



April Events

Spring 2025- Atomic Habits
Virtual Workshop

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Atomic Habits Workshop

Virtual Workshop led by BME Panelist, Special Education Teacher and Instructional Facilitator.

Based on the book, Atomic Habits by James Clear.

Why do we do the things we do? Why don't we change, even when we want to? The answer lies in our habits, the daily behaviors that make up our identity and our outcomes. Participants will examine the underlying foundation of habits; how and why they are formed, and why they are so important. Participants will learn how to identify and change habits in their own lives, with their students and in their classroom practice

Complete the form to choose a date.

When:
Spring 2025
(Date Tentative)

Where: Virtual



ACE Upcoming Events:

April 24th 2025- **Atomic Habits**

Interested in leading an EmpowerED Seminar?

email chelsea@aceacademywa.org

APRIL IS Spring Renewal: *Recharging for the Final Stretch*

Dear Educators and Advocates,

As the days grow longer and the school year enters its final stretch, spring offers a powerful reminder of renewal, growth, and resilience. For educators, this season is a time to reflect on the progress made, recharge for the months ahead, and refocus on the well-being of both themselves and their students.

Teaching is a marathon, not a sprint, and we know the journey can be exhausting—especially for Black educators who often carry additional responsibilities beyond the classroom. This month, we're focusing on self-care, motivation, and strategies to maintain your energy as we move toward the finish line. Whether it's setting boundaries, leaning on your support system, or finding small moments of joy in your daily routine, prioritizing your well-being is essential.

Here are some practical tips to sustain your momentum as you navigate the final stretch of the school year:

1. Set Micro-Goals

Break larger tasks into smaller, manageable goals. Instead of focusing on everything that needs to get done by June, set weekly or even daily objectives to maintain a sense of progress.

2. Prioritize Rest and Recovery

Fatigue can creep in as the school year winds down. Prioritize quality sleep, movement, and mental breaks to avoid burnout. A short walk, deep breathing, or a 5-minute stretch can help reset your energy.

3. Protect Your Boundaries

You can't pour from an empty cup! Be intentional about saying no to extra responsibilities that drain your energy. Lean on your support system and delegate when possible.

4. Find Joy in Small Wins

Celebrate student growth, even the small moments. Whether it's a student grasping a new concept or a meaningful conversation, recognizing these victories keeps you motivated.

5. Incorporate Mindfulness Practices

Take a few moments each day for mindfulness—whether it's meditation, journaling, or simply breathing deeply before class starts. A calm mind leads to sustained energy.

6. Lean Into Your Community

Surround yourself with fellow educators who uplift and inspire you. Whether it's a group chat, an online forum, or a colleague down the hall, sharing experiences can remind you that you're not alone.

7. Make Space for Creativity

Inject fun into your classroom and lesson planning. Trying new activities or incorporating student-led learning can help reignite your passion for teaching.

8. Plan for Summer Growth (Without Overloading Yourself)

Start thinking about summer plans—whether it's professional development, travel, or rest—but give yourself permission to recharge first.

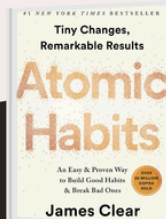
The Academy for Creating Excellence Presents

Building Atomic Habits within Teaching

Virtual Workshop

Led By Charles Ward

M.A. and M.Ed. Special Education Teacher



Thursday, April 24th

5:30 PM until 7:30PM

Only 25 seats available



<https://atomichabitsworkshop-aceacademy.eventbrite.com>

2025 BME Summit Photos

Scan the code to view photos from the 2025 BME Summit



Interested in Participating in a Focus Group?

<https://forms.gle/xbVyVZhsSrCzgkH1A>



"Keep up the good work ACE!" — 2025 BME Summit Attendee