



NSPDK NATIONAL NEWSLETTER FEBRUARY 2021

Is Everyone in Black History Dead?

My dear friend told me that one of her students asked her the above question. To which she felt as though someone had knocked her off her feet. As a teacher we need to stop and think of the message we are sending to students as we try to increase their knowledge of Black History, boost their self-esteem, and expand their respect for others. The question above reflects what this student and probably many others experience each time we bring out the classic Black History stories. That question was a wakeup call!

So, as we all know, the answer is "No" and as a good teacher would do, my friend found this to be a teachable moment. It started me to wonder about the many times I went back into previous decades of Black History to make a point. I clearly understood the message I wanted to convey, but did my students? If they got the message, great. But, if they did not get my message, what message did they take away? Were they more confused than before?

On January 31, 2021, on the front page of the Arkansas Democrat-Gazette STYLE section, history was made. Current Black History took center stage on the cover page and back page, with the following headlines: An American Sweetheart, Amanda Gorman; and Kamala Harris, Vice President of the United States. For a newspaper in the Republican State of Arkansas to dedicate two full pages to two African American women is truly history. Do not miss our living history!

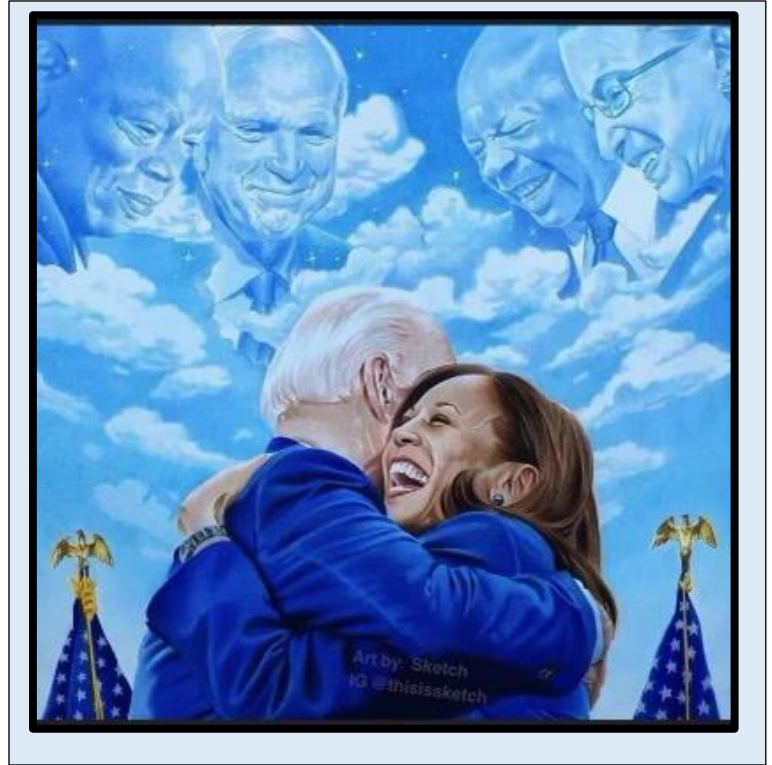
Two days prior, on January 29, 2021, Dr. Shirley Weber was sworn-in as the First African American Secretary of State in California: one of only three in the country. She took her oath of office with her hand on a bible that was 560 years old where no other African American, male, or female, has done. We feel an added sense of pride because Dr. Weber is a Soror of the National Sorority of Phi Delta Kappa, Inc. and has not forgotten her sisterhood. We were invited to her official swearing in and to express her appreciation she held a special virtual talk with her Sorors the following evening. And Yes, we are happy to call her Madam Secretary. Do not miss our living history!

We must pause, regroup and answer the question to our students with certainty: "No! Learning today will prepare YOU to make history within your lifetime!" We must respond boldly and intentionally with hopes that no other child must ask, "Is everyone in Black History dead?"

Moving NSPDK Forward...Together!

Be blessed

Etta F. Carter, Ph.D.
26th Supreme Basileus
nspdk supreme@gmail.com



'The Hill We Climb,' a transcript.
Amanda Gorman's poem recited at Joe Biden's
Inauguration
(Wednesday - January 20, 2021)



Among the highlights of [the inauguration](#) Wednesday of President Joe Biden and Vice President Kamala Harris, was the recitation of "The Hill We Climb" by 22-year-old Amanda Gorman, the youngest inaugural poet ever and the first person to be named national youth poet laureate — a position she achieved as a 19-year-old sophomore at Harvard University.

"Mr. President, Dr. Biden, Madam Vice President, Mr. Emhoff, Americans and the world:

When day comes, we ask ourselves, where can we find light in this never-ending shade? The loss we carry, a sea we must wade. We've braved the belly of the beast. We've learned that quiet isn't always peace. In the norms and notions of what just is isn't always justice.

And yet, the dawn is ours before we knew it. Somehow, we do it. Somehow, we've weathered and witnessed a nation that isn't broken, but simply unfinished. We, the successors of a country and a time where a skinny Black girl descended from slaves and raised by a single mother can dream of becoming president, only to find herself reciting for one.

And yes, we are far from polished, far from pristine, but that doesn't mean we are striving to form a union that is perfect. We are striving to forge our union with purpose, to compose a country committed to all cultures, colors, characters, and conditions of man.

And so, we lift our gazes not to what stands between us, but what stands before us. We close the divide because we know, to put our future first, we must first put our differences aside. We lay down our arms so we can reach out our arms to one another. We seek harm to none and harmony for all. Let the globe, if nothing else, say this is true. That even as we grieved, we grew. That even as we hurt, we hoped; that even as we tired, we tried; that we'll forever be tied together, victorious. Not because we will never again know defeat, but because we will never again sow division.

Scripture tells us to envision that everyone shall sit under their own vine and fig tree, and no one shall make them afraid. If we're to live up to our own time, then victory won't lie in the blade, but in all the bridges we've made. That is the promise to glade, the hill we climb if only we dare it. Because being American is more than a pride we inherit; it's the past we step into and how we repair it. We've seen a forest that would shatter our nation rather than share it, would destroy our country if it meant delaying democracy. And this effort very nearly succeeded.

But while democracy can be periodically delayed, it can never be permanently defeated. In this truth, in this faith we trust, for while we have our eyes on the future, history has its eyes on us. This is the era of just redemption. We feared it at its inception. We did not feel prepared to be the heirs of such a terrifying hour, but within it, we found the power to author a new chapter, to offer hope and laughter to ourselves.

So, while once we asked: "How could we possibly prevail over catastrophe?" Now we assert, "How could catastrophe possibly prevail over us?"

We will not march back to what was, but move to what shall be: a country that is bruised, but whole; benevolent, but bold; fierce and free. We will not be turned around or interrupted by intimidation, because we know our inaction and inertia will be the inheritance of the next generation. Our blunders become their burdens. But one thing is certain, if we merge mercy with might, and might with right, then love becomes our legacy, and change our children's birthright.

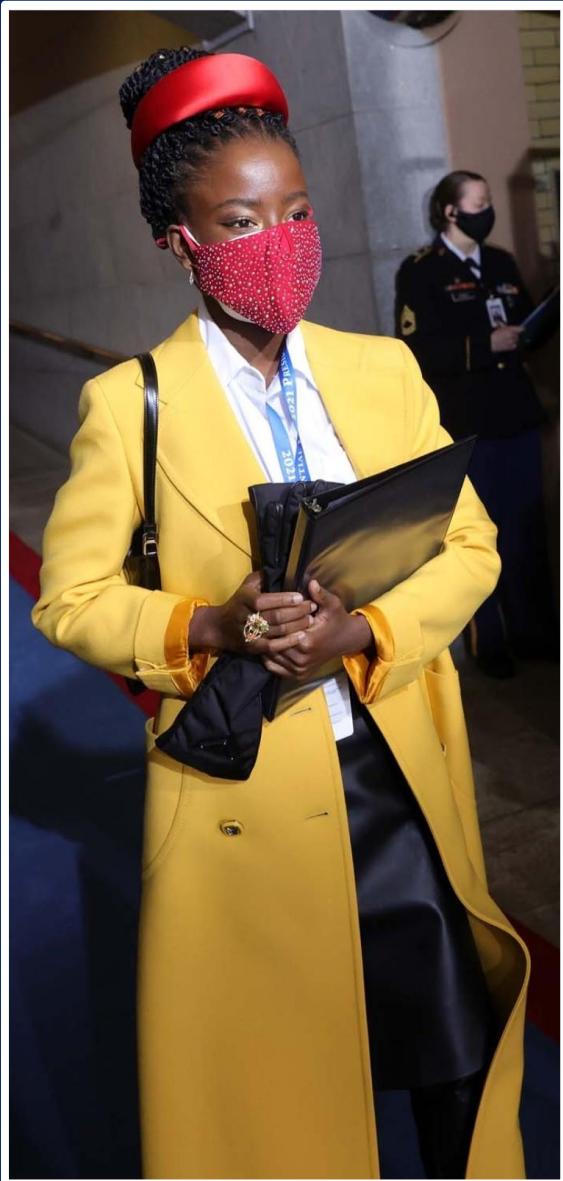
So, let us leave behind a country better than one we were left. With every breath from my bronze-pounded chest, we will raise this wounded world into a wondrous one. We will rise from the gold-limned hills of the West. We will rise from the wind-swept Northeast where our forefathers first realized revolution. We will rise from the lake-rimmed cities of the Midwestern states. We will rise from the sun-baked South. We will rebuild, reconcile, and recover in every known nook of our nation, in every corner called our country our people diverse and beautiful will emerge battered and beautiful.

When day comes, we step out of the shade aflame and unafraid. The new dawn blooms as we free it. For there is always light. If only we're brave enough to see it. If only we're brave enough to be it."

Source: *The Baltimore Sun* (January 20, 2021)



POET AMANDA GORMAN BRILLIANT AT THE INAUGURATION!



**LOVE THE COLORS
MS. GORMAN WORE!**

...FOR POSTERITY SAKE...





Prayer for Government Leaders

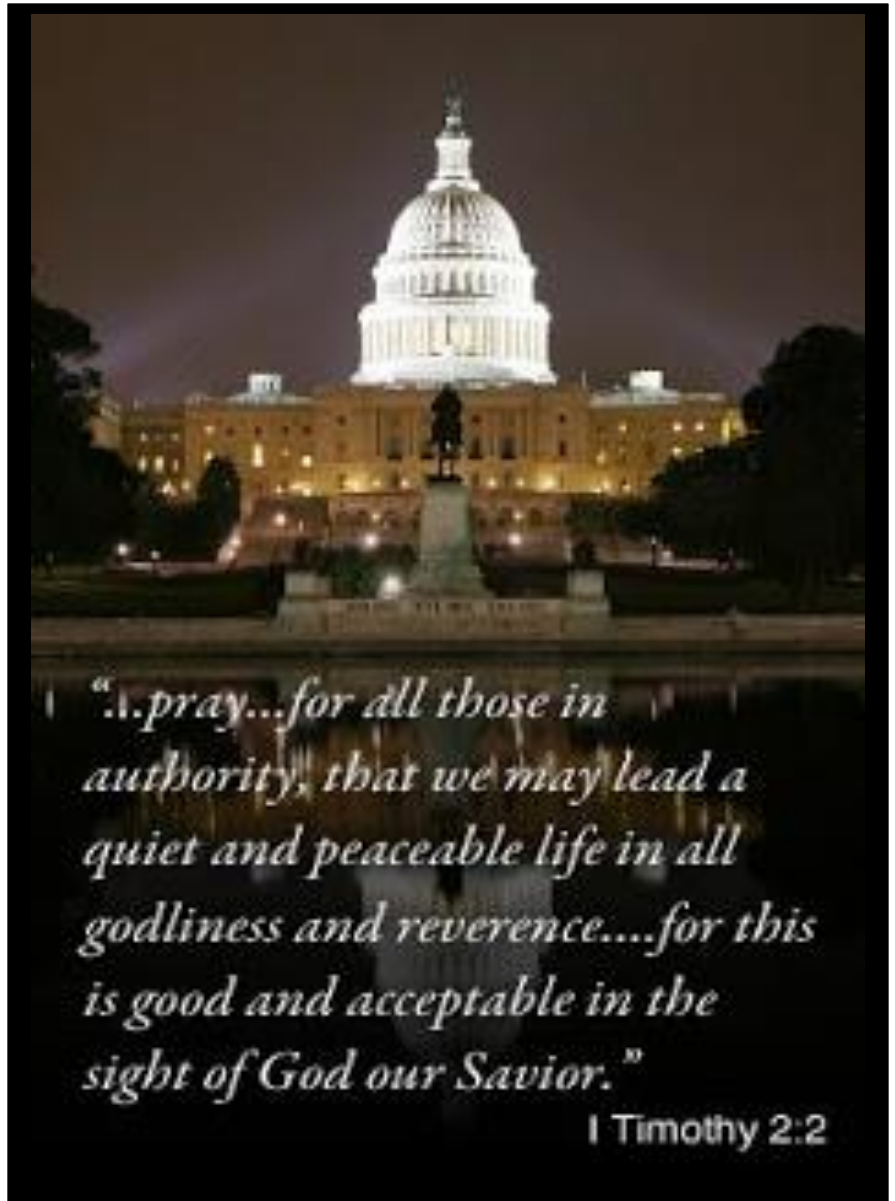
God of power and might,
Wisdom and justice,
Through you authority is rightly
administered.

Laws are enacted, and judgement is
decreed.

Assist with your spirit of counsel and
fortitude the President and other
government leaders.

May they always seek the ways of
righteousness, justice, and mercy.
Grant that they may be enabled by
your powerful protection
to lead our country with honesty
and integrity.

We ask this through Christ our Lord.
Amen



Congratulations



Soror Dr. Shirley Weber
California Secretary of State

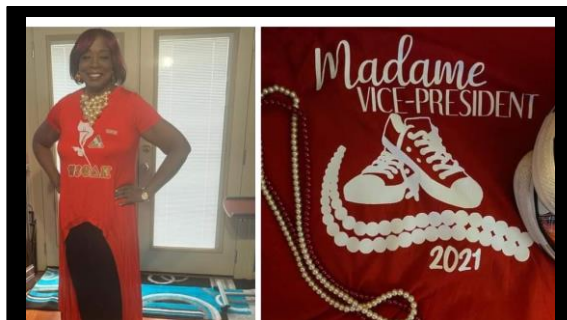


Soror Dr. Tanya Chestnut
Alabama's State Board of Education

Walking in history and standing in solidarity with our President Joe Biden and Vice President Kamala Harris



Beta Lambda oldest Soror celebrating!



NATIONAL THEME: "THE PURSUIT OF EXCELLENCE- A CHALLENGE TO FULFILL"



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



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

TEACHER'S

Prayer

Lord, please bless my students
And help them as they grow:
May I teach them faithfully
The things they need to know.
So they may face the future
Knowing they're prepared,
And when they think of school days,
May they know their teacher cared.

Holly Monroe

February highlights...

National Freedom Day – February 1, 2021



Let Freedom Ring... especially on February 1. Confused? It's National Freedom Day! This day was founded to celebrate the freedoms we enjoy as U.S. citizens, freedoms that we should never take for granted. Specifically, the holiday commemorates the day in 1865 when President Abraham Lincoln signed what would later become the 13th Amendment. This amendment is so important because it effectively ended slavery in the United States. Freedom is one of the founding principles of the United States of America and this day was envisioned as a way for all citizens to take a moment to appreciate how lucky they are. We should all be thankful for the many freedoms we are afforded as citizens of this great country!

National Women Physicians Day – February 3, 2021



This is just the fourth National Women Physicians Day, on February 3rd. The event celebrates Elisabeth Blackwell's birthday; she was the first female medical doctor in the U.S. It's a time to honor women doctors across the country, and the progress they've made since Blackwell's time. Nationally, there are still fewer female doctors than male doctors, but the progress is steady. In 2017, for the first time in history, women made up more than half of all those in medical schools.

World Cancer Day – February 4, 2021



Sooner or later, it seems, cancer has an impact on us all. That's why World Cancer Day on February 4 is an important day to raise awareness about prevention, detection, and treatment. Started by the Union for International Cancer Control in 2008, World Cancer Day activities seek to significantly reduce illness and death caused by cancer by 2020

Bob Marley's Birthday – February 6, 2021



In the 36 short years of Bob Marley's life, his iconic music evolved from ska to reggae to rocksteady, and eventually into a blend of all three that, along with his wild locks, became his signature style. On his birthday, February 6th, join us for a look at his band's worldwide tours, as well as his personal life in Europe, the U.S., and (of course) his native Jamaica.

International Day of Women and Girls in Science – February 11, 2021



The International Day of Women and Girls in Science on February 11 allows us to honor women's significant achievements in science and place a much-needed focus on girls entering Science, Technology, Engineering, and Mathematics (STEM) careers. As the fastest-growing segment of jobs with employers finding it hard to find available talent, STEM needs women. Have some fun today by learning about women charting their course as techie trailblazers and by supporting young women to pursue their passions in STEM.

Presidents Day – February 15, 2021



Every third Monday of February (February 15) we celebrate Presidents' Day in all its patriotic glory. Many people relish in their day off of work, but they might be surprised to know that that was the point! It wasn't until 1971 that Presidents' Day moved in an effort to create more three-day weekends for the public. They hoped that this would inspire greater productivity nationwide. It was believed that at this point in the year, the restorative effects of the Winter holidays have begun to fade and we need another break to regain some of that lost stamina.

Mardi Gras – February 16, 2021



It's Mardi Gras time, arguably one the best celebrations in the world. It stretches from Twelfth Night (the last night of Christmas) all the way until Ash Wednesday. Mardi Gras is French for "Fat Tuesday" to reflect the practice of eating rich, fatty foods before the ritual fasting of the Lenten season. It's also a time to bring out those colorful beads and

American Heart Month – February 2021

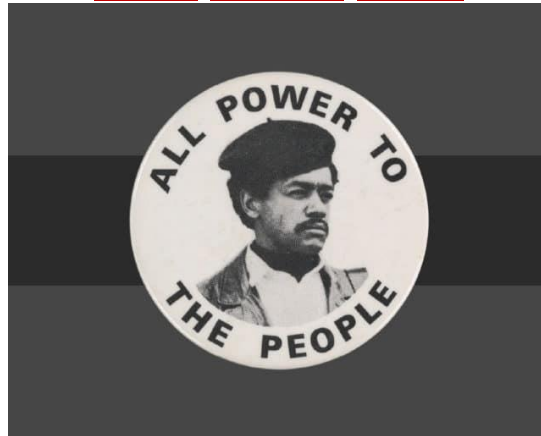
Educational, Elderly, Health



Why do we observe American Heart Month every February? Well, every year more than 600,000 Americans die from heart disease. The number one cause of deaths for most groups, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use. Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure. This is a great chance to start some heart-healthy habits!

Black History Month – February 2021

Activities, Educational, Historical



Black History Month, which is celebrated each year during February, is a chance for Americans to learn details of our nation's history that, unfortunately, are far too often neglected and pushed to the wayside. As the saying goes, black history *is* American history — and it's a varied and rich history.

A wise nation honors and learns from its past. It refuses to let the most important facts about our shared and collective memory disappear into the depths of forgotten history. What happened in the past shapes and informs where we are heading in the future, and it's of paramount importance to set aside a month for learning as much as we can about black history.

U.S.

National Children's Dental Health Month – February 2021

Children, Family, Health



Dental hygiene is one of the most important things we can teach our children. Unfortunately, for a lot of parents, getting kids to brush and floss their teeth is like ... well, like pulling teeth. But if we want to protect our kids from having their teeth actually pulled at some point in their lives, we've got to show them the ins and outs of proper dental health. Luckily, February is right around the corner, and that means it's National Children's Dental Health Month. A project of the American Dental Association and Crest + Oral B, this program can provide parents with the tools they need to teach the youngins about dental and oral health. The campaign's slogan covers the basics: "Brush your teeth with fluoride toothpaste and clean between your teeth for a healthy smile."





FEW OF THE FIRSTS...

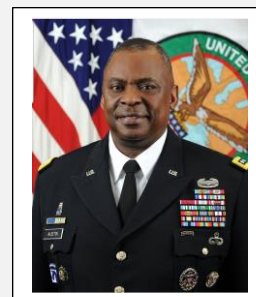
2020

- First African American to be appointed as a military Chief of Staff and first African American to lead any branch of the United States Armed Forces: Charles Q. Brown, Jr.
- First African American president of an NFL team: Jason Wright
- First African American vice-presidential running mate on a major party ticket, and first African American elected vice president: Kamala Harris
- First African American elected official to lie in state at the U.S. Capitol Rotunda: John Lewis
- First African American openly LGBT elected members of the U.S. Congress: Ritchie Torres and Mondaire Jones, elected in New York
- First African American NHL play by play broadcaster: Everett Fitzhugh with Seattle Kraken

- First African American Catholic cardinal: Wilton Gregory

2021

- First African American Democratic U. S. Senator to represent a former Confederate state in the United States Senate: Raphael Warnock, elected in Georgia
- First African American United States Secretary of Defense: Lloyd Austin



- First African American vice president: Kamala Harris

**BOSTON RED SOX SET TO MAKE
BIANCA SMITH THE FIRST BLACK
WOMAN PRO BASEBALL COACH**



**Jennifer King Makes
History as 1st Black
Woman to be Full-Time
NFL Coach**



**11-YEAR-OLD BALLERINA DANCES INTO
HISTORY AS 1ST BLACK LEAD IN NYC
BALLET'S 'THE NUTCRACKER'**



**CHARLOTTE NEBRES, A STUDENT AT THE
SCHOOL OF AMERICAN BALLET, WAS HAND
PICKED TO STAR AS MARIE, THE YOUNG GIRL
WHO DREAMS OF A NUTCRACKER COME TO
LIFE. CHARLOTTE NEBRES STARRED AS MARIE,
THE YOUNG HEROINE OF GEORGE
BALANCHINE'S CLASSIC BALLET
*THE NUTCRACKER.***

**YOUNGEST AFRICAN AMERICAN
INAUGURAL POET IN U.S. HISTORY**

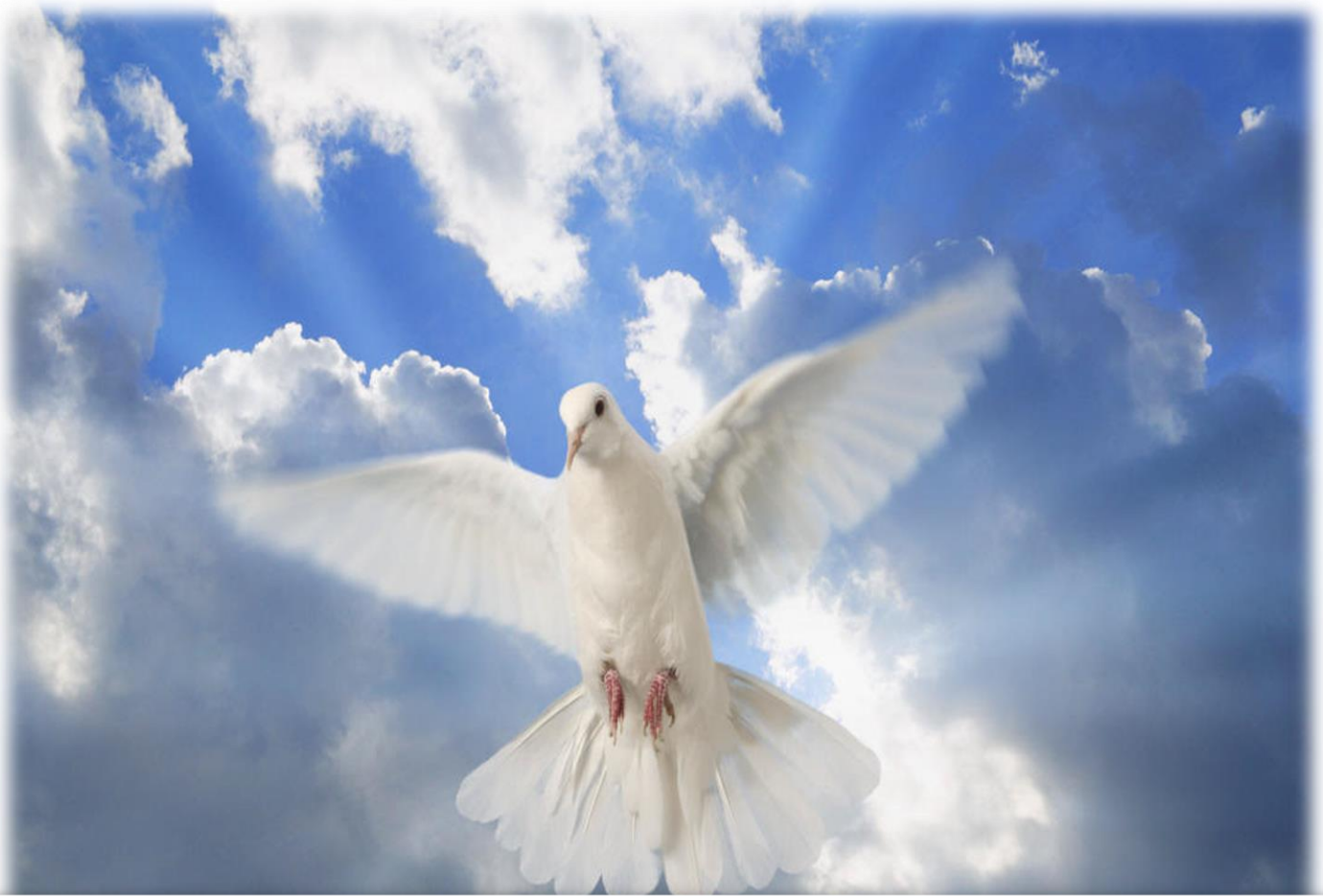
“

**There is always light, if
only we're brave
enough to see it. If
only we're brave
enough to be it.**

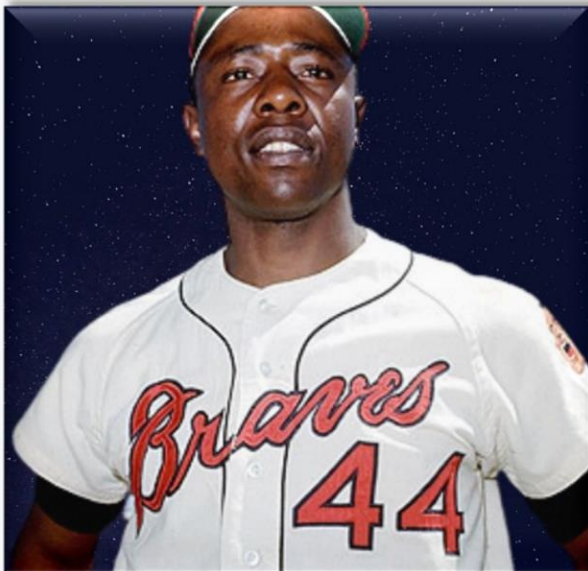
Amanda Gorman

The youngest inaugural poet in US history





ICONS RECEIVED THEIR WINGS.



HANK AARON
February 5, 1934-January 22, 2021



CECILY TYSON
December 19, 1924-January 28, 2021



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

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 Anthopos 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
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National Sorority of Phi Delta Kappa, Inc

Save the Date!



Mardi Gras Virtual Celebration

Presented by
Gamma Sigma
Far Western Region
Las Vegas, Nevada

NSPDK Eastern Region

VIRTUAL Winter

Executive Board and

YES Planning Meeting

February 19-21, 2021

Packet Available on Sorors Only

Page

NATIONAL SORORITY OF PHI DELTA KAPPA, INC

XINOS **EASTERN REGION** **KUDOS**

VIRTUAL **73rd** **YOUTH LEADERSHIP CONFERENCE**

2021 EDITION

THEME
"MOVING FORWARD IN CHANGING TIMES"

April 23 - April 24, 2021

HOST CHAPTERS
ZETA & GAMMA MU

Dr. Etta Carter, Supreme Basileus
 Anona Huntley, National Youth Coordinator
 Dr. Patsy O. Squire, Eastern Region Director
 Chaleeta Hines, Eastern Region Xinos Chair
 Felecia Laury, Eastern Region Kudos Chair
 Dr. Eloise Robinson - Redd, Basileus Zeta Chapter
 Andrea Wyche, Basileus Gamma Mu Chapter
 Celeste Walters, Youth Conference Co-Chair
 Shirley Washington, Conference Co-Chair



WWW.NSPDKEASTERNREGION.ORG

National Sorority of Phi Delta Kappa, Inc

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

EASTERN REGION
1ST VIRTUAL
ONE DAY
CONFERENCE



SAVE THE DATE
JUNE 19, 2021

Theme:
Integrate, Innovate, Motivate!

Host Chapter
Delta Nu

Dr. Etta Carter, Supreme Basileus
 Dr. Patsy O. Squire, Eastern Region Director
 Gwynne Burt, Basileus Delta Nu Chapter
 Pamela Gary Maple, Conference Co-Chair
 Moishe Shayland Williams-Conference Co-Chair
 Sylvia Ligon, Registration Chair

MISSION POSSIBLE

" Building A Future Of Opportunities "



2021 Virtual
48th Xinos & 38th Kudos
Youth Conference





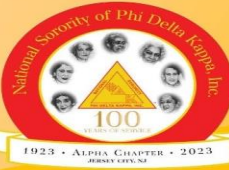
FRIDAY, February 26th: Meet & Greet
SATURDAY, February 27th: Workshop

" Collaborating For The Mission "
HUB Parents





Vikki Coleman
 South West Region HUB Parent Chair

Save the Date!




Celebrating Our Founders  **Celebrating Our History** 



 1923 - ALPHA CHAPTER - 2023
 JERSEY CITY, NJ

Alpha Chapter's
Centennial Celebration
May 19-21, 2023

Chat-N-Chew
Pamper Party
Video Show
Spotlight Time
Torchlighting

More Information  **To Follow**

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

National Sorority of Phi Delta Kappa,



February 26th- February 27th, 2021

48th Xinos



38th Kudos

Virtual Southwest Regional Leadership Conference

Dr. Etta F. Carter, Supreme Basileus

**Anona Huntley, National Youth Coordinator
Anita O'Neal, Southwest Regional Director
Dr. Cheryl Monts, Southwest Member-At-Large**

**Janice Goines
SW Regional XINOS Chair**

**Marian Wilson
SW Regional KUDOS Chair**

Youth Conference Planning Committee



NATIONAL SORORITY OF PHI DELTA KAPPA, INCORPORATED

"TO FOSTER A SPIRIT OF SISTERHOOD AMONG TEACHERS AND TO PROMOTE THE HIGHEST IDEALS OF THE TEACHING PROFESSION"

WWW.NSPDK.ORG

January 18, 2021

Dear Sorors,

Hello and Happy New year to each of you. We have put the year 2020 in our rear-view mirror and entered 2021 with savvy and new skills to continue educating our learners even though the pandemic continues. Teachers have been recognized as frontline workers very necessary as part of the American fabric. How often have we heard, "schools have to be open so parents can go to work"? Who knew the establishment would recognize the importance of the teacher? We congratulate you for your successes and offer a gentle reminder to always practice selfcare. Always take the time to care of yourself.

The NSPDK e-Learning Academy has made its appearance on the scene and is being used by hundreds of educators. We have read, perused, and used the resources and platforms identified on the sight. We are teachers making it work!

We now are ready to hear from you once again. **"Sorors in Action: Teaching in a Pandemic, Sharing Techniques and Strategies that Promote Success in the Classroom"**. Sorors and educators, if you have recordings that you have made to promote a platform you are using, instructions on their use, or how to do it, we would very much like for you to share. Your knowledge will help an educator with additional information, new strategies and activities, or other ways to use and implement the resource. This is a wonderful way we can share and showcase the expertise we have with each other. Our beloved NSPDK needs you!

We will be sharing some presentations at the Regional Conferences. We will also give each presenter recognition in the National newsletter. The National Newsletter is published each month on NSPDK.org web page. Please send your presentations by uploading your video on YouTube and send it to nspdkacademy@gmail.com Please allow time for the video to be received by February 18, 2021.

Thank you for all you do for the betterment of children and families.

National Sorority of Phi Delta Kappa, Inc.
Nora Robbs, National Professional and Leadership Chair
Noreen E. Little, First Supreme Anti-Basileus
Dr. Etta F. Carter, Supreme Basileus



February is heart Health month. The Center for Disease Control has listed heart disease as the number one killer of women, especially African American women. In 2017, it is reported that 299,578 women died from heart disease, such as coronary Artery disease, high blood pressure, cardiac arrest, arrhythmia, stroke and congenital heart disease.

We can prevent or control our health by making lifestyle changes.

- ❖ *Eat a low-fat, low sodium diet. Cut down on processed foods and sweets.*
- ❖ *Get at least 30 minutes of moderate exercise per day. Walking is the best and inexpensive form of exercise.*
- ❖ *Quit smoking*
- ❖ *Limit alcohol intake*
- ❖ *Keep your diabetes under control*
- ❖ *Manage stress*

*"Walk for heart health" our National initiative. Many of us have one or more of the risks for heart disease. It is important for us to be attentive to **our own health**. As care givers, we take care of family, older relatives and friends; why not take care of ourselves? This year during the pandemic we have not gotten in our usual exercise. We need to be intentional about self care which includes walking. This initiative requires you to record your steps for the week of February 8-12, 2021*

Here is the link to the Google form: <https://forms.gle/pZ1mLq4SGE1eeZSPA>

You must initiate the following :

- 1. Use the link to upload the form*
- 2. Each day before midnight,
Enter your steps for the day.*
- 3. Your steps will be tallied
at the end of the week*
- 4. You will receive a certificate at your regional conference.*



*It is our Goal to start you on a program to lower your risk of heart disease
While improving your Health overall!*

Know Your Ws



WEAR

a cloth mask over your nose and mouth.



WAIT

6 feet apart. Avoid close contact.



WASH

your hands or use hand sanitizer.

Call our 24-hour concierge number (336) 663-5385 for medical and non-medical issues such as; Meal Support, Transportation Service, Care Management/Social Work Outreach, Physician Connections, Pharmacy Support and General Questions.



THN Symptom Checker: COLD vs. FLU vs. ALLERGIES vs. COVID-19 (Coronavirus)

Symptom	Cold	Flu	Allergies	Covid-19
Fever	Rare	Common	Never	Fever greater than 100.5
Cough	Mild	Common	Sometimes	Common
Fatigue	Mild	Common	Sometimes	Sometimes
Runny/ stuffy nose	Common	Sometimes	Common	Rare
Sneezing	Common	Sometimes	Common	Sometimes
Headache	Rare	Common	Rare	Sometimes
Sore throat	Common	Sometimes	No	Sometimes
Loss of smell	No	No	No	About 1/3 cases
Shortness of breath	No	Rare	Rare (unless with asthma)	in more serious infections

TEACHER RESOURCES

➤ 33 Black History Month Activities for February and Beyond

[Black History Month Activities for February and Beyond \(weareteachers.com\)](https://www.weareteachers.com/black-history-month-activities-for-february-and-beyond/)

SOCIAL AND EMOTIONAL LEARNING

Connecting SEL to Academic Outcomes

Skills that students develop in social and emotional learning—empathy, collaboration, and so on—are closely connected to standards in many academic subjects. By [Maurice J. Elias](#) December 7, 2020



Allison Shelley / The Verbatim Agency for American Education

Social and emotional learning (SEL) is sometimes perceived as being just one more thing heaped on educators' plates, but it's truly valuable—in small, frequent doses, it helps bring about many valued outcomes.

Let's take a look at four subjects—visual and performing arts, social studies, health, and English language arts—to see how SEL skills are connected to desired outcomes in these subjects.

VISUAL AND PERFORMING ARTS (VPA)

The [standards for VPA](#) define four artistic processes: creating; performing, presenting, and producing; responding; and connecting. As students create art, they need to understand their own feelings, and be organized enough to engage in the creative process. Presentation requires students to consider the point of view of potential audiences, and have the emotional control and resilience to deal with high-pressure situations and with setbacks. Responding and connecting involve accepting feedback constructively, as well as being able to give insightful feedback to others in constructive ways. These are all SEL skills that are implicit in VPA success.

Instructional implications: Help students understand the [process of how the art they are studying was created](#). What were the artists' purposes? What was their context? Who supported them? What challenges did they encounter? How did they respond? Encourage students to brainstorm different approaches before starting projects. Have them consider how different artists might approach the

same project. Teach them to analyze what it is about artistic creations that elicits specific emotions in them, as well as to look at the flow of emotions in such things as musical compositions, theater, dance works, and the like.

SOCIAL STUDIES

The [National Council for the Social Studies](#) notes that "the primary purpose of social studies is to help young people make informed and reasoned decisions for the public good as citizens of a culturally diverse, democratic society in an interdependent world." Understanding the public good and working toward collaborative solutions requires perspective taking and empathy; making informed and reasoned decisions in a civic context requires students to have systematic instruction in decision-making strategies that include constructive and persistent responses to obstacles.

Civic involvement will take place in groups and requires skills in working with others. Without sound SEL competencies, the emotional and intellectual challenges of civic engagement are far more likely to be frustrating than attractive. Those who wish to help students have constructive engagement with peers now and throughout their adult lives should focus strongly and intentionally on students' SEL skills.

Instructional implications: Reaching the goals of social studies [requires numerous SEL competencies](#) that can be built into daily instruction: listening to others' opinions while managing one's emotions; respectful debate that includes multiple perspectives; empathic understanding of social issues; and group participation skills for working on committees and meaningful involvement in student government.

HEALTH

We're all born with certain attributes that relate to our health and in life situations that give us access to more or fewer health resources. Yet regardless of the extent to which those attributes and situations provide challenge or potential, health is related to choices that people make. These decisions occur at multiple levels, such as societal decisions about health insurance, pricing of prescription drugs, and availability of care; family choices about how to use resources for nutritious food or rent or heat; and individual choices about smoking and use of drugs or alcohol, exercise, sleep, and eating habits. It's also important to know how advertising, media, and peer pressure influence health decisions. Having [strong SEL competencies](#) in ethical decision-making and problem-solving skills and knowing our own feelings are vital for optimizing health, and students gain from learning to make good choices with regard to all aspects of their health.

Instructional implications: Teach students a consistent strategy across all health issues that gets them in the habit of thinking about consequences of actions to themselves and others, short term and long term. It's also essential for students to learn how to manage emotions of uncertainty and to delay gratification. SEL programs teaching explicit problem-solving strategies and emotion regulation will be synergistic with health instruction.

ENGLISH LANGUAGE ARTS

The [ELA Common Core State Standards](#) ask students to read fiction and also nonfiction texts that provide facts and background knowledge in areas such as science and social studies. Students should

be challenged and asked questions that push them to refer back to what they've read. This stresses critical thinking, problem-solving, and analytical skills that are required for success in college, career, and life.

In discussing [new research on text complexity and its practical implications](#), the Council of Chief State School Officers and the National Governors Association note: "While the complexity of reading demands for college, career, and citizenship have held steady or risen over the past half century, the complexity of texts students are exposed to has steadily decreased in that same interval." The solution: "increasing the complexity of texts students read as a key element in improving reading comprehension."

The report does not acknowledge the emotional consequences of students suddenly being confronted with complex texts. Teachers can help by teaching students to manage emotions of frustration and anxiety and to problem-solve how to find meaning among strings of words that initially make little or no sense.

Instructional implications: SEL abilities are implicit in the problem-solving process of decoding and extracting meaning from text, as well as mastering the emotional challenges of sticking with words and passages one does not understand, rather than giving up or being satisfied with a superficial grasp of material. Instead of saying a student is a poor reader, or doesn't understand science or math, observe more carefully how the student interacts with text. It will often be SEL skills that need to be strengthened so that reading comprehension, especially with complex texts, can improve.

The same analyses can be applied to any other subject area, from PE to math to vocational education topics. Educational standards often implicitly assume that students have SEL competencies, leading to misattribution of achievement difficulties as subject area deficiencies. While the latter exist, academic improvement across the curriculum would be aided vastly by systematic instruction in SEL.





The Nu Lambda Lambda Chapter of
Omega Psi Phi Fraternity, Inc. Presents

Achievement Awards

Honoring The Following Recipient

Citizen of the Year

Jawharah Muhammad



February 20, 2021 4:00 PM - 5:00PM

Via Zoom

Meeting ID: 880 6531 1951 Password: JC2003



BARBARA NETTLES
NATIONAL SCHOLARSHIP CHAIRPERSON
MWMALNSPK@gmail.com



2021 NATIONAL SCHOLARSHIPS



DUE BY

FEBRUARY 26, 2021

TEACHERS' LOUNGE...

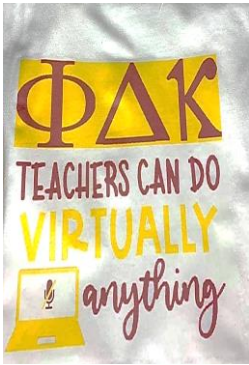
Would you like to sign your class up for virtual museum tours or book readings for Black History Month? ❤️💜💚



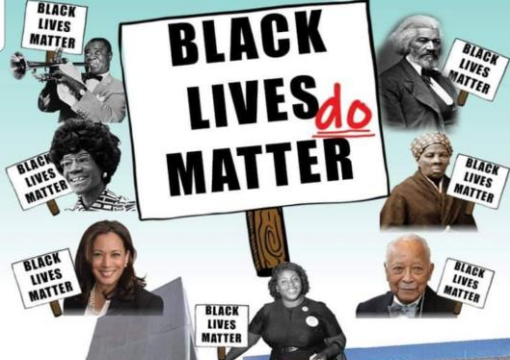

BLACK HISTORY MONTH 2021

A VIRTUAL JOURNEY CELEBRATING AFRICAN AMERICAN HISTORY FEBRUARY 1ST-28TH

SWAY.OFFICE.COM
Sway



National Sorority of Phi Delta Kappa Inc.
Beta Omicron Chapter
African American History Committee
presents



BLACK LIVES do MATTER

Celebrating the Movers and Shakers Past and Present

Saturday February 27, 2021
Time: 5:00 pm
Zoom ID: TBD

For further information contact:
Karen Beckles - karenbeckles40@gmail.com, or
Cassandra Dantzler - redsand18@verizon.net

If so, come on out for an evening of fun in the comfort of your home!

National Sorority of Phi Delta Kappa, Inc.
XI CHAPTER
Presents

XI'S SPRING BINGO BASH

Featuring
YOUR CHANCE TO WIN DESIGNER BAGS
Friday, April 9th, 2021
VIA ZOOM - 7PM-9PM
Cost: \$30


**BINGO GAMES W/ TOP PRIZES
SPIN TO WIN DOOR PRIZES
ENTERTAINMENT**

FOR ADMISSION, PLEASE RSVP to sisterkarkelly51@gmail.com by April 2, 2021
Payments can be made via paupal@xichapternsdk@gmail.com
Checks can be made payable to XI Chapter, 4 East 17th St. Chester Pa 19013
Include your name & email in memo for confirmation & zoom link
FOR MORE INFO CONTACT Karen Kelly @ 610-357-2635
PROCEEDS BENEFIT SCHOLARSHIP & XI CHAPTER PROGRAMMING

Karen Kelly, Chairperson Dayonna Hill, Co-Chairperson
Regina Rowland Perry, President

NATIONAL SOCIETY OF PHI DELTA KAPPA, INC.
EASTERN REGION
XI CHAPTER
WEST CHESTER, PA

VIRTUAL Hidden Figures of African American History Museum
"The more you know of your history, the more liberated you are."
Alysa Angelou



AFRICAN-AMERICAN HISTORY MONTH

Date: Sunday, February 28, 2021
Time: 2:00 p.m. - 4:00 p.m.

Please join us as we enlighten your minds on famous African Americans that are rarely spoken about.

ALL ARE WELCOME!

Zoom information will be provided upon RSVP to apinknee@yahoo.com

Facilitated by:
Chairperson: Anissa C. Pinkney
Committee Members: Kim Felton-Joseph, LeVine Ferguson, Yvonne Torrey
Support: Karen Kelly & Jarela Howie
Regina Rowland Perry, President

National Sorority of Phi Delta Kappa, Inc.
RHO CHAPTER
Presents

Designer Bag Night

BINGO

FRIDAY, FEBRUARY 12, 2021
6:00 PM - 9:00 PM

FRIENDS-FUN-PRIZES

7 GAMES \$30.00 ADMISSION
ADDITIONAL CARDS
1 FOR \$5/3 FOR \$10

PURCHASE TICKETS @ [EVENTBRITE.COM](https://www.eventbrite.com)
\$5 Basket Raffle

Proceeds benefit the chapter Scholarship Fund

DOONEY & BOURKE
CHERYL CALICOTT TRAWICK, PRESIDENT
DR. BENITA JESSUP, FUNDRAISING CHAIRPERSON
ANGELA M. RINGGOLD, EVENT CHAIRPERSON

National Sorority of Phi Delta Kappa, Inc.
Epsilon Sigma Chapter
presents a virtual
Unity Celebration

**Pursuit OF EXCELLENCE
A CHALLENGE TO FULFILL**

Bonding, Building, and Belonging
Guest performers

Donations of \$10.00 will be entered into our silent auction
Chattapp-5EpsilonSigmaChapter
Zelle-732-698-6008
Notate-Unity Day
Donations benefit our V.E.I. program

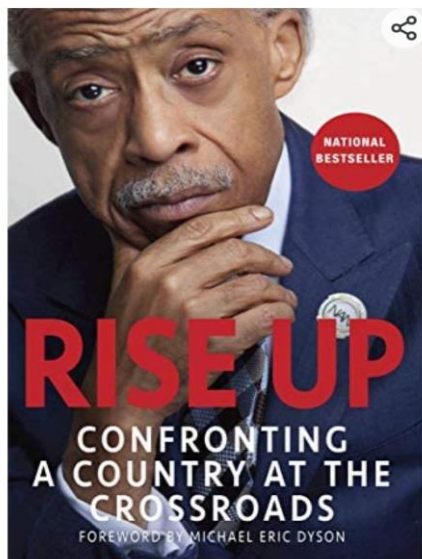
Keynote: **CHRISTI LAUREN**
Learn about Christi [here](#)

PARAB OF THE BROWN GIRL

Saturday, February 27, 2021
12:00 noon until 1:30 PM
The Zoom link will be provided to registered guests.
Click [here](#) to register.

Dr. Tara Dowdell-President Sharina Houston-VEI Program Chair





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UBTECHEDUCATION.COM
AI Foundations Curriculum:
Download a Free Sample

LEAR

https://beyondthestoplight.com/2021/01/06/resources-for-teachers-on-the-days-after-the-attack-on-the-u-s-capitol/?fbclid=IwAR1oGFb_W46sy1tqp7URuvC0gR4bPScv5ptULKsThHvtUDScqXntHCSDZEQ



BEYONDTHESTOPLIGHT.COM
Resources for teachers on the days after
the attack on the U.S. Capitol.

Do you worry about your children falling behind? Get all the latest science-backed information for early childhood educators. Click to learn more.

THE #1 DESTINATION FOR

Science-Backed Language & Literacy Instruction



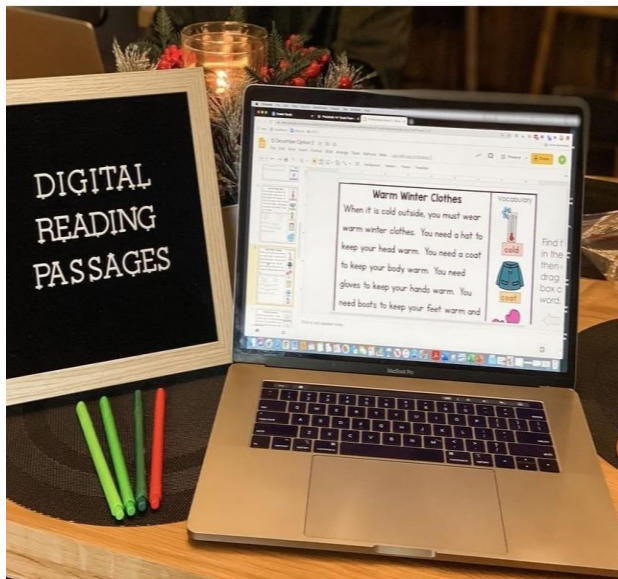
COXCAMPUS.ORG
An Amazing Free Platform for Educators!

"Challenges make you discover things about yourself that you ever really knew. They're what make the instrument stretch-what make you go beyond the norm."

- Cecily Tyson

Happy National
School Counseling Week!





educationtothecore Digital Reading Comprehension Passages for 1st, 2nd, and 3rd Grade!

This is a great resource for teaching small group skills and doing quick fluency checks with. Very easy to download and use virtually

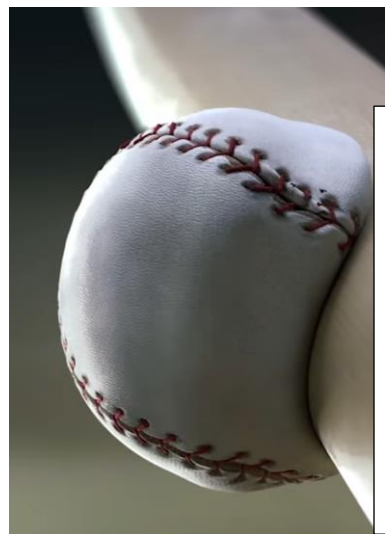
<https://www.teacherspayteachers.com/Product/1st-2nd-3rd-Grade-Digital-Reading-Comprehension-Passages-for-Google-Classroom-5416839>

Reflex Educator Math Grant

elreflexmath Apply Now!
An adaptive & individualized solution for students to master math fact fluency. Apply for a full-access grant, valued at \$1,300.

CULTURALLY RESPONSIVE EDUCATION IN THE CLASSROOM
An Equity Framework for Pedagogy

Adeyemi Stembridge



Sign up for GenerationGenius.com and get access to videos & lessons covering all major science topics in grades K-8.

It's a new teaching resource that include

- 🔍 Standards-based videos
- 📄 5E lesson plans
- 🛠️ DIY activities
- 💬 Discussion questions
- 📖 Reading material
- 📝 Paper and online quizzes

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GENERATIONGENIUS.COM
Now Expanded to K-8
Science!

LEARN MORE



Discover evidence-based strategies to apply effective instruction; rethink instructional design; create engaging lessons to boost motivation and autonomy; raise attention and reduce digital distractions; explore playful, active, and interactive learning experiences in any setting; and examine ways to improve reading, math, feedback, and assessments in distance learning.



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THE SCIENCE OF LEARNING
FOR TODAY'S SCHOOLS

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CLASSROOMCHAMPIONS.ORG

Equip students with
foundational skills for life

LEARN MORE



UPCOMING FREE WEBINARS

How the Pandemic Made Me a Better Educator

11:00 AM – 12:00 PM ET, Wednesday, February 3, 2021 | Time Zone Converter

Connecting with students is more important and more challenging than ever before due to the changes in learning environments brought about by the pandemic. *Harvard Business Review* Editor, Amy Bernstein, will lead a conversation with Harvard Business School Professor Francesca Gino to explore why connection matters and how to find new and creative ways to build connection and boost student engagement.

Register Now

Making Project-Based Learning Work in an Online Curriculum: A Panel Discussion

11:00 AM – 12:00 PM ET, Thursday, February 11, 2021 | Time Zone Converter

Project-based learning (PBL) is a powerful mechanism for engaging students and helping them apply what they're studying to real-world settings. But how can educators effectively use PBL in predominantly online learning environments? In this webinar, a panel of experienced PBL educators will discuss ways to optimize project-based learning for the online classroom.

Register Now

**SCHOLARSHIPS
STUDENTS
SHOULD
KNOW
ABOUT...**



Shawn Carter Foundation

Due: April 30, 2021

Impact Scholarship for Black Students

Due: May 11, 2021

Black at Microsoft

Due: March 31, 2021

Make Your Mark BIPOC

Due: April 2, 2021

Corporate Scholarships

- Google
- Burger King Scholars Program
- Coca-Cola Leaders of Promise
- Coca-Cola Scholars Program Scholarship
- Dell Scholars Program
- Dr. Pepper Tuition Giveaway
- RMHC/HACER National Scholarship

Future Black Leaders Scholarship

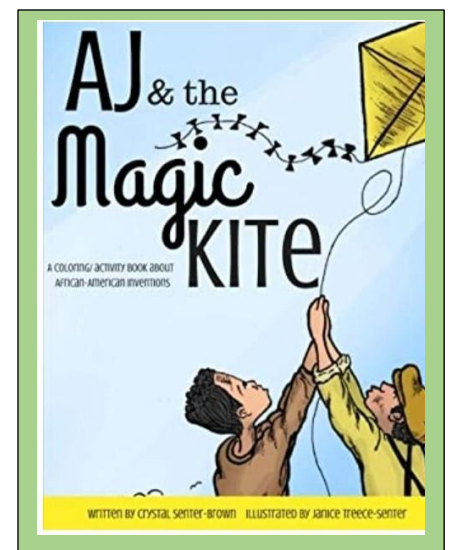
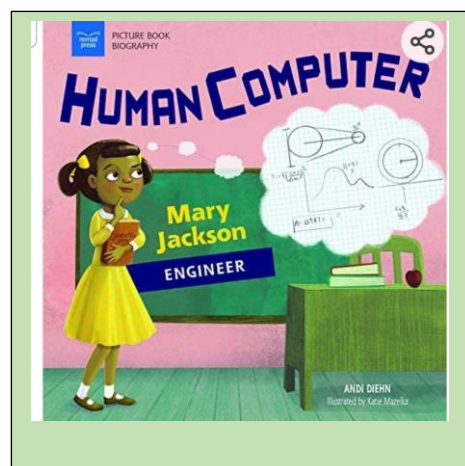
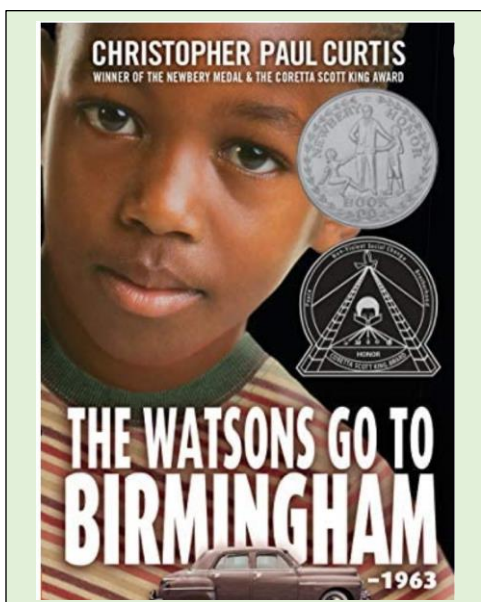
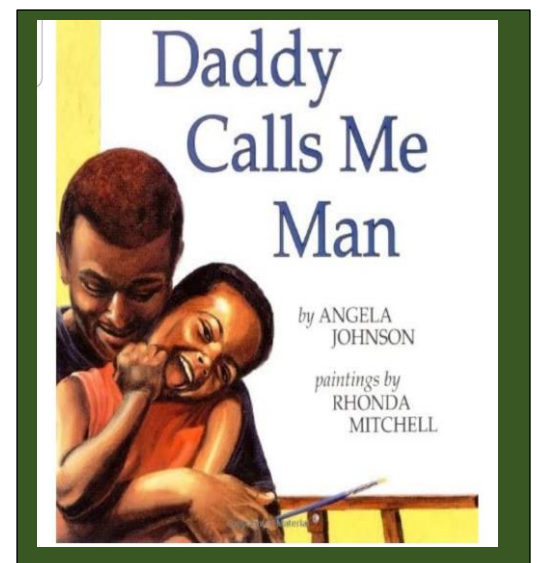
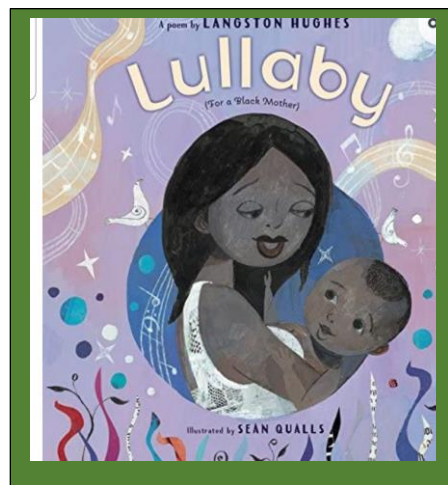
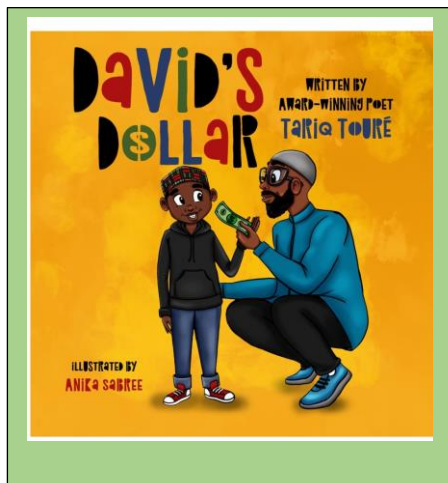
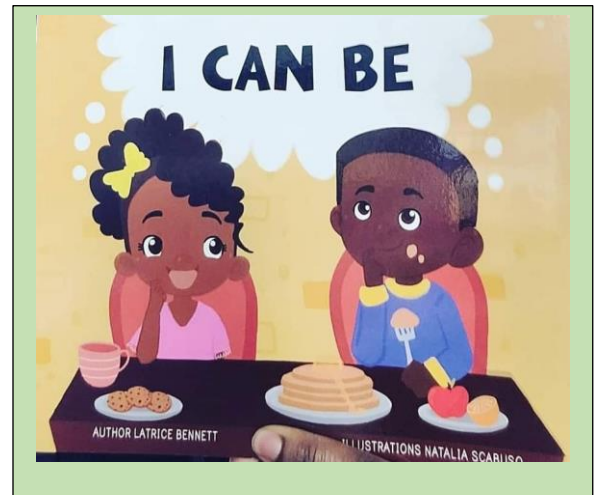
Due: March 31, 2021



CHILDREN'S BOOK NOOK



YOUTUBE.COM
Senator Kamala Harris Shares
Superheroes Are Everywhere

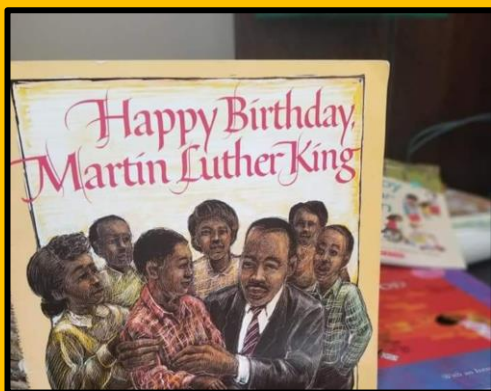
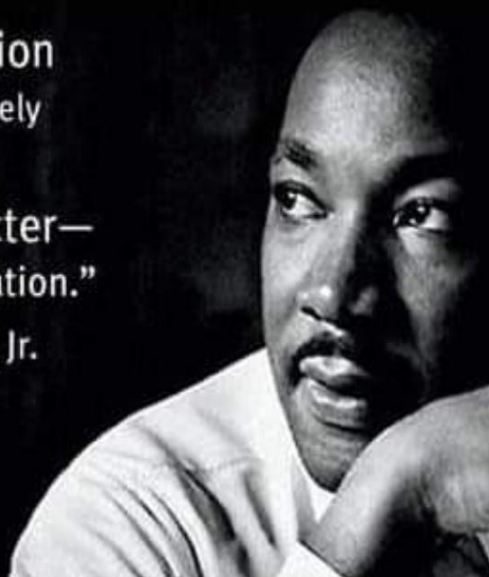


READ ACROSS NSPDK...

HANDS DOWN TO NSPDK, INC., BETA LAMDA CHAPTER EDUCATORS FOR SUPPORTING READ ACROSS NSPDK ON DR. MARTIN LUTHER KING, JR. HOLIDAY.! THANKS TO OUR KUDOS (HIGH SCHOOL MALES) FOR READING TO THE YOUTH, PRESIDENT DONNA MICKENS, AND YOUTH ADVISOR JOYCE IRBY.



"The function of education is to teach one to think intensively and to think critically. Intelligence plus character—that is the goal of true education."
— Dr. Martin Luther King, Jr.



NSPDK, INC. Beta Zeta Chapter had an amazing Read Aloud Day of Service event this morning. Many members of the chapter and community came out to share books, thoughts and experiences virtually. Look for more literacy events from Beta Zeta in the near future. [#nspdk](#) [#nspdkeasternregion](#) [#BetaZeta](#) [#betazetapearls](#)

SOROR TAMMY SNEED



Great Sunday morning of sisterhood & service. The Gamma Gals talked with the youth at Set the Captives Free Outreach Center about Dr. Martin Luther King, Jr. and then had a book distribution. They ALL signed the NSPDK Reading Pledge!!
#NSPDK #GAMMAPROUD



Donnell N Jocelyn Potts

ER Literacy Read Across America Day was a success! My students voluntarily met with me this morning for our hour long read-a-thon honoring Dr. King and discussing his legacy as well as social justice issues that continue to impact us.



DELTA LAMBDA CHAPTER KUDOS PARTICIPATING IN MLK READ IN

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

BETA LAMBDA CHAPTER
Donna Mickens, President

Dr. Martin Luther King, Jr.
Celebration Read-In

Kindergarten - 8th graders are invited to join us with their parents, along with Sorors, to read for a minute in honor of the King.

Soror Joyce Irby, Kudos Advisor

Monday, January 18, 2021 * 2:30 p.m. * Zoom 765 062 4229 Code: 3m5785



NSPDK ON THE MOVE...



January 18, 2021, Epsilon Beta Chapter, Southwest Region participated in *MLK Celebration 2021* in Tyler, Texas. The Texas African American Museum celebrated its Open House and Grand Opening in their new location on Martin Luther King, Boulevard where a replica of Dr. King's statue in Washington, D.C. was donated and unveiled for that special occasion. Basileus Alice Mosley donated several items to be displayed in the museum which included a smoothing iron, a stalk of cotton in a vase, a vintage oil lamp, and some Obama calendars. In spite of Covid-19, four Sorors attended the event: Sorors Patricia Turner, Patricia McLean, Alice Mosley, and Sharon Mosley.



Sorors celebrated the life and legacy of Dr. Martin Luther King, Jr. at the 23rd Annual Franklin Township Community Breakfast.



National Sorority of Phi Delta Kappa, Inc. Beta Omicron Chapter
 Ms. Hewitt Chapter President
 A Professional Organization of Educators

The Literacy Committee invites you to an exciting 2021 "Dream to Read" Event In Honor of MLK Day
 On Jan. 18, 2021 at 11 am
 Theme: Moving Forward with the Dream: " Educate, Empower, Act!"
 RSVP by Jan. 15 to @kharima123@gmail.com

Sponsored by NSPDK, Inc-Pi Chapter

Mental Health & Wellness DURING THE PANDEMIC

A 3-Part Series focusing on self-care, mental health & mindfulness during the lockdown.

Part I: Self-Care & Mindfulness in the Midst of Covid-19
 Kimme Carlos, Presenter
 Saturday, January 23, 2021
 12:00 PM-2:00 PM

Kimme Carlos
 Founder & Executive Director
 Urban Mental Health Alliance

Limited registration at nspdkpchapter.org/events/teach-a-rama
 Registration ends Wednesday, January 20, 2021
 (2 Professional Development Hours available)

nspdkpchapter.org/events



On Monday, January 18th, we will have a day of service in READING! Use the link below to pledge to read for one hour on MLK Day. It's easy and quick. Dont forget to let them know that Beta Zeta sent you.
 #NSPDK #NSPDKEasternRegion
 #BetaZeta
<https://forms.gle/UR9NDG6XTgX446SX6>

NSPDK Inc. Eastern Region
 Literacy Committee Presents...

MLK-VIRTUAL BINGO BASH

\$20
 Pay by Zelle: nspdkerliteracy@gmail.com
 Music
 7 Games
 E-Gift Cards

Grand Prize: Cover All **Red and Gold Basket**

Invite your friends and family to join us for a night of fun and fellowship.

January 16, 2021 6-8PM
 (ROOM OPENS AT 5:30PM)

Please register by January 15, 2021 at:
<https://forms.gle/h9p1bKegrruTeuq7>

Dr. Patsy O. Squire, Eastern Regional Director
 Questions: Contact: ER Literacy Chair Maria Almond
 nspdkerliteracy@gmail.com

CERTIFICATE OF APPRECIATION

PRESENTED TO:
JARIAN GRAHAM
 LANSDOWNE, PA

In recognition of your commitment to sharing history, protecting human rights, and promoting racial justice.

Elijah Heyward III
 Elijah Heyward III, PhD,
 Chief Operating Officer

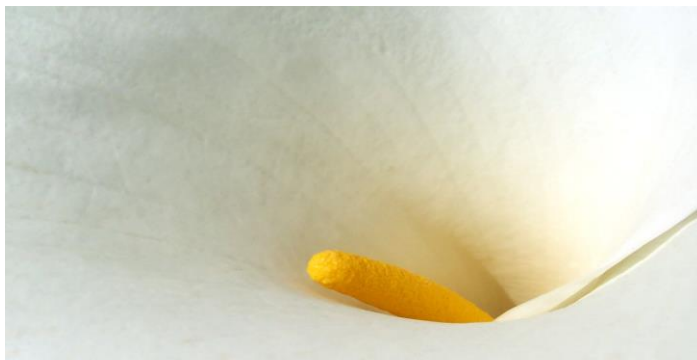
INTERNATIONAL AFRICAN AMERICAN MUSEUM

NSPDK Inc. Eastern Region
 Literacy Committee Presents...

Remembering DR. MARTIN LUTHER KING, JR.

Martin L. King
 Read Across America Day
 January 18, 2021
 Virtual Pledge Registration
 Please register at
<https://forms.gle/UR9NDG6XTgX446SX6>
 January 1-14, 2021

Dr. Patsy O. Squire, Eastern Regional Director
 Maria Almond, Eastern Regional Literacy Chair
 nspdkerliteracy@gmail.com



Welcome Sorors Into the Vineyard of Willing Workers...

Congratulations

Soror *Adrienne Leonard*

A graduate of Hiram College, and Notre Dame of Ohio where she earned a Master's Degree in Mild/Moderate Intervention Specialist. Adrienne has taught for 10 yrs. With CMSD (20+ yrs in Corporate America), and is also a Member of the Cleveland Chapter of Drifters, Inc.

Welcome to **Gamma Rho**

Congratulations

Soror *Sherrell Germany-Clark*

A graduate of Ohio State, and Cleveland State University, where she earned a Master's Degree in School Counseling. She has been a School Counselor in Cleveland for 24 years. Sherrell also serves as part of the College Now Mentoring Program, and volunteers with the Greater Cleveland Volunteers.

Welcome to **Gamma Rho**

Congratulations

Soror *Elizabeth Burkhalter*

A graduate of Cleveland State University, where she earned a Master's Degree in Curriculum and Instruction. She has been an Intervention Specialist with the Cleveland Schools for 14 years.

Welcome to **Gamma Rho**

The ladies of the National Sorority of Phi Delta Kappa, Incorporated, Delta Zeta Chapter welcomed five new members into the professional educators' sorority January 16, 2021 with a very impressive virtual initiation ceremony. During the initiation ceremony, the new members presented an immensely powerful educational skit entitled "Evolution of Education", a highly informative presentation of how the method of providing instruction has changed since the global pandemic. Their unique and creative paddles were displayed in addition to their activity book which demonstrated their love for family and education. Visiting members attending the ceremony were: Second National Vice President, Membership Chair, Myrna Robinson; Southeast Regional Director, Rose Anderson; Midwest Region Membership Chair, Gaynell Wade; Velma Herrington, Beta Xi Chapter, Orlando, FL.



The ladies of Delta Zeta chapter are proud to welcome the following new members to the chapter: 1st picture left: Sonja Rolling, Donna Solomon, Delamor Clark, Cheryl Burden, and Bettye Reese. 2nd pic: New members attend the virtual reception to receive their gifts. Pictured: left Cheryl Burden; Delamor Clark; Bettye Reese; Sonja Rolling; Donna Solomon; Gia Kay, Dean of Pledges. 3rd pic: Delta Zeta chapter initiation committee members standing with the new members: left Dr. Brenda Spearman; Krystal Johnson; Delamor Clark; Cheryl Burden; Bettye Reese; Sonja Rolling; Donna Solomon; Ronzie Patterson, First Vice President, Program Manager. 4th pic: new members pictured with the chapter President, Carol Reed and Dean of Pledges, Gia Kay: Delamor Clark; Cheryl Burden; Carol Reed; Bettye Reese; Gia Kay; Sonja Rolling; Donna Solomon.



Gamma Rho Chapter, Shaker Heights-Cleveland, Ohio

Soror Gaynell Wade, Gamma Rho Public Relations Chair

Serving as Willing Workers in the Vineyard

This Sororal year Gamma Rho Sorors have diligently strived to serve as willing workers in achieving the goals of the Y.E.S program. Community and Civic Awareness, voter registration and voting, as well as wearing Pearls on Inauguration Day.

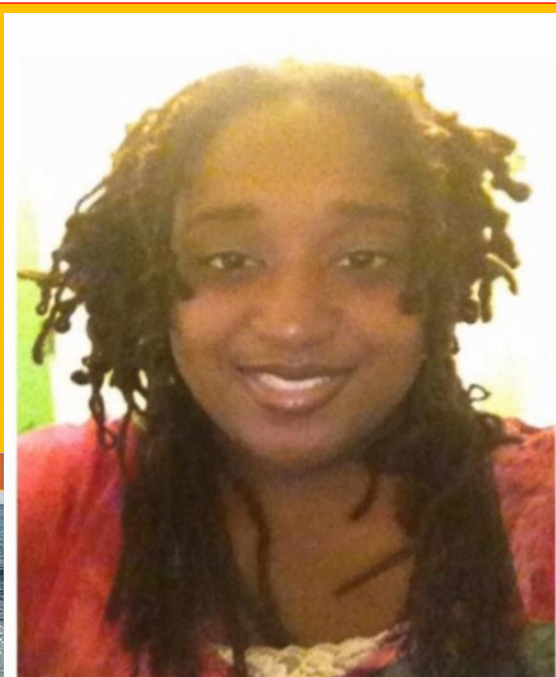
The support of literacy and other literacy initiatives was conducted at West Prep Academy. There's an author in the house, Soror Dana Perkins'. Her book titled *Sokhet Brings Water, Sokhet Brings Rain* is now available on Amazon.

The Membership Committee was busy with the recent induction of Sorors Elizabeth Burkhalter, Sherrell Germany-Clark and Adrienne Leonard. They were surprised at their homes by the committee's prize patrol showering them with gifts. A recent week of Sisterhood activities recently concluded. Activities included contacting inactive Sorors, posting favorite paraphernalia, sharing a New Year educational resolution, sending a letter to brighten a soror's day, posting favorite sisterhood activities and a shout out on social media. Bravo to our membership chair and 2nd Anti Basileus, Soror Cheryl Taylor.

Support of students, teachers and parents during virtual learning was demonstrated through a Teach-A-Rama presentation, Student Achievement: Making it Work in a Remote Environment. Our own Kiayam Mathis presented a lesson plan for teachers titled the New Face of Teaching.

Sorors were encouraged to stay healthy and fit by our Health, Hypertension and Nutrition chair Soror Sonya Grant. Eight Sorors participated in the three month "Walk to Stay Fit" challenge which highlighted monitoring daily steps. The winner was Soror Vivian Hairston who walked over 1,300,000 steps. Soror Victorian Kirkpatrick was a close second with over 1,200,000 steps. Collectively eight Sorors completed over 5,000,000 steps. Each participant received a beautiful certificate.

Last but not least, our technology chairperson, Peacelyn Wells has presented two workshops titled Zoom and Boom. They were attended by Sorors representing several regions. We are looking forward to Zoom and Boom III as our work in the vineyard continues.



Author Dana A. Perkins, M. Ed., Ed.S.



Literacy Initiatives West Prep Academy



Gamma Rho Soror
Kiayam community
and civic involvement

GAMMA TAU CHAPTER



WELCOME SORORS!

Service Project-planting trees San Antonio Independent School District

Gamma Tau Xinos-social event – Painting with a Twist



Gamma Tau Kudos Warm Blanket Drive By Event

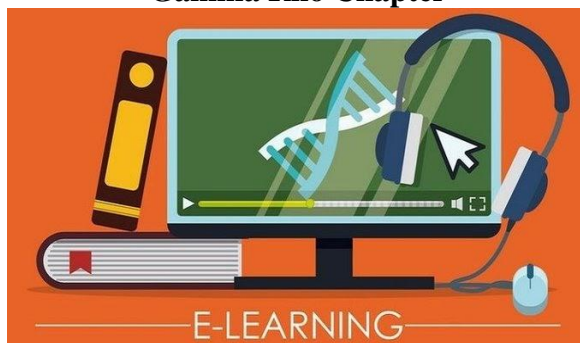


Sorors service project donating to a nursing home



The New Face of Teaching

By Soror Kiayam Mathis
Gamma Rho Chapter



Oh Lord!! There is no way I am ever going to learn how to transition to virtual teaching. My computer skills and technology literacy are functional but by no means headed toward advance placement. Were these your initial thoughts? If so, you are not alone. Thousands of teachers have had to readjust their teaching and pedagogical skills since the outbreak of the COVID-19 pandemic. Not only have teachers had to readjust but students and parents as well. Zoom, Google Classroom, and Microsoft Teams are among the newly renovated landscapes of the traditional classroom. Bedrooms, kitchen tables, and living room easy chairs have become classroom accessories. Synchronous and asynchronous learning the new buzz words. Mute yourself the new chorus.

So, what now? Now we prepare to battle. We roar our battle cries of resiliency, determination, and dedication for our students. We put our students' needs above our own comfort level and roll up our sleeves, prepared to do whatever it takes to keep the flame of education aglow. Here is a battle plan to win the war.

Resiliency of spirit. Let no task intimidate your belief in yourself or your students. Defined as the ability to adjust or recover readily from adversity, as educators we do this well. Through collaboration, we work together, share resources, and give tutorials to our struggling colleagues. We listen with both our ears and hearts to the socio-emotional needs our of students, parents, and professional communities.

Determination or the quality of being resolute; having a fixed purpose or intention should marinate our thoughts and teaching focus. Guided by State learning standards, let us use our determination to become creative in delivery of instruction. Virtual experiments, field trips, technology apps, etc. can all restructure our traditional way of doing things. If we keep a fixed purpose or intention, we will zoom in on the goal not the obstacle.

Dedication, an act of being earnest and wholly devoted to a purpose should navigate our sense of direction through this virtual teaching landscape. Commitment to the charge will propel us forward with a new tool kit of strategies that will enhance what we already came to the table with.

In conclusion, let us embrace this new face of teaching without fear or trepidation but rather as a new frontier. Remember the adage, whatever does not kill you, makes you stronger. Come on educators, let us unite our spirits and join our talents to combat this new frontier, our students are depending on us.

National Sorority of Phi Delta Kappa, Inc.
 Gamma Rho Chapter-Shaker Heights, Ohio
PRESENTS
Student Achievement: Making it Work in a Remote Environment



Teach-A-Rama
 for Students, Parents, and Teachers
November 12th
 6:00-8:00 pm
 Zoom Meeting ID:
 891 2755 1471
 Passcode: 252287

FREE EVENT!

Tanya Smith
Chairperson

Patricia Davis
Chapter President

Tiffany Pritchett
Regional Director

Dr. Etta F. Carter
National President

SPiRiT WEEK

JAN/17
Zoom and Boom Technology Fun

Jan/18
Post your favorite Paraphernalia Photo

Jan/19
Share Your New Year Educational Resolution

Jan/20
Send a letter to Brighten a Soror Day

Jan/21
Call a Soror

Jan/22
Give an Educator Special Shout Out on Social Media

IT'S GAMMA RHO SISTERHOOD

SPiRiT WEEK

JAN/17
Zoom and Boom Technology Fun

17th PRESIDENTIAL INAUGURATION


SPiRiT WEEK Post your favorite Paraphernalia Photo



THANK YOU, DR. CHERYL MONTS, SOUTHEASTERN REGION FROM EASTERN REGION FOR AN AWESOME NSPDK YOUTH (XINOS/KUDOS) ACTIVITY. STUDY GUIDE, INTERACTIVE GAMES AND PRIZES! TEACHING OUR YOUTH, A PRIORITY!

Motivation...Inspiration...Determination

TEAMWORK
 MAKES THE
DREAM WORK



January 16, 2021 1:00 p.m.

VIRTUAL: THE ENTREPRENEURS OF TULSA'S BLACK WALL STREET

Congratulations, Soror Dr. Tara Dowdell-Epsilon Sigma Chapter



Spotlight on Dr. Tara V. Dowdell of A.R. Rucker Middle School!

Dr. Tara V. Dowdell is a STEAM teacher leader that has been in education for 23 years, while serving in several capacities. She is certified in teaching and administration, and Principal Michelle Crosby describes Dr. Dowdell as, "An excellent teacher who keeps her students very engaged in their learning. Not only does she facilitate learning for her students, but she also assists her fellow teachers with strategies to use in their classrooms. She truly knows and uses the 5Cs effectively".

Dr. Dowdell's mantra is to *inform, inspire, and ignite learning*. She is a mother, mentor, and loves animals. She also enjoys traveling and focusing her efforts to better the lives of others. Dr. Dowdell has led numerous professional development trainings and has received citations for her passions that include family and community involvement, character education, and STEAM initiatives. She is a member of the National Sorority of Phi Delta Kappa, Inc., an educational sorority, and serves as the President of the Gastonia Chapter (North Carolina). She has a B. S. in Biology (Lincoln University, PA), an M. Ed. in School Leadership (Cambridge College, MA), a P.M.C. in Leadership and Accountability, and an E.D. in Curriculum and Instruction (Capella University, MN).

Dr. Dowdell is the author of the following educational publications: Empowering Families in an Effort to Improve Student Achievement in Low Performing Students (2005), Connecting Science to Literacy through Note Booking: How Can We Create a Seamless Line between Science and Literacy? (2010), the Impact of Blended Learning as an Intervention in Language Arts Literacy (2015), and How Does the Infusion of STEM Training Impact Teaching and Learning through Personalized Learning (2020).

Thank you Dr. Dowdell for all you do!



***National Sorority of Phi Delta Kappa, Inc.
Southwest Region***

**Dr. Etta Carter, National President
Ms. Anita O'Neal, Regional Director
Mrs. Angelic Scott, Chapter President
Mrs. Noelle Green-Anderson, Chapter Anniversary Chairperson
Zeta Beta Chapter 10th Year Anniversary**



**Mrs. Germain Jackson Eddie
Zeta Beta Chapter
Director of Public Relations**

Ten years ago, the National Sorority of Phi Delta Kappa, Incorporated chartered a new chapter in the Southwest Region on Saturday, January 29, 2011 at 10:00 a.m. in the MCM Elegante' Hotel in Beaumont, Texas. Only members of the National Sorority of Phi Delta Kappa, Incorporated attended the chartering ceremony. At noon, a public luncheon was held in the MCM Elegante' Hotel Grand Ballroom.

The new chapter's official name was Zeta Beta Chapter of Port Arthur, Texas. Fifteen educators became charter members of Zeta Beta Chapter. The educators are Angela RaeNee Batiste, Mekisha Bazile, Gretchen Buchanan, Robin Lynn Carter, Sandra G. Castille, Gwendolyn B. Davis, Chanetta Dickerson, Dawanna L. Jones, JoAntonette Kirksey, Ramona Pitre, Hortense Morton Price, Canji Rhodes, Angelic Scott, Alvine Sonnier, and Ruth Etta Mullin-Spain (Deceased). Ms. Canji Rhodes served as President of the chapter.

Regional Director, Sondra Matthews appointed Mary Agnes Dages, Germain Jackson Eddie, Patricia Goolsbye, and Mary Sparks of Epsilon Theta Chapter, Beaumont, Texas to serve as the official charter Krinon Club Committee. Epsilon Theta Chapter of Beaumont, Texas was the sponsoring chapter under the leadership of Gatsy Moye', President.

The chartering events concluded on Saturday, January 29, 2011, evening with a private, invitation-only cocktail party sponsored by Epsilon Theta Chapter of Beaumont, Texas held at the MCM Elegante' Hotel.

Today, Zeta Beta Chapter of Port Arthur, Texas has 18 members. The educators' are Noelle Green-Anderson, Jean Babineaux-Bergeron, Glenda Chilo, Loyce Comeaux, Jo Ann Compton, Nataujia Johnson-DeJohn, Regina Drake, Germain Jackson Eddie, Jerry Fontenot Gloston, Tracey Gabriel, Brittany Johnson, Ieshia Nicholas, Angelic Scott, Hope Scott, Alvine Sonnier, Mary Ann Sparks, Ona Walker, and Dr. Ella Williams. Zeta Beta Chapter President is Mrs. Angelic Scott.

Zeta Beta Chapter is actively involved in the community with youth, educators, and non-profit organizations by encouraging the development of the potential of our youth, stimulating professional growth among teachers, promoting the highest teaching ideals, fostering a spirit of sisterhood, and providing services and donations to non-profit organizations. Some of Zeta Beta Chapter activities are sponsoring youth groups called Xinos and Kudos, donating school supplies to students, facilitating Teach-A-Ramas for teachers, donating socks and toiletry to convalescent home, donating food to Port Arthur Hospitality Center and donating toys to Salvation Army.

Zeta Beta Chapter of Port Arthur, Texas has planned an entire weekend of celebration activities for Zeta Beta Chapter's 10th Year Anniversary! Mrs. Noelle Green-Anderson, Chapter Anniversary Chairperson, along with Mrs. Tracey Gabriel, has planned the following activities for all Zeta Beta Chapter active and inactive members:

Friday, Jan. 29, 2021

- **"Red and Gold Day"**- All Zeta Beta Chapter active and inactive members will be asked to dress in sorority colors and paraphernalia at their respective campuses.
- Additionally, all active and inactive members will be asked to post 10th year anniversary selfies on social media. Ms. Hazel McCullough of Delta Beta Chapter in Austin, Texas will provide "Frame A Memory" photos from 7:00 a.m. through 9:00 a.m.

Saturday, Jan. 30, 2021

- **"Red & Rhinestones Dinner"**- All Zeta Beta Chapter active and inactive members will attend dinner from 5 pm-8 pm on the patio of Sugars Deep South Cuisine & Jazz Bar in Beaumont, Texas. Masks and social distancing will be enforced.
- Zeta Beta active and inactive members will wear dressy red attire and rhinestone accessories. Fascinators or hats will be optional as well.
- **The alternative option for Saturday if the pandemic worsens - A Saturday Evening "Stay At Home Tea"** via Zoom from 3 p.m. – 5 p.m. with the same program or a modified one.

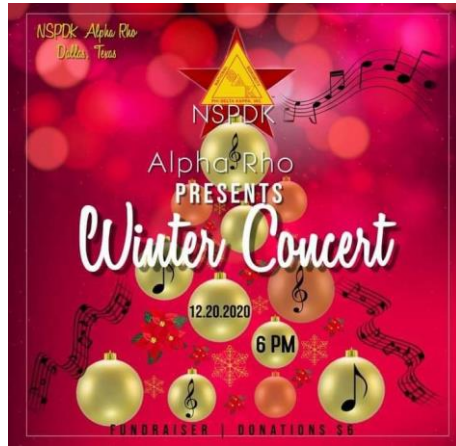
Sunday, Jan. 31, 2021

- **"Attend Church Worship Service"**- All Zeta Beta Chapter active and inactive members will attend Strong Tower Ministries in Port Arthur, Texas at 9:30 a.m. in person or online.

Holiday Concert Fundraiser

Soror Janice Goines- Chairperson

The Alpha Rho Chapter of the National Sorority of Phi Delta Kappa, Inc. ushered in the spirit of Christmas through song. Nearly 90 guests enjoyed spoken word and festive tunes. Proceeds raised during the concert went towards our youth programs and a local food pantry. Thank you for making our concert a success!



Reading Power

Soror LaSanya Heard- Chairperson

Donned in pajamas with hot chocolate in hand, sorors and guests enjoyed an evening of literacy-centered fun!



Teach-A-Rama

Soror Marcie Davis- Chairperson

The Alpha Rho Chapter of the National Sorority of Phi Delta Kappa, Inc. hosted a virtual Teach-A-Rama. Sorors and guests participated in sessions targeting E-Learning and student engagement. The group of dynamic presenters brought amazing information on their respective topics. Participants "ZOOM" ed away with a host of best practices, use of technology in the classroom, and successful grant writing strategies.

The Alpha Rho Institute of e-Learning Excellence
Class Schedule

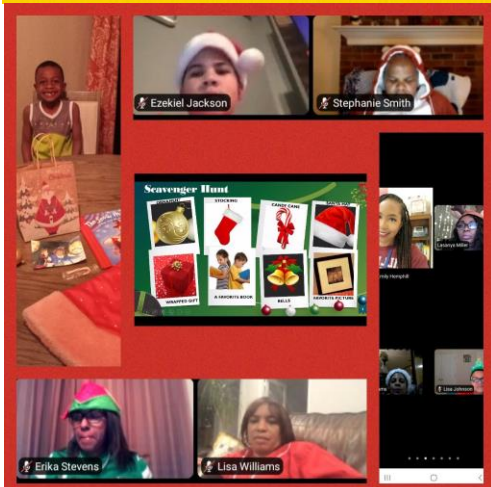
Whole Group	10:00 - 10:10
1 st Period	10:10 - 10:55
2 nd Period	11:00 - 11:45
Whole Group	11:50 - 11:45

Click [HERE](#) for whole group Zoom access.

<p>"Zoom'ing Into The Basics: Zoom 101"</p> <p>This is a beginner course to one of the world's largest and most popular e-Learning platforms, Zoom! Come get the basics on how to set up a Zoom account, manage your user settings, and get the best experience for your video communications meetings.</p> <p>Presenter: Emily Hemphill Course Facilitator: Terrence Knight</p>	<p>"Zoom'ing Into The Future: Zoom 401"</p> <p>This is an expert level course on Zoom! If you want to learn how to navigate some of the best features on this e-Learning, like creating polls, ways to use the annotation tools, and so much more!</p> <p>Presenter: Markita Tillman Course Facilitator: Marcie Davis</p>
<p>Engaging Students in a Virtual World Using Nearpod</p> <p>Bring student engagement into every classroom with Nearpod. Nearpod is a student engagement platform built to make teaching with technology easy. In this highly engaging, exciting course, you will learn ways to engage with collaboration boards, annotation/drawing tools, games and much more...all using Nearpod.</p> <p>Presenter: Saneetra Cooper Course Facilitator: Carmen Moss-Davis</p>	<p>Six Tenets to Grant Writing</p> <p>Do you need money for your classroom, nonprofit, or business but don't know where to turn? Have you wanted to apply for grant funding but feel overwhelmed by where to start? In this course you will learn how to write successful, award-winning proposals, all phases of the grant writing process so you can understand what sets your proposal apart from others, the importance of data, metrics, and evaluation when writing a grant, and how to catch the attention of grantors.</p> <p>Presenter: Shaniqua Rischer Course Facilitator: Janice Goines</p>

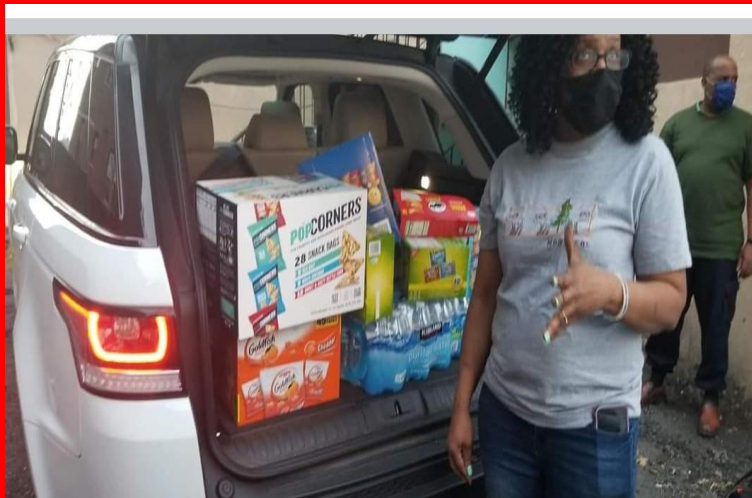
The Alpha Rho Institute of e-Learning Excellence
Presenter Biographies

<p>"Zoom'ing Into The Basics: Zoom 101" Presented by Emily Hemphill</p> <p>Emily Hemphill is an accomplished Educational Diagnostician with a solid history of achievement in various areas of Special Education. Emily is an active member of the National Society of Phi Delta Kappa, Inc., and serves as Director of Public Relations in the Alpha Rho chapter. Emily shares a passion for student-centered instructional practices to meet the needs of diverse learners and furthering the principles of NSDPK.</p>	<p>"Zoom'ing Into The Future: Zoom 401" Presented by Markita Tillman</p> <p>Markita Tillman is an eighth-grade science teacher in Dallas ISD, where she has been teaching since 2011. She holds a bachelor's degree in Biology from Texas Southern University and a Master's in Education specialized in STEM Instruction and Curriculum at Southern Methodist University. In 2011, she was named a Distinguished Teacher for the district and Dallas ISD's 2013 Teacher of the Year Finalist. Markita is passionate about ensuring that all students are being introduced to STEM-infused curriculum, while building long-lasting relationships.</p>
<p>Engaging Students in a Virtual World Using Nearpod</p> <p>Saneetra Cooper is a seven-year educator in the Dallas Independent School District. She has experience teaching in early childhood education as well as all grade levels in middle school. She has trained teachers in various areas, including, instructional pedagogy, data analysis, TEKS coaching, and engagement strategies that meet the needs of both in-person students as well as virtual students. She is currently a 6th grade Reading teacher at Dr. Billy E. Dale Middle School.</p>	<p>Six Tenets to Grant Writing Presented by Shaniqua Rischer</p> <p>Persistence, Loving, Loving, Gracious, Obedient, and Direct are words often used to describe the Shaniqua Rischer. However, the words she lives to be known for the most are Christian and daughter of the Most High God. A well thought-out speaker, spiritual confident, and powerful prayer partner, Shaniqua's testimony help other prepare for the best. Her ability to relate God's word to daily living makes her popular in any crowd and causes many to take note. Her weekly messages of reflection and enlightenment are shared with many around the world.</p>



DELTA PI CHAPTER

Delta Pi on the move! Members of the Adult and Children Education Committee delivered over 300 single package snacks to the East Orange Home of Special Needs Adults. Mrs. Cheryl Nelson, consultant and manager of the home expressed her gratitude for the snacks and Delta Pi's generosity.





GAMMA PSI CHAPTER

NSPK Gamma Psi Member Selected for SCORE



National Sorority of Phi Delta Kappa, Inc. Gamma Psi member Sharon D. Clark was selected among 30 educators to serve on the 2020 – 2021 Tennessee Educator Fellowship of SCORE. SCORE is a yearlong program of the Tennessee Educator Fellowship that gives teachers, school counselors, interventionist and librarians an opportunity to learn about education policy and be a positive advocacy that impacts student achievement and educator effectiveness. Since the inception of SCORE, it has been their advocacy to improve outcomes for all students.

Sharon D. Clark is an innovative 21st Century educator who is a LEAD STEAM Teacher (Pre-K through 8th) for Haywood County Schools. She presently teaches STEAM to 4th and 5th grade young innovators at East Side Intermediate School in Brownsville, TN. Mrs. Clark, who has been teaching for 8 years, is dedicated to making a positive impact on every life she touches. She achieves that goal by preparing others to compete globally, live successfully, and embrace diversity and improving the support and outcomes for all Tennessee students. Mrs. Clark is a member of Family Life Fellowship Church located in Brownsville, TN; married to Rodney Clark, Sr, and the mother of twins Rodney and Rhonda, and Ebony Clark.

Those selected for SCORE come from varied backgrounds from elementary, middle, and high school districts across Tennessee from urban, suburban and rural areas. Their teaching experience ranges from math, science, English Language Arts to STEAM, career technical education, and wellness as well as ELA interventionist, librarians, and school counselor.

Gamma Psi is proud to have a representative of SCORE who has a passion for teaching, a love for learning, and optimism for what students can achieve when giving the opportunity

Rose P. Anderson
NSPK Gamma Psi Chapter

GAMMA ETA CHAPTER

Before Christmas Gamma Eta Chapter presented the faculty and staff of Crookshank Elementary with a small token of appreciation. A box filled with packages of microwavable popcorn were given with encouraging words tags attached for each



This hit me...

You never really know the true impact you have on those around you. You never know how much someone needed that smile you gave them. You never know how much your kindness turned someone's entire life around. You never know how much someone needed that long hug or deep talk. So don't wait to be kind. Don't wait for someone else to be kind first. Don't wait for better circumstances or for someone to change. Just be kind, because you never know how much someone needs it.

—Nikki Banas

How Psi Is Coping with COVID-19

Psi Chapter is coping with COVID-19 through monthly service projects and events that support and celebrate excellence in Health and Wellness, Academics, Technology, Community Service, Civic Involvement and Sisterhood. Although face to face was limited, Psi Chapter activities included Zoom meetings and In-Services. Retired Educators conducted instruction face to face as well as remote instruction. Chapter members participated in Civic and Political Volunteerism, Toys for Tots, Food Banks Assistance, Sisterly Acts and Concerns, Walk -A- Thon, Cancer, Hypertension, Diabetes, and Sickle Cell Awareness and Support events.

SORORS GLORIA GORDON AND BRENDA JACKSON-TOYS FOR TOTS DRIVE AT LOCAL TV STATION



2021 WALK FOR EDUCATION



MEETING IN A VIRTUAL WORLD



CANNED GOODS FOR WINGS FOR LIFE



Remote Learning-Sorors making a difference



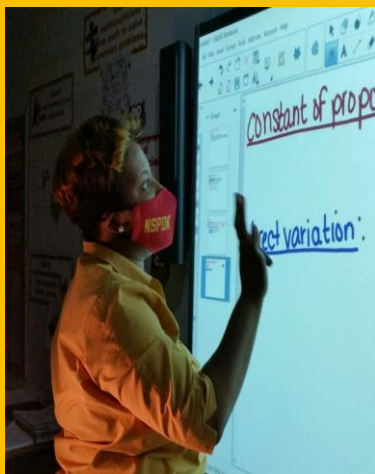
Sisterhood-Christmas, Cancer Survivor, Blood Sisters
NSPDK Sisters, Birthday Greetings



Civic Involvement-volunteering for local candidates



In-Service Teachers Hybrid Instruction





Jarian R. Graham
National Public Relations Director
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