

Happy Teacher Revolution

Pilot Sites

THOMPSON SCHOOL DISTRICT,
LOVELAND, CO

**GOAL: TRANSFORMATIVE
ADULT SEL AS A LEVER
FOR EQUITY & SOCIAL
JUSTICE**



Supporting SEL is a social justice issue. According to research from Yale Child Study Center, elevated teacher job stress predicted increased likelihood of expulsion. Not only that, but stressed out teachers with low job satisfaction were more likely to suspend or refer students of color more than white students and boys more than girls at a rate of four times as much (Gilliam and Shahr, 2006). Considering how to best support social-emotional learning (SEL) as a lever for social justice and equity for all students, Thompson School District sought out innovative professional development solutions to implement district-wide.

Thompson School District (TSD) in Loveland, Colorado is the first Happy Teacher Revolution Pilot Site in the entire state of Colorado. Thompson School District is the 17th largest school district in Colorado, encompassing 362 square miles and serving approximately 15,000 students.

TSD is committed to supporting the social-emotional learning (SEL) of both their students AND staff. As a result, TSD created momentum around Happy Teacher Revolution by putting out a call for applicants of individuals across the district who are passionate and interested in supporting their own SEL as a best-practice for both their students and colleagues. As the applications flooded in, TSD selected their top 30 well-being champions in various roles across the district to participate in Happy Teacher Revolution. Over the course of two days, this group of Revolutionaries were trained to then implement HTR meetings in their own communities to specifically use HTR as an intervention to support adult SEL and utilize SEL as a lever for equity and social justice.





Thompson Assessment Results from BEFORE and AFTER the HTR MEETING

PRE-MEETING: My current state of alertness BEFORE this Happy TSD meeting *

- Blue Zone- Sad, Sick, Tired, Bored, Moving slowly
- Green Zone- Happy, Calm, Feeling Ok, Focused, Ready to Learn
- Yellow Zone- Frustrated, Worried, Silly/Wiggly, Excited, Loss of Some Control
- Red Zone- Mad/Angry, Terrified, Yelling, Elated, Out of Control

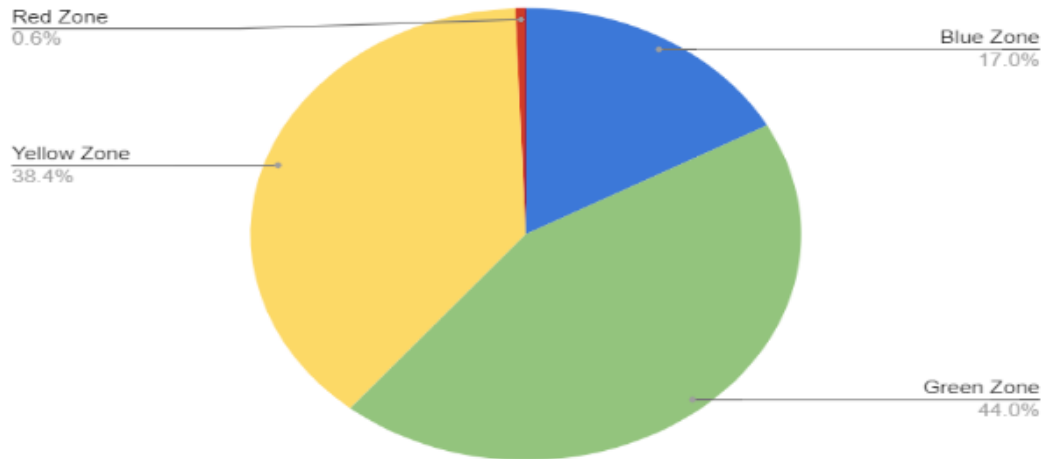
POST-MEETING: My current state of alertness AFTER this Happy TSD meeting *

- Blue Zone- Sad, Sick, Tired, Bored, Moving slowly
- Green Zone- Happy, Calm, Feeling Ok, Focused, Ready to Learn
- Yellow Zone- Frustrated, Worried, Silly/Wiggly, Excited, Loss of Some Control

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

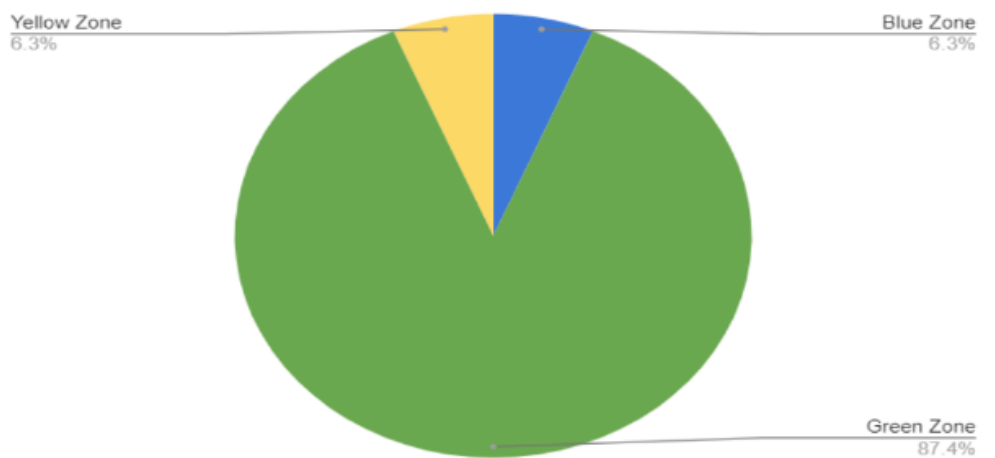
BEFORE HTR MEETING

Pre-Meeting Emotional Assessment



AFTER HTR MEETING

Post-Meeting Emotional Assessment



SOURCE: Thompson School District SEL Emotional Assessment Data Pre and Post Meeting 20/21 School Year



"I worked in Special Ed the majority of my career and being in that field, I have witnessed amazingly talented educators breaking down, crying, quitting, and leaving the field altogether. There is not a lot of overhead or cost to Happy Teacher Revolution considering the high price to pay for teacher turnover. In the world of education...budgets are tight, people are serving in five different roles, and it's hard to go and ask for materials or to ask for higher levels of implementation of really anything. There just wasn't the capacity...whether it be funding or manpower for it. That is, until Happy Teacher Revolution came along. This program is incredibly sustainable. We got a group of over twenty Facilitators (Revolutionaries) trained and they are out in our buildings. Happy Teacher Revolution has both the sustainability and novelty, but also, the authenticity of doing something helpful for our teachers.

- Hailey Uphaus, Social Emotional Learning and Intervention Coordinator at Thompson School District

Thompson School District Professional Development



Our Vision for Professional Development in Thompson School District:

The vehicle in which all employees are continuously provided opportunities to grow their skills and be supported in both individual and collective efforts to serve all students and experience professional success.

Our Mission for Professional Development in Thompson School District:

To provide all employees with learning opportunities that will empower them to learn, challenge them to achieve and inspire them to excel at their practice, and experience professional fulfillment.

Colorado HTR Testimonial



Watch on  YouTube





HAPPY TEACHER REVOLUTION

WHAT IS HAPPY TEACHER REVOLUTION?

Happy Teacher Revolution is a Baltimore-born, international movement with the mission to support the mental health and wellness of teachers. We train Revolutionaries around the world to initiate Happy Teacher Revolution support group meetings in their own communities.

HOW IT WORKS:

We provide both online and in-person professional development programming centering teacher well-being.

Our online training offers the most affordable option for individuals to become certified as official Happy Teacher Revolutionaries and thus be able to offer Happy Teacher Revolution meetings in their own community.

CONTACT US

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