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In recent years, there has been a reported spike in stress and anxiety among U.S. youths, attributed in part to technology and academic and personal pressures. Now, school nurses and counselors say they are seeing increasingly serious side effects of the stress, leading them to adapt their practices to meet students' evolving needs. [The Atlantic online](#)

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[Classroom bikes help students raise reading scores](#)

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The Read and Ride program at Ward Elementary in Winston-Salem, N.C., includes a classroom full of exercise bikes that students use while they read. Data show that children who spent the most time reading and riding earned an

83% reading-proficiency score, compared with a 41% score for students who spent the least time in the program. [FastCoExist](#)

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The Indianapolis Star (tiered subscription model) (10/6)

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[Study: Teacher-collaboration training model leads to higher scores](#)  
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Test scores rose at schools in Tennessee that adopted the Teacher Peer Excellence Groups training method, according to a recent study. Principals adopted the training method, which focuses on collaboration and peer observations and feedback, after a visit to Shanghai to see how the model was used. [Chalkbeat/Tennessee](#)

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<<http://r.smartbrief.com/resp/gfnlCdwrpBCKbGssCidKzABWcNdHHP>>How to choose "The Right Work"  
Low-performing schools' staff are often blamed for having a poor work ethic, but Dr. Marzano challenges that assumption with research. Instead, he suggests that the problem has to do with getting people to do the right work. Discover how to select the right work in *What Works in Schools: Translating Research Into Action*. Learn more!  
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#### Technology in the Classroom

[AFT, ed-tech startup unite to expand access to free, online resources](#)  
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The American Federation of Teachers has announced a partnership with education-technology startup company Clever that will make free educational resources more accessible to teachers. Under the agreement, teachers at the 27,000 schools using Clever's programs will be able to use a single login and password to access various programs, including online lesson plans from Share My Lesson. [Education Week \(tiered subscription model\)/Digital Education blog](#)  
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The Herald News (Joliet, Ill.) (10/5)

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#### The Whole Child

[Lack of acceptance may increase teens' risk for self-harm, suicide](#)  
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Suicidal attempts were more common among teens, particularly boys, who had a high perception of not being accepted by family and peers than among those with less perceived invalidation, U.S. researchers found. The study in the *Journal of Child and Adolescent Psychopharmacology* showed that family or