



Woodlands International College

Junior College Newsletter

21 February 2019

Dear Woodlands Family,

So what does R 'n R mean? Some people say it means Rock 'n Roll, but actually it was a term coined by the US Army meaning Rest and Recreation or Rest and Recuperation. This week we have a short week, closing at 12h00 on Thursday for our short midterm break. I know that our teachers are needing some R 'n R – Rest and Recuperation (maybe some Rock 'n Roll too...).

I think people underestimate the level of emotional and physical involvement a teacher has with his/her children. It is hugely draining to have to focus all your attention and energy on the 20-25 little faces in front of you all day. Each of them wanting their own individual attention at times. I have huge respect for our grade one teachers where that level of daily emotional involvement is massive. Those little people do still need a mom during the day at school. Imagine being a mom to 25 little people simultaneously! I have three children and at times that has been emotionally draining when all three wanted my attention at the same time, never mind 25, and I'm not the mom anyway!

Teacher burnout or overload of emotional stress has become a huge issue worldwide. Some statistics show that between 40% and 50% of teachers leave the profession in the first five years of teaching. Most of them state that the levels of emotional stress become overwhelming, however the following appear to be the major factors relating to teacher burnout:

- Volume of work: too much to do and not enough time;
- Environment: inadequate resources and overstimulation;
- Tedium: doing the same job over and over, year after year;
- Student behaviour: poor self-discipline, issues overflowing from home;
- Community Relations: media issues, poor parent relations including disrespect from parents.

(From: Psychology Today, J.Rankin "The Teacher Burnout Epidemic")

Luckily, we are well aware of these issues and we try to support our teachers wherever we can. However, here's wishing our teachers and parents and children a restful short break.

So remember, never, ever, give up.

Dr G Pienaar