

# Secondary Spotlight



NATIONAL  
ART EDUCATION  
ASSOCIATION

## EASY ACCESS LINKS

**Click here to visit the  
NAEA website to join or  
renew now.**

Submit classroom or student **STORY** \*

**GALLERY:** Submit images of student  
work \*

I would like to be partnered  
with a mentor.

I would like to be a mentor  
for someone.

I would like to host a virtual  
artmaking session.\*

**ED&I**

**Advocacy & Policy**



\*coming soon

Hello, I'm Linda Kieling, your NAEA  
Secondary Director for 2023–2025.



School is in full swing now, and I  
don't know about you, but I'm ready  
for the winter break. I love teaching art, but it's tough sometimes. It  
can be hard to remember to take care of ourselves. I have heard it  
said "you can't pour from an empty pitcher," but what do you do to  
take care of yourself? On Pages 3 and 4, your Secondary Team has  
gathered some ideas and resources to help.

For me, attending the State Conference and National Convention  
help "fill my pitcher." On Page 2, your Secondary Team has  
compiled member quotes and takeaways from their state events.

**Registration is open for the 2024 Convention in  
Minneapolis.**



Did you know the National Art Education Foundation (NAEF)  
sponsors a phenomenal event each year at the Convention? Find  
out more, look over teacher grant proposal guidelines, and consider  
applying for one.

To find out more about NAEF and explore their grants:

**CLICK HERE**

# State Fall Conference Takeaways

During the fall, state conferences occur all over the country. Hear what our colleagues have to say about their experiences!

"These events hold great potential for learning about what our colleagues in other areas of the state are doing, how they manage common challenges, state resources and especially how their school or district supports them."

**—California Attendee**

"I am energized and ready to go!"

**—Oregon Attendee**

"PAEA conferences are a fall classic! Outstanding, motivating, and enlightening. I never miss it!"

**—Lisbeth Bucci**

We had a great time at our Georgia Art Education Association (GAEA) fall conference. For some it had been a long time since they could gather fully as a state since the global health crisis.

We had the honor of having well-known art teacher, artist, author, and blogger Cassie Stephens give the keynote and conduct several sessions. We also had the opportunity to attend various classes, including workshops on metalworking and welding, clay workshops, mixed-media printmaking, and embroidery classes. Plus, we even an art field day workshop.

Teachers from elementary to secondary, plus our visual and performing arts coordinator, attended the conference from my district (DeKalb County School System), and several also presented. We also had an art lesson roundtable (Kendall Siddiqui), lesson tips for choice-based learning/TAB (Amy Sery), and utilizing technology to combat school apathy (Lydia Atubeh).

"This year's PAEA conference gave me an opportunity to reflect as well as connect with colleagues, some of which I had not seen in quite some time. This year's theme, 'In Process' was really significant considering the threads that bring us together and how our practices can be shaped and informed by the work of one another."

**—Benjamin Hoffman**

"This year, the PA conference location got me to travel to a part of the state I'd never visited before and learn about unique state resources."

**—Marie Elcin**

"My GAEA tribe is the reason I strive to become a better art teacher. At conferences over the years I have met amazing, talented teaching artists who inspire me with lessons, classroom ideas, tips, sage advice, and contagious enthusiasm. I come back to my kiddos energized and my 'why' refilled. I loved our keynote Cassie Stephens's message this year to remember your love for art and a self-nurturing practice. I needed to hear that. It's through that balance I can become a better teacher and make a positive impact on my student's life journey."

**—Jamie Scott**

**ELECT:** Robin Brewer, robinbrewerpaea@gmail.com

**WESTERN:** Gayle Trueblood, president@ohioarted.com

**PACIFIC:** Cydney DeBenedetto, cdebenedetto@sjsud.org

**SOUTHEASTERN:** Cathy Heller, cloggerart@gmail.com

**EASTERN:** Lora Marie Durr, LDurr@aenj.org

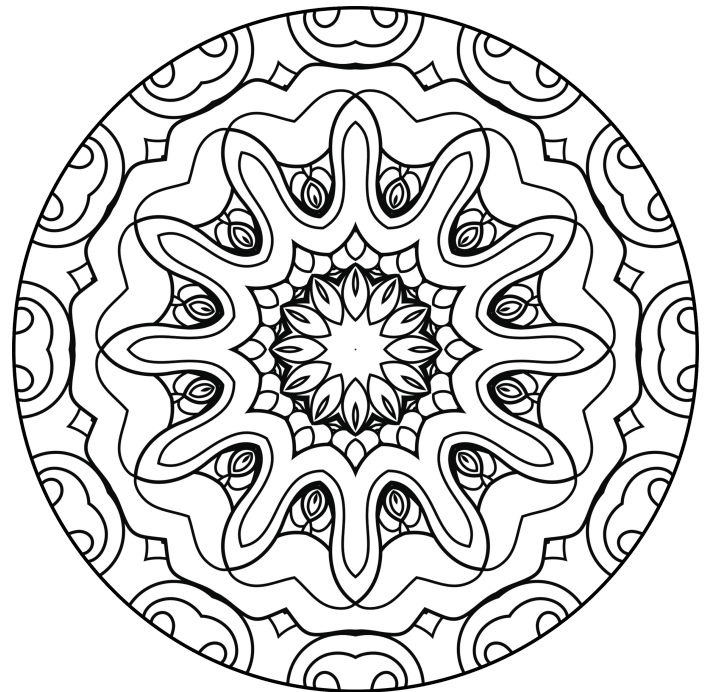


# Self-Care Strategies for the Break

## SOCIAL-EMOTIONAL ART CHOICE BOARD

<b>DRAW</b> a picture of a time when you <b>HELPED</b> someone. 	<b>USE 2-D or 3-D materials to DESIGN or BUILD</b> your <b>DREAM SCHOOL!</b> 	<b>DRAW</b> a picture of what you <b>LOVE MOST</b> about <b>YOURSELF</b> . 	<b>DRAW</b> a <b>MAP</b> of what your <b>FEELINGS</b> looked like today. 	Make a <b>WORRY DOLL</b> to whisper your worries to. 
<b>WRITE or DRAW</b> your top 5 <b>WISHES</b> . Find or <b>CREATE</b> a special place to put them in! 	<b>DRAW</b> a picture of something you want to <b>CHANGE</b> in the <b>WORLD</b> . 	<b>INVENT</b> your own 	Use sidewalk <b>CHALK</b> to <b>write or draw</b> messages of <b>KINDNESS</b> for your neighbors.	<b>DRAW</b> yourself as a <b>SUPERHERO</b> . What <b>SUPER POWERS</b> do you want most right now? 
<b>DRAW</b> something that's <b>HARD</b> . Keep trying even when it gets <b>CHALLENGING</b> . 	<b>CREATE</b> a <b>COMIC STRIP</b> that shows a <b>DAY IN THE LIFE</b> of <b>REMOTE LEARNING</b> . 	Go on a <b>WALK</b> and pick up bits of <b>NATURE</b> along the way. At the end of your walk, make a <b>SCULPTURE</b> with what you found! 	How do you <b>FEEL</b> right now? Make an artwork of the colors and images that come to mind. 	<b>CREATE</b> a <b>COLLAGE</b> that represents <b>YOU</b> using pictures/words from magazines and newspapers. 

@msavasartroom



## Zentangle!

*“As important as it is to have a plan for doing work, it is perhaps more important to have a plan for rest, relaxation, self-care, and sleep.”*

— Akiroq Brost

Maybe instead of "I did nothing" you were:

- Choosing to rest.
- Taking a mental health day.
- Looking after yourself.
- Nourishing yourself.
- Catching up on your life.
- Doing things that mattered to you.
- Taking time out.
- Switching off from the outside noise.
- Listening to your body.
- Not being busy.
- Having a much needed lie-in.
- Prioritising you.
- Not partaking in society's constant guilt trip around rest.

@helenmarie

# Self-Care Strategies for the Break

try different techniques:

box, 555, Tactical breathing

## 9) Journaling Prompts For When You Just Can't

01. What advice would you give someone else about what matters most in life?
02. Write about a wish you have for the future, no matter how unrealistic it feels to you right now. Describe it in detail.
03. Write a letter to your past self, at a time when you were facing a problem you didn't know how to solve, from the perspective of your current self, who has successfully resolved this problem.
04. If I could do anything tomorrow, it would be...
05. What was one thing you felt proud of yourself for today?
06. Sit still for a moment and journal how your body is feeling at this moment in time, use as much description as possible.
07. Research has proven that practicing gratitude has health benefits. Make a list of three things you are thankful for. Some days, it might be as simple as a smile from a stranger.
08. I really wish others knew this about me...
09. Today, I'm really grateful for:

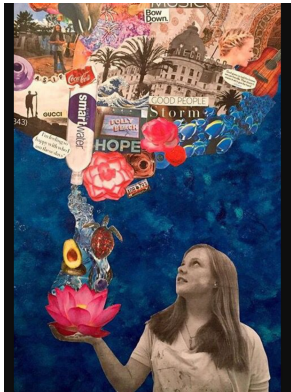
[silkandsouder.com](http://silkandsouder.com)

# breathe

*You are worth the quiet moment. You are worth the deeper breaths and you are worth the time it takes to slow down. be still, and rest."*  
- Morgan Harper Nichols



In your sketchbook, on a canvas, or digitally, make a vision, dream, goal, or mood board. Take a picture and use it as your screen saver.



Create a Self-Reflection or Identity Collage



Watch Northwest Council for Computer Education's (NCCE) chat playback topic: SEL-ebrate the Holidays! Social-Emotional Learning considerations for an educator's winter break.

What are the benefits of self-care?

- Self-care can improve your physical health.
- Self-care can reduce stress and anxiety.
- Self-care can boost your self-esteem.
- Self-care protects your mental health.
- Self-care can lead to better relationships.



Made with WordArt

**ELECT:** Robin Brewer, [robinbrewerpaea@gmail.com](mailto:robinbrewerpaea@gmail.com)  
**WESTERN:** Gayle Trueblood, [president@ohioarted.com](mailto:president@ohioarted.com)  
**PACIFIC:** Cydney DeBenedetto, [cdebenedetto@sjusd.org](mailto:cdebenedetto@sjusd.org)

**SOUTHEASTERN:** Cathy Heller, [cloggerart@gmail.com](mailto:cloggerart@gmail.com)  
**EASTERN:** Lora Marie Durr, [LDurr@aenj.org](mailto:LDurr@aenj.org)



# Additional Resources

## ED&I

Where are you with your ED&I work? There's a new resource for wherever you are in that journey. Check out the NAEA Equity, Diversity, and Inclusion (ED&I) Hub.

### ***New! Tools and resources for members***

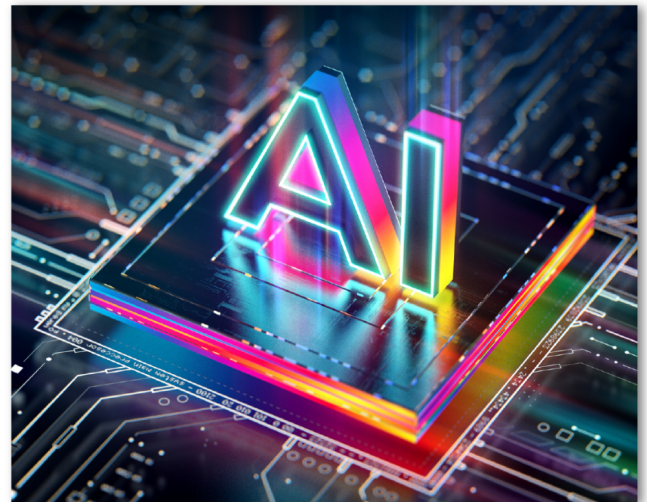
Don't miss NAEA's newest resource, the ED&I Hub, a wide-ranging and flexible repository of multimedia resources, readings, and materials curated by the NAEA ED&I Commission to support members.



## NAEA Webinar

*Not a Toolkit: Thinking With, Through, and Against Whiteness* archived, first aired October 6, 2021.

"Three White members of an educator collective, formed around antiracist education and critical Whiteness studies, share their experiences and insight... 'We call ourselves Not a Toolkit as a way of troubleshooting the one-off training, the objective-driven and quick-fix workshop, and the Diversity, Equity, and Inclusion (DEI) professional development model aimed at checking off boxes and responding to urgent news cycles around racist violence.'"



Artificial Intelligence and Art Education, Part I: A New Approach to Creativity

Wednesday, December 6, 2023 | 7–8pm ET

FREE for NAEA members; \$49 for nonmembers

missed it? it is archived

# Additional Resources

## Book Recommendations

**From Linda:** I personally just finished reading *Heaven and Earth Grocery Store*. I enjoyed this murder mystery where the stories of immigrant Jews and African Americans intertwine and the struggles with the white establishment during the 1930s are highlighted. My school book group is reading *Unearthing Joy: A Guide to Culturally and Historically Responsive Teaching and Learning*.

**From Gayle Trueblood, Western Region Director:** I used the following books at our Ohio conference: *The Little Book of Daily Sunshine*, *Badass Affirmations*, *Trust and Inspire*, and *IKIGAI: The Japanese Secret to a Long and Happy Life*.

**From Lora Marie Durr, Eastern Region Director:** I assign Jerry Saltz's *How to Be an Artist* to my AP kids each year as summer reading. We all enjoy the tough love he shares, and it helps them get going. I also love the book *Big Magic* by Elizabeth Gilbert—very inspiring on a personal level. *Daily Rituals: How Artists Work* by Mason Currey is another great one! Kassia St. Clair's *The Secret Lives of Color* is cool—different format but really cool. Sometimes I read entries to the kids and we geek out about color.

**From Cydney DeBenedetto, Pacific Region Director:** I believe this book has some real jewels in it: *The Creative Way: A Way of Being* by Rick Rubin.

**From Cathy Heller, Southeastern Region Director:** Professionally, (1) *Imagine* by Jonah Lehrer... this book discusses the science behind creativity and how we can learn to be more creative. (2) *Play* by Stuart Brown, M.D.... this book discusses why play is important in sparking creativity. Personally, (1) *The Man From the Train* by Bill James. This book is a true crime thriller about families that were murdered and the innocent people who were executed in small-town justice for a crime that most likely was committed by a serial killer who went undiscovered for a century. (2) I often read anything by Mark Kay Andrews; her Southern-based fiction books are quick, light-hearted stories that help me to relax and unwind.



## Chat and Create

Our first virtual gathering will be on Wednesday, January 17, 7–8 pm EST (4–5 PST). The topic will be Warm-Ups: Do you use them? Are they necessary? How are they incorporated in your classroom studio practice? The technique presented will be drip and draw. Use the form to sign up (limited number of spots available), and the link will be emailed to you beforehand.



## VOLUNTEERS NEEDED

### Opportunities to help:

- Social media (develop and/or post)
- Single specific projects
- Newsletter
- Mentor coordinator
- Host a virtual artmaking and conversation session



[VOLUNTEER HERE](#)

\*\*\*\*\*We are thrilled that some of you responded after the first newsletter. Unfortunately, we don't have your contact information. If this was you, please reach out or fill out the form above again!\*\*\*\*\*

Your Secondary Team is actively collecting information about opportunities for high school students.

### Are you a cooperating teacher with a student teacher?

The Preservice Division is looking for volunteers to serve on their team as Regional Directors. If they are interested they should contact the Division Director Jesse Todero, [Jesse.Todero@board.arteducators.org](mailto:Jesse.Todero@board.arteducators.org)

SAVE THE DATES FOR:



This spring we will be gathering in Minneapolis for the annual NAEA Convention. It is one of your most important professional development opportunities available; make your plans now to attend.

**Secondary Sensations:** Award-Winning Secondary Art Educators Share Their Secrets

**Stretching Secondary Students:** Exploring Opportunities

**Conversations With Colleagues:** Connect and Conquer

**Secondary Smash Hits: Shared Successes of Effective Practices and Student Engagement**  
**Division Awards:** Celebrating Excellence