



Institute for Sustainable Teaching @ Cherry Creek School District

*CCSD educators share the
impact on their work...*

At this time, in my professional career, I felt like a swimmer who had been in the water too long and was tiring out with no one there to throw me a life preserver. Being in this course with the other educators/administrators has been extremely uplifting. I've felt empowered to speak my mind, and it has been calming to be around people who share similar views. My peers aren't taking this course to badmouth education, but rather to search together in how we can be the best teachers we can possibly be while being true to ourselves. We've all come from different experiences, but we can relate to each other at so many different levels. Besides Molly, I've been able to get to know the other instructors in the course. Like Molly, they are wonderful human beings that care about me.

What I want to emphasize more than anything else is that WE as teachers need to take care of ourselves first, then we will be the best versions of ourselves for our students. I believe this course is off to a great start, but has so much more potential to become more of a whole-district movement rather than a single class offered for 30 people once a year. In order to improve there needs to be complete investment by the CCSD in making it a priority for ALL teachers to experience it for themselves. Sustainability in teaching is just as important, if not more important, than anything this district has ever invested in! Now, what are we prepared to do about it?

The focus of this course is on my inner self versus the why, the what, and the how I teach. This is focused on self-care which should improve the quality of teaching over time. It combines care of self with professionalism. It is teacher-focused. It's open minded. It's not gimmicky. It's about having empathy and compassion for ourselves so we can share those values with our students.



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I feel so grateful that my experience with Sustainable Teaching has included so many educators from my school. We have a common language to support each other daily. I also feel very fortunate that my school supports our monthly Learning Opportunity meetings. This enables us to support each other and to include other educators into our Sustainable Teaching Experience.

Sustainable Teaching should be required in all districts. Teaching is human work and Sustainable Teaching grounds us firmly in our humanity, so we can serve the humanity in others.

This work has helped cultivate a more effective and collegial culture among the staff in our building by giving us a space to be vulnerable and learn from one another how to navigate the dynamic and challenging environment we face every day at work.