

# Culture COUNTS

February 2021

## Compassion Resiliency

By Dan Hesler

Over the course of the last few weeks, student services programs have started Compassion Resiliency Training. Compassion resiliency for teachers is defined as “using energy productively to achieve school goals and meet students’ needs in the face of adversity.” Compassion resiliency can be further broken down into these three categories:

1. The ability to maintain our physical, emotional and mental well-being (using energy productively), while compassionately identifying and addressing the stressors that are barriers to learning for students;
2. Identifying and addressing the barriers to caregivers/ parents and colleagues and being able to effectively partner on behalf of children; and
3. Identifying, preventing and minimizing compassion fatigue within ourselves.

Why do you think it is important to build resilience when working with students? When staff focus on compassion resilience, it helps to support them in the ability to focus on what drew them into education and learn about what self-care is and how to practice it.

A website was created for staff with additional resources around compassion resiliency. The website can be found at [sites.google.com/view/compassionresiliency/](https://sites.google.com/view/compassionresiliency/).

*(The above information was adopted from [compassionresiliencetoolkit.org/schools/compassion-resilience/](https://compassionresiliencetoolkit.org/schools/compassion-resilience/))*

“

***Discipline is helping a child solve a problem. Punishment is making a child suffer for having a problem. To raise problem-solvers, focus on solutions not retribution.***

”

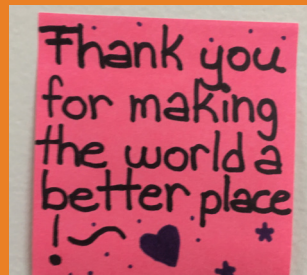
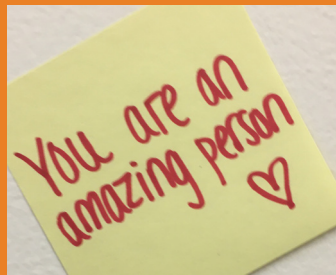
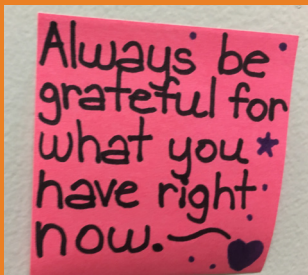
— L.R. Knost

Take time for self reflection



Turn the page to learn about how journaling can help with self care during winter.

## Positive Messages at Innovation Tech



Students from Innovation Tech posted notes of inspiration throughout the hallways for teachers and staff.

## Get Social



facebook.com/  
OCMBOCES



@OCMBOCES

OCMBOCES   
Committed to Your Success

# I Can Choose Activity

By Randi Downs

As we step into this new year and look to the future, I thought I would share an activity that can be used to help students shift perspective. It is called "I Can Choose..." and resides in the book, "Circle Forward: Building a Restorative School Community," by Carolyn Boyes-Watson and Kay Pranis. This book is an incredible companion to our Restorative Practice training and offers many circle ideas and activities to strengthen community. Here is how "I Can Choose..." works:

## In-Person Learning:

- Give each student a note card or sheet of paper on which is written the following:

*"I can choose \_\_\_\_\_  
(Students fill in the name of a fear-based emotion or negative reaction, i.e. anger, frustration, anxiety...)  
Or I can choose peace  
(or love or patience or understanding)  
Which I will let go and be myself,  
Calm, clear, and aware  
There is another way of looking at the world."*

- Tell the students to write their chosen fear-based emotion or negative reaction in the blank space.
- Invite each student to read the poem they have created by filling in that blank space.
- The keeper of the circle can go first to model how it works.

## Remote Learning:

- Create a Google doc or interactive Google slide with the same poem and blank space.
- Use Nearpod to create a slide where students can interact with the poem.

*"I can choose \_\_\_\_\_  
(Students fill in the name of a fear-based emotion or negative reaction, i.e. anger, frustration, anxiety...)  
Or I can choose peace  
(or love or patience or understanding)  
Which I will let go and be myself,  
Calm, clear, and aware  
There is another way of looking at the world."*

- Invite students to read their version of the poem to the entire group.
- Place the poem in "chat" and have students fill in the blank and read the poem they have created by filling in the blank.
- The keeper of the virtual circle can go first to model how it works in a virtual setting.

Try it and see how just choosing a different word can change our entire perspective and empower each individual student. Feel free to email me at [rdowns@ocmboces.org](mailto:rdowns@ocmboces.org) if you have any questions about facilitating this powerful activity.

## Wellness Counts

# Wellness Committee Updates - Main Campus and Seven Valleys

**By Rosanna Grund**

The Main Campus Wellness Committee is up and running! The committee has had the opportunity to offer some in-person and virtual events this school year. Yanira Stoker, a member of Instructional Support Services, has offered two meditation sessions. Yanira is trained to provide guided meditation, and we were fortunate to have her share her gift with staff! As we head into February, we will be kicking off a month-long water

challenge and moving towards a focus on getting fit. All staff at Main Campus are invited and encouraged to join in on the fun!

At Seven Valleys New Tech Academy, the Wellness Committee has also coordinated a few in-person and virtual events for staff. One event included making self-care products using essential oils. The committee also held a virtual nutrition class.

Stay tuned for more information about upcoming wellness events throughout OCM BOCES!



## Self Care Mindfulness for February

### *New Year's Journaling Exercise*

**W**riting down your musings helps to re-enforce any learning that comes with reflection. Take five minutes or two hours to put your thoughts on paper. You can write in an unstructured way or respond to the questions below. Quietly reflecting on your year, ask yourself:

1. What mattered most to me this year? How can I spend more time and energy on this next year?
2. What highlights and favorite moments stand out as experiences I want to recreate? Why?
3. What relationships were most meaningful?
4. List the things I was proud of in the last year.
5. List the things that made me smile and laugh.
6. List the things I regret, and why.
7. Identify moments or activities that made me lose track of time.

Take a look at what you've written so far. Given your responses, list all of the things you'd like to create, feel, achieve, and plan for next year.

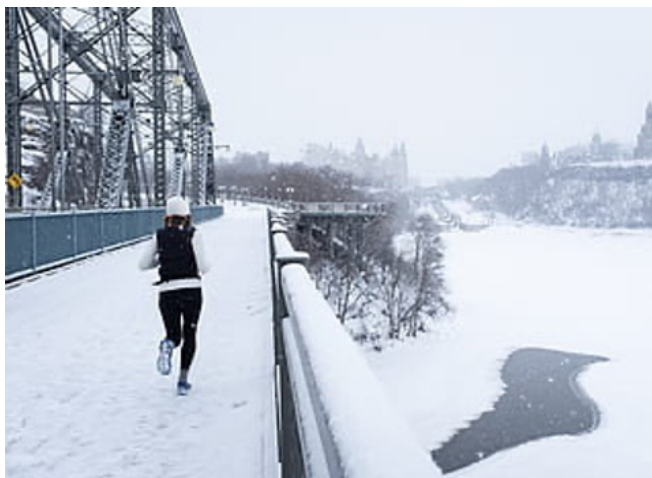
When you tune into all that mattered to you over the last year – the little things that mattered and the giant things that mattered – you begin to get clear on how you want to spend your time in the future. Use your reflections from your past year to catalyze positive changes in your upcoming year – to elevate your world in the ways that are most important to you.



*Written by Melissa Eisler from Mindful Minutes*

# Wellness Counts

## Physical Activity Tips for Winter Months



What kind of workouts are safe outdoors in the winter during COVID-19?

For most people, going for a run around their neighborhood or at a local park is usually the easiest way to get in physical activity outside.

But any type of exercise that's done in warmer temperatures is also safe in the cold.

When asked what forms of exercise people should do in the cold weather, experts recommend: "Anything, except maybe swimming. HIIT workouts, cycling, calisthenics, boot camp, dance workouts, you name it. Just be sure to do a full warmup to ensure your muscles are warm, and your core temperature is elevated before getting into higher intensity exercises."

If you're in a climate with snow, cross-country skiing, snowshoeing, ice skating, and even sled-dogging can be fun ways to work up a sweat.

Outdoor group exercises are safe during the ongoing COVID-19 pandemic, experts said, as long as proper physical distancing measures are taken. They also encourage keeping at least a six-foot distance from other people, ideally more.

*Written by Ashley Welch on January 22, 2021 | Healthline*

## Recipe of the Month: White Chicken Chili

### Ingredients:

- 2 Tablespoons olive, canola or vegetable oil
- 1 onion, scrubbed with clean vegetable brush under running water, finely chopped
- 1 (4 ounce) can chopped green chilies, drained
- 2 (15.8 ounce) cans great northern beans, drained and rinsed
- 1 (14.5 ounce) can low-sodium chicken broth
- 2 teaspoons garlic powder
- 1/2 teaspoon pepper
- 2 teaspoons ground cumin
- 1 1/2 cups cooked chicken, cubed
- 4 ounces Monterey Jack cheese, shredded



### Directions:

1. In a large saucepan, heat oil.
2. Add onion and cook until tender.
3. Add green chilies, beans, chicken broth, garlic powder, pepper, ground cumin, and chicken. Bring to a boil.
4. Reduce heat and simmer for 10 minutes or until desired thickness.
5. Serve hot, topped with cheese.

Yield: 6 servings

Nutrition Information: Serving Size (1/6 of recipe): Calories 300, Total Fat 14g, Saturated Fat 5g, Cholesterol 45mg, Sodium 670mg, Total Carbohydrates 19g, Fiber 5g, Total Sugars 1g, Protein 23g, Vitamin A 4%, Vitamin C 10%, Calcium 20%, Iron 15%

*Recipe courtesy of the University of Nebraska*