



Virtual Instruction and Learning Guidelines – May 7, 2020

This is Teacher Appreciation Week. Catholic school educators are being recognized as heroes for their dedication and care for students.

The pandemic has given society a new appreciation for and awareness of what educators do.

[Do Families Now Understand What it Takes to be a Teacher?](#)

These are positive developments, but we know that VIL is taking its toll on teachers and administrators alike.

In this week's edition of VIL Guidelines there will be
no new suggestions,
no new instructional resources,
no new directives.

Just an invitation to take a breath. Reflect on where you are professionally and personally. Share your story and listen to the stories of others. Perhaps most important of all, pray that all of us continue to face daily challenges with grace and wisdom.

“Having faith does not mean having no difficulties, but having the strength to face them, knowing we are not alone.” -- Pope Francis

This webinar looks at the potential emotional and physiological effects of extended VIL on educators and offers suggestions for coping with them.

[What About You? Strategies for Supporting Educator Resilience and Trauma-Informed Self-Care](#)