

PAPER Pointers

Paper is excited to be supporting Columbus City Schools' teachers throughout their wellness week.



COLUMBUS
CITY SCHOOLS

In this guide you will find information on Paper's offerings for the week.

- 1 Paper Pointers
- 2 Game-based learning speaker session
- 3 Paper Wellness Lessons to do with your students

Unlimited interactive expert talks

Eager to get started or want ideas to level up your Paper practice? Ask our experts anything about the 24/7, unlimited support available for students and teachers.

With the Paper Pointers™ series, you can join interactive webinars delivered multiple times per week, every week of the school year.

About the sessions



Paper 101

All you need to know to get started on Paper.



Paper Trail Office Hours

Have questions about The Paper Trail? We can answer them.



The Socratic Method

Get more background on how tutors stimulate critical thinking and how they guide students to finding the answers.



The Paper Experience

Learn how students get the help they need, and how Paper's insights provide a clearer picture of where students are.

[Click here to register](#)

We'd like to invite you to join us for a very special Paper Pointers event on Monday, November 22nd at 7:30 PM EST.

Speaker Series - Game-Based Learning

The value of game-based learning
Approaches to using video games in the classroom
Resources to get started



Mike Washburn
Director of
Community - Paper



Katie Wright
High School Educator,
AP Government and
Politics



Steve Isaacs
Education Program
Manager - Epic Games

Meet the Panelists:

Prior to joining Epic Games, **Steve Isaacs** was a public school teacher for 28 years. His experience integrating technology into the classroom has led him to become the Education Program Manager at Epic Games. In this role, he supports educators to explore new, interactive tools to engage their students.

Katie Wright is a high school social studies educator from Odessa High School in Townsend, Delaware. After completing a Masters in Special Education from Wilmington University, she spent 13 years teaching French, English, and social studies to all sorts of different grade levels. Since Odessa High adopted one-to-one practices, Ms. Wright has focused on building an environment where technology can amplify her students' voices and choices.

Before joining Paper as the Director of Community, **Mike Washburn** taught Computer Science where the tenets of game design and game-based learning was instrumental in developing a custom curriculum which saw 8th graders pitch and develop their own video games over the course of a school year.

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As your partners at Paper, we are pleased to provide you with two activities to take and run with during Wellness Week. Both activities can be adapted for middle and high school students and focus on an aspect of wellness, prompting students to reflect on their physical and mental wellbeing. In addition, each activity provides students with the opportunity to access their Paper account to connect with an experienced Paper tutor for additional support.

Lesson 1

A Letter of Gratitude to Myself

This first lesson aims at promoting gratitude to one self and improving self esteem. Through a short writing activity, students craft a letter to themselves expressing their own strengths and attributes that they are grateful for, while taking a close look at what makes them unique and special.

Lesson 2

A Day in My Life

The second lesson aims to help students understand that the little things we do every day help us be well: brushing our teeth, getting deep sleep, dancing, eating full meals, connecting with others, etc. In this lesson, students write about a made-up day where they get to take care of their physical and mental wellbeing, adding in various activities that would support their overall health.

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