools they'll need to succeed not only in STEM, but in life. The articles below offer practical ideas and activities that can be used to strengthen those essential problem-solving muscles.

7 Ways to Support Problem Solving in Children

Friends of the Children Los Angeles blog post, 4/11/2023

With guidance and support, children can become confident and effective problem solvers. This blog post highlights the importance of:

- Encouraging creativity
- Teaching decision-making skills
- Promoting critical thinking
- Fostering independence



9 Engaging Problem Solving Activities for Kids to Build Critical Skills

Lemonade Day blog post, 10/15/2024

In this blog post, discover fun and practical ideas to help children tackle challenges with confidence.

- Puzzles
- Building challenges
- Interactive storytelling
- Brain-boosting board games
- Outdoor scavenger hunts

- Allowing for mistakes
- Practicing collaborative problem solving
- Modeling problem solving behaviors

- Coding activities
- Craft-based problem solving
- Riddles and brain teasers
- Role play

[Read the full post](#)

[Read the full post](#)

Staff Support

3 Ways for Leaders to Practice Gratitude Each Day - and Why That Matters

Focusing on what they can be thankful for allows principals to see that great things are still happening in their school, even on the toughest days.

By Rachel Edoho-Eket

The focus of this section is normally on how leaders can support their staff. But leaders need to also support themselves! This article suggests three simple strategies leaders can use regularly to devote time to focusing on the joy and the positive things that are happening in their programs.



- Take a leadership gratitude walk.
- Celebrate progress, not perfection.
- Harness the power of self-gratitude.

[Read the full article](#)

Grant Opportunity



GroMoreGood Garden Grant from the National Head Start Association (NHSA) and Scotts Miracle-Gro

[Grant Application Website](#)

The GroMoreGood initiative makes garden grants, garden kits, educational curriculum, and garden training available to all Head Start programs with the goal of creating more edible gardens for young children and their families. The initiative also supports the creation of green space projects - land that is partly or completely covered with grass, trees, shrubs, or other vegetation - as an option for children and the community to learn.

- **Application Deadline:** January 30, 2026
- **Award Amount:** \$2,500-\$5,000 depending on demonstrated need and proposal in the application
- **Eligibility Requirements:**
 - Open to any Head Start program that is a current NHSA member
 - Must have the plot of land in possession at the time of the application with at least a two-year commitment for the garden to be on that property
 - Can be used to supplement needs of existing garden projects, help launch new garden projects, or supplement/launch outdoor green space projects



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