

Culture COUNTS

OCM BOCES

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April 2022

Active April: Here are some daily activities to get you moving, singing, laughing & relaxing

As we mentioned last month, a non-profit group called [Action for Happiness](#) promotes well-being by “helping people get together regularly so they can learn evidence-based skills for happier living, feel a sense of belonging and commit to personal action to create more happiness for themselves and others.” [They are also known for their monthly calendars](#) that you can download and use to develop a regular habit of fitness. Now that we are heading into spring, this calendar offers a few suggestions for an “Active April,” such as “go exploring around your local area and notice new things (April 16). *April is partially over, but you can use these ideas any day!*”



“A CHILD WITHOUT
EDUCATION IS LIKE A
BIRD WITH NO WINGS.”
- TIBETAN PROVERB

Active April 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 4 Eat healthy and natural food today and drink lots of water	 5 Turn a regular activity into a playful game today	 6 Do a body-scan meditation and really notice how your body feels	 7 Get natural light early in the day. Dim the lights in the evening	1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do
11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation	8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day free from TV or screens and get moving instead
18 Try a new online exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Dig up weeds or plant some seeds
 25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat	22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting
				29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today	

ACTION FOR HAPPINESS

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WELLNESS COUNTS

Five tips to spring into fitness — and some tips on injuries

Now that winter is winding down and spring is winding up, you may be itching to get back outside and get moving. With all of the eating, drinking and merry-making from various winter holidays, your workouts may have taken a backseat. Or maybe you suffered from an injury or got sick. Whatever the reason for your fitness hiatus, spring is an ideal time to get back to exercise.

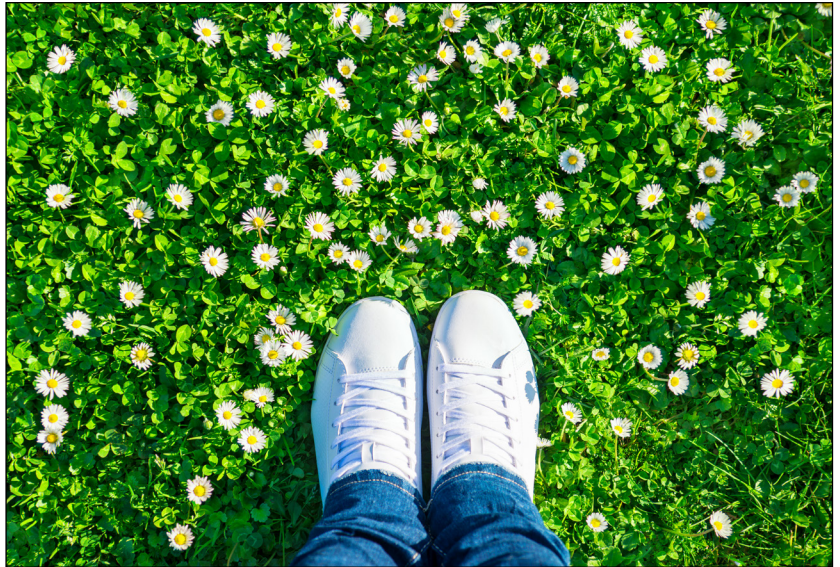
Whether you jog a few miles, tee up for a round of golf or shoot hoops with your kids in the backyard, it's important to prepare your body for activity, especially if frigid temps kept you glued to the couch all season — otherwise, you run the risk of overdoing it. Even ordinary activities can take a toll – I see people all the time who garden through the first nice weekend of spring and then suffer from severe muscle soreness or injury.

The “no pain, no gain” approach to fitness doesn't work. Instead, try these five strategies to shape up this spring.

1. Underestimate your abilities. Most people regress during the winter months, even if they've stuck to a regular fitness routine. If you don't underestimate your ability and ease back into your activities, you're setting yourself up for muscle soreness and injury, and that can sideline you for weeks. You might not feel the pain the day after a tough workout, but two days later the soreness may be so intense you can't lift your arm above your head.

2. Start small. If you've been sedentary for weeks, check in with your doctor before amping up your activity. Once you get the all-clear, start with an easy walking schedule

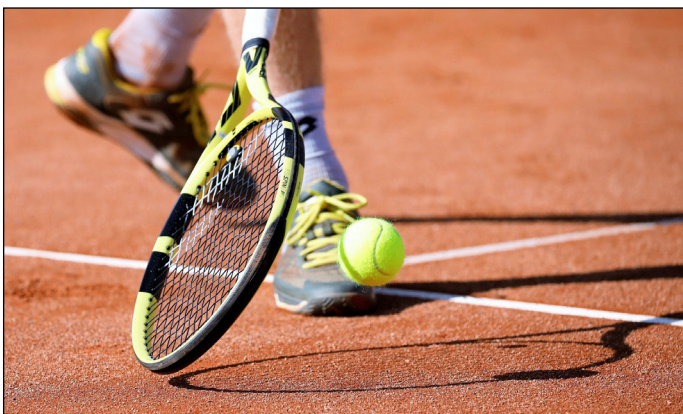
or stretching regimen. The slow, gentle movements will help prep your body for more intense activities like tennis, gardening and golf. Start with 10 minutes every day or every other day for a week. Then increase to 15 minutes the following week. Add five minutes to your workout each



week until you're walking for 30 to 45 minutes at a stretch. You can even break up sessions throughout the day. And don't forget to stretch before and after your workouts.

3. Go slow. Even though sunny days may be calling your name, make sure to start slow. A good rule of thumb: Never increase your weight, time, speed or intensity more than 10 percent per week. So, 10 percent of a 10-pound weight is 1 pound. Similarly, if you're running 5 miles per hour, boost it up to 5.5 miles per hour. Also, keep in mind that running on the ground is different — and usually more taxing — than running on a treadmill. The best approach may be to vary the intensity throughout your workout. Sprint for 1 minute, jog for 10, and then walk for 5. Repeat the process until you feel your workout is complete. Called high intensity interval training, this type of training offers more gains than maintaining a steady pace.

4. Stretch it out. No matter what your sport or activity, incorporating stretching into your routine can help you stay at the top of your game. Competing in a tennis match? Focus on your arms and shoulders and prep your body to



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pivot. Playing a round of golf? Stretch out your trunk and lower back, bending side to side and twisting left to right.

5. Keep your expectations in check. The longer your break, the more time you'll need to get back to on track. So, if you worked out three to four times per week prior to your fitness vacation, it will take about four to eight weeks for you to get back up to speed. Remember, too, that you didn't become inactive overnight, so you won't become fit overnight. Patience is key.

Exercise stresses the body. While it's mostly good stress, if you do too much too quickly, you're more likely to suffer from an injury that sets you back even farther, particularly if you're packing more weight post-winter. The added weight can place increased pressure on your joints during high-impact activities. Lower-impact activities like swimming, cycling, Pilates and yoga can be easy on the joints.

If you do overdo it and strain or injure yourself, follow the RICE rule to lessen the damage. Here's how it works:

Rest – It doesn't have to be a complete sedentary rest, but active resting (which may include light walking or weight-bearing) can help your body recover more quickly.

Ice – Apply ice to the affected muscles for 20 minutes every hour.

Compress – Wrap the area with an elastic bandage start-



ing below the injury and wrapping a few inches above. If you injured your knee, for example, start the wrap at the calf and continue to the mid-thigh. Just makes sure the compression is a little looser at the top to encourage blood to flow toward the heart.

Elevate – Raise the injury above your heart. Using the knee example, your best bet would be to lie on the ground and rest your knee on the couch.

If muscle pain lingers on for more than two weeks, or gets progressively worse, see a doctor. And next year, don't hibernate all winter long. Stay strong so you can enjoy springtime sports as soon as the weather warms up.

by Christina Evers, Ed.D., AT, ATC on the Henry Ford Health website

Wellness Committee Updates

A staff development day on March 21 offered time for wellness activities across OCM BOCES. In the photos at right, staff in Innovative and Special Education programs take a break to play Jenga, paint, and enjoy the fresh air on a sunny day. In the photo below, Deborah Thrall, a registered dietitian and certified dietitian/nutritionist at OCM BOCES, talks about how to read nutrition labels during a recent "Lunch and Learn" at Main Campus.



WELLNESS COUNTS

Healthy Dish: Primavera With Prosciutto, Asparagus and Carrots

Prep Time: 20 minutes

Cook Time: 15 minutes

Total Time: 35 minutes

Servings: 6

Author: Ted Allen

Ingredients

- Kosher salt
- 1 pound penne or farfalle
- 1 pound asparagus spears, stems trimmed, cut into 1 1/2-inch lengths
- 1 large carrot, cut into matchsticks
- 1 cup snap peas
- 1 tablespoon extra-virgin olive oil
- 8 ounces sliced prosciutto, jamon iberico or other high-quality ham, diced
- 1 large shallot, sliced 1/8 inch thick
- 1 clove garlic, minced
- 1/2 teaspoon red pepper flakes

- 1 cup heavy cream (you can also use half and half to save a few calories)
- 1 cup chicken stock, preferably homemade or low-sodium if store-bought
- 3 tablespoons dijon mustard

Directions

1. Bring a pot of water to a boil, salt it generously and cook the pasta for 8 minutes; add the asparagus, carrot and snap peas and cook for 3 minutes. Check the pasta and vegetables to make sure they're cooked through but still have texture, then drain.

2. While the pasta is cooking, heat the olive oil in a large saute pan, add the ham and shallot and cook until lightly browned, 3 minutes or so. Add the garlic and pepper flakes and cook until fragrant, 1 minute. Add the cream, stock and mustard and simmer for a



minute or two, scraping up any brown bits.

3. Add the pasta and vegetables to the pan. Toss and cook for another 2 minutes, until cooked through and the pasta is coated. Taste for seasoning, add salt if necessary and serve immediately in warm bowls.

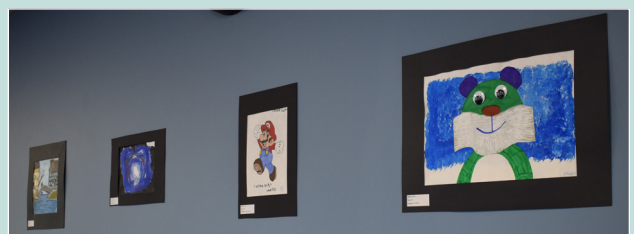
[Recipe courtesy of Ted Allen, Food Network Magazine.](#)

Annual Meeting features student art

Seniors at Innovation Tech used colorful acrylic paints and a “Cricut” device — a digital die-cutting machine — to make painted pots as a colorful, eye-catching centerpiece for the OCM BOCES Annual Meeting on April 6 at Main Campus. The pots sported monthly themes from Rachel’s Challenge, such as “gratitude,” “respect,” and “acceptance.”

Innovation Tech Facilitator Christine Alexander, who organized the project, said “it was a great way for kids to push an important message through art.”

Students from Special Education also contributed to the meeting by having their artwork posted in black frames on the conference room walls.



CULTURE COUNTS

Circling Up to Learn

By Randi Downs

It looks like spring is trying to come to Central New York, and that means it's the perfect time to take your class circles outside! Circling up around content, or Academic Circles, offer multiple opportunities for students to process content while building a strong learning community. I've seen teachers and students facilitate community circles around vocabulary, upcoming assessments, product feedback, academic goal-setting and reflection, to mention a few. We all

know that deep learning happens when all members of the classroom community feel that they are part of a community. Movement and connection serves to deepen cognitive engagement, and standing in a circle outside requires low preparation with a high impact. And, no matter how old our students get, most of them always love it when we take them outside on a sunny day to learn in community. In the photo above: CTE Health Occupations teacher Jill Knepel Zens runs a content circle with her class at the Thompson Road Campus.



How to Create Circle Questions for Classroom Learning

Using circles to start or end the class can give students an opportunity to reflect on what they understand or on what confuses them. Sentence stems are a great way to do that. Examples teachers might ask include:

- What is one thing you learned from yesterday's class?
- What is one question you have about yesterday's expert visitor?
- What is one thing you remember about the reading of _____?
- What is one question you have about the reading of _____?
- What is something you understand about _____?
- What is something you don't understand about _____?

To begin or end a unit or topic in any subject:

Circle rounds can reveal what students know or would like to know about the topic. Share one thing you really understand about this topic and one thing that continues to confuse or puzzle you.

To address a difficult idea in a novel or non-fiction book:

Circle rounds can be used to create a structured discussion about a social issue or topic that may be difficult for students to discuss.

For example:

- What does it mean to bully someone?
- Tell us about a time when you or one of your friends was bullied.
- What are some ideas you have about how to protect your friends from a bully situation?

To provide feedback for student writing:

Circles can be used to offer feedback to students on written assignments. It is important to provide some safety with the progression of the rounds. For example:

- What did you notice in this piece of writing?
- What do you feel are the strongest aspects of this piece?
- Where would you like more details or have questions?
- Are there any areas that need some refinement?
- Do you have any rewrite suggestions?

To provide practice in a World Language Class:

Circles can be a great and easy way to practice a world language. The teacher can create a simple question for everyone to answer based on the level and vocabulary of the class. For example:

- My name is _____ and my favorite food is _____.
- Yesterday after school I _____. Today I will _____.