

**Innovate. Educate & Inspire
Pakistan**

AIM

To provide teachers in low-resource environments with the support to address the many challenges posed by COVID19.

HIGHLIGHTS



SMS
MODULE



IN
URDU

CORE AREAS



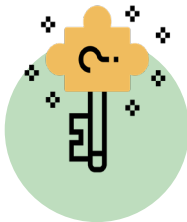
**Teacher
Safety &
Well-being**



**Student Social
Emotional
Well-being**



**Back to
Classroom
Challenges**



**Back to
Classroom
Strategies**



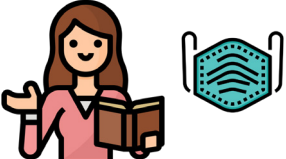

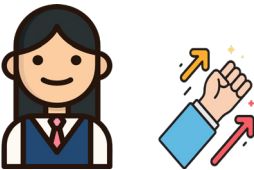
**Student
Motivation
Strategies**



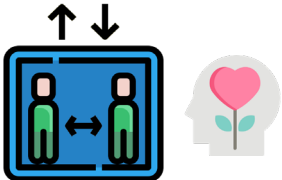
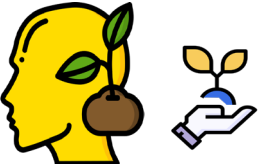


**A refresher
guide to
Lesson Planning**

Teacher well-being & professional development during COVID-19

IEI Teacher Support Module is WhatsApp based SMS module that is designed to support teachers in the challenges to continued learning during the period of COVID-19 education disruption. All themes in this module have a focus on teacher and student well-being. All messages are prepared in Urdu.

	THEME	TOTAL SMS
	Teacher Safety & Well-being	17 SMS
	Back to classroom challenges Student attendance Student well-being Lost learning	14 SMS
	Student Motivation Strategies	20 SMS

	<p>Back to classroom strategies</p> <p>Assess before you resume teaching with tips on conducting assessments</p> <p>Revise! Revise! Revise! with strategies for revision</p> <p>Supporting students left behind: Remedial Lesson planning and execution</p>	<p>40 SMS</p>
	<p>A refresher guide on Lesson Planning</p> <p>Lesson Planning Guide Simple but effective pedagogies</p>	<p>20 SMS</p>
	<p>Student Social-emotional Well-being</p>	<p>8 SMS</p>
	<p>Growth Mindset</p> <p>What is growth mindset? Strategies to help your students develop a growth mindset</p>	<p>18 SMS</p> <hr/> <p>127 SMS TOTAL</p>

Using the Teacher Support Module:

A simple how-to guide



Step 1 Set a goal

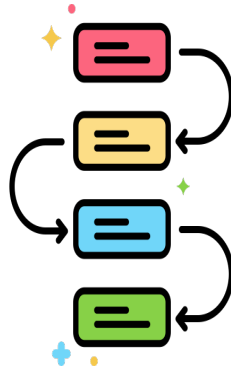
Once you have reviewed the Themes and SMS messages in the module, we recommend to set a goal: What outcomes are you hoping to achieve with this module? For example: your primary goal may be to use TSM is to provide your teachers with a sense of support and community or to provide focused professional development support around selected topics.

Setting a goal will help you prepare an engagement plan that best suits the needs of your school and teachers.



Step 2 Gather Teacher Data

Collect the contact numbers of teachers you want to include in the Teacher Support Module. You can use **Appendix 1.1 Teacher Contact Data Collection template** to gather your teachers' data.



Step 3 Create an engagement plan

Create a plan to engage your teachers with the module. When creating this plan, we recommend keeping the following considerations in mind:

1- How frequently will you send these messages *i.e do you want to send the messages on a daily basis or on a weekly basis? You know your teachers best, set the frequency of the messages based on what will work best for your teachers. We recommend sharing small bites of information to increase the usefulness of the messages.*

2- Set a time of day to send these messages and maintain consistency. *We found that it helps to create a routine when sending these messages this way the teacher knows when to expect the messages and the chances of them engaging are higher.*

- *What time of day to chose? Your understanding of teachers daily routine and lifestyle will help you determine the best time of day to send out the messages. For example: 12pm lunch or tea break at shcool is when teachers are free and usually spending time with colleagues which makes it a good time to send out the messages as it might encourage a converstaion around it.*

3- Send motivational messages on Mondays! *Sending small motivational messages and reminders for teachers on Mondays is a good way to provide them with a sense of community and support through this module.*



Step 4 Create a Whatsapp Group

Create a WhatsApp group and add your teachers to it.



Some recommendations for WhatsApp group creation

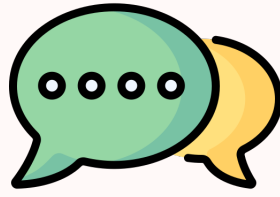
Many people find whatsapp groups overwhelming and have a hard time sharing their thoughts and feeling with a group of people.

If you manage multiple schools we recommend the following:

Create separate whatsapp groups for each school. This will help the teachers feel comfortable while communicating in the group.

If you manage a large school with large number of teachers at Primary, Middle and High school levels, we recommend the following:

Create separate whatsapp groups for each level i.e primary, middle and high school. This will help teachers feel comfortable while communicating in the group. It will also make it easy for you to respond to teachers messages and address any questions they may have.



Step 5

Send your first message!



Step 6

Follow the engagement plan you have created and stay consistent!



Step 7 ^{*optional}

On completion of 3 modules, you can gather feedback from the teachers using a survey. This feedback can prove useful to adjust your engagement plan.

IEI - Feedback From the

**Pilot Programme conducted with 80 teachers from 9 schools.*

95%

Reported feeling a sense of support by being a part of the Teacher Support Module.

92%

Feel that WhatsApp is a good medium to gain professional support.

90%

Found the module's use of Urdu SMS messages to be more valuable than if they were in English.

e Pilot Programme

92%

Found the Revision strategies shared in the group, useful to address learning losses due to COVID-19.

87%

Found the shared strategies for Student Motivation helpful.

72%

Found Activities for student social emotional well-being useful while **15%** teachers observed a positive impact on students overall well-being and attendance

SNIPETS OF WHAT

Dear Teachers, we hope you are keeping safe in this pandemic. This WhatsApp group has been created to support you as you navigate this challenging time of education disruption. The SMS messages you will receive in this group are designed to provide you with the support you need to look after your wellbeing and that of your students while also providing an opportunity for continued professional development. We have all felt a need for connection during this pandemic and we hope this group will provide you with a sense of community.

محترم اساتذہ ، ہم امید کرتے ہیں کہ آپ اس وبائی مرض میں اپنا خیال رکھ رہے ہیں۔ یہ ایس ایم ایس پیغامات آپ کو اسکول واپس آنے کی تیاری میں مدد کرنے کے لئے تیار کیے گئے ہیں۔

We hope that you are following the preventive measures to stay safe from coronavirus. Remember to frequently wash your hands and spend at least 20 secs doing so. Wear a mask when you go out and maintain a 6 feet distance. By doing this you can ensure the safety and health of yourself, your family and your community.

ہم امید کرتے ہیں کہ آپ کورونا وائرس سے محفوظ رہنے کے لئے حفاظتی اقدامات پر عمل کر رہے ہیں۔ اپنے ہاتھوں کو کثرت سے (کم سے کم 20 سیکنڈ) دھوتے رہیے۔ جب آپ باہر جائیں تو ماسک پہنیں اور 6 فٹ کا فاصلہ رکھیں۔ ایسا کرنے سے آپ اپنی اور اپنے کنبے کی حفاظت اور صحت کو یقینی بنا سکتے ہیں۔

TSAPP MESSAGES

Help is available: If you are a woman facing domestic abuse in this period of coronavirus, please get in touch with social service organizations at these numbers for help: 03011111741 , 921098+, 03116641098 (Madadgaar)

مدد دستیاب ہے: اگر آپ یا آپ کے ارد گرد کوئی اس دور میں گھریلو زیادتی کا شکار ہیں تو مدد کے لئے متعلقہ حکام سے رابطہ کریں-03011111741 , 921098+, 03116641098 (Madadgaar)

Help is available: If you feel you are mentally stressed and/or experience suicidal thoughts, please seek help. Speaking to someone can help change your perspective towards the situation. Call 03318444056 (University of the Punjab, Online Psychology Services) for help

اگر آپ کو لگتا ہے کہ آپ یا آپ کے ارد گرد کوئی ذہنی دباؤ میں ہی تو براہ مہربانی مدد حاصل کریں۔ کسی قریبی رشتدار یا دوست سے بات کرنے سے آپ صورت حال کی طرف اپنا نقطہ نظر بدل سکتے ہیں۔ مدد دستیاب ہے: کسی پرافیشنل سے مدد حاصل کرنے کے لیے آپ اس نمبر پر کال کر سکتے ہیں: 03318444056 (University of the Punjab, Online Psychology Services)

Crisis situations leave an impact on the social and emotional state of elders as well as children. Lack of routine, financial crisis & change in life's pace impacts our mental health. As teachers you can play an important role to support your students navigate impacts of this crisis.

For the first three months, adding a quick check-in at the start of each class will be helpful in supporting the students by providing opportunities to have honest conversations about the virus, how it has impacted lives and other thoughts students may have. At the start of each class, gather together in a circle and invite the students to talk about their experiences, their thoughts and fears. You can guide the conversation by asking simple questions: How are you doing today? How is your family? Does everybody still wash their hands? and invite the students to share their thoughts.

بیک - ٹو - اسکول چینجز: بچوں کی ذہنی اور جذباتی صحت بحران کے حالات میں بزرگوں کے ساتھ ساتھ بچوں کی سماجی اور جذباتی حالت پر بھی اثر ڈالتا ہے۔ معمول کی کمی، مالی بحران اور زندگی کی رفتار میں تبدیلی ہماری ذہنی صحت کو متاثر کرتی ہے۔ بحیثیت اساتذہ یہ ضروری ہے کہ آپ اپنے طلبہ کی معاشرتی، ذہنی اور جذباتی صحت کی طرف توجہ دیں اور صحت مند رہنے میں انکی مدد کریں۔

آپ بحیثیت اساتذہ کیا کر سکتے ہیں۔ بچوں سے کورونا وائرس سے اور گزرے ہوئے وقت کے بارے میں بات کریں۔ اسکول شروع ہونے پر پہلے دو مہینے آپ ای سی ڈی کے طرز پر اپنی کلاس میں سرکل ٹائم شامل کر سکتے ہیں۔ اس سرکل ٹائم میں آپ بچوں کو بات کرنے کا موقعہ دے سکتے ہیں اور مختلف سرگرمیوں کے ذریعے کورونا وائروس اور اس کے ہماری زندگی پر اثرات کے بارے میں بات چیت کر سکتے ہیں۔ اس طرح آپ بچوں کی ذہنی اور جذباتی صحت پر توجہ دینے کے ساتھ ساتھ انہیں غور سے سننے، اپنی باری پر بات کرنے اور ایکسپریس کرنے جیسے سیکھنے کے لیے اہم سکولز میں بھی مدد کر سکتے ہیں۔

Appendix 1.1 : Teacher Data Collection Template

Sr no.	Teacher Name	WhatsApp availability	WhatsApp number



Pledging Wings for our Children

For more information
Contact: info@ieipakistan.org