

Culture COUNTS

February 2020

The Ceremony of Circles

By Randi Downs

All students need to feel connected to something, especially our students here at OCM BOCES. If our students can count on the fact that they will be sitting in community every day at pretty much the same time, there is the potential to weave calmness into their often chaotic lives. If our students know they will laugh, share, and celebrate in these circles, there is comfort as well. This week, check in with your colleagues:

- What does your circle ritual look like?
- What could it look like?
- What are you committing to trying?

See what the power of ceremony – in the form of the circle – can do for teachers, staff and students!

The Power of Positive Thoughts

By Dan Hesler

Jim Kwik, an American entrepreneur and CEO of Kwik Learning (an online brain training tool), stated: “Your brain is a supercomputer and your self-talk is the program it will run.” When reflecting on self-talk, there are always two possible outcomes: positive or negative self-talk.

In Therapeutic Crisis Intervention, we learned the importance of having emotional competency and the power of positive self-talk. Why does positive self-talk work? Self-talk is a form of neuro-linguistic programming that helps to connect our brain, language and both our internal and external behaviors. When we engage in self-talk, we are helping to support the mind-body connection. When we use positive self-talk, it helps us stay positive in stressful or difficult situations. It also helps to promote a growth mindset!

More information can be found at www.total-mindtherapy.net/sub-conscious-mind-training/using-nlp-to-change-negative-self-talk-into-positive-self-talk/



Cortlandville CTE @mcevoy... · Dec 20, 2019 ✓
McEvoy Students were greeted with a BLIZZARD of positive messages this morning as they arrived.
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“*Seeing something wondrous – a child’s smile, a huge wave crashing on the shore, a giant tree swaying in the wind, a starlit sky – inspires awe, the emotion that lets us know that the world is larger than the little story we’re telling ourselves in any moment.*”

– Frank Ostaseski

Self care during the winter months



Turn to the next page to learn some tips for self care.

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Wellness Counts

Wellness with the Reach Team



Pictured: Reach social worker Kelsey Warthen and Reach ELA teacher Justin Toombs

To welcome new staff to Reach and participate in a wellness activity, the Reach Team worked together to make positivity jars on Jan. 6. The jars will be used for staff members to identify positive things during the day, write them down and put them into the jars. They will also be used for staff members to compliment one another on all of the wonderful things that they do on a daily basis. Periodically, staff members will bring the jars to our staff meetings, and we will each share an item from our jars. During the making of the jars, staff members were continuously grabbing slips of paper to put compliments in each other's jars!

Additional wellness activities for the Reach Team this year will include walking, coloring, playing cards or board games, going ice skating together and planning staff luncheons together.

Thank you to Renae Montroy for this submission!

Recipe of the Month

Celebrate National Oatmeal Month
Creamy Banana Walnut Oatmeal



Ingredients:

- 1 cup fat-free or low-fat Milk
- 2 packets instant Oatmeal
- ½ ripe Banana, mashed
- ½ tablespoon chopped Walnuts

Preparation:

In a small bowl, combine milk and packets of oatmeal. Microwave on high for 1 to 2 minutes until steaming hot, but not boiling. Stir until creamy. Stir in mashed banana. Garnish with walnuts and serve.

Activity Tip

Eagle Pose

Targeted Muscles: Neck and Shoulder Blades

How to do it: Hold your arms at your sides. Swing your arms toward each other, bringing your left elbow over your right.



Bend your elbows so the back of your hands are touching. Hook one hand over the other so the palms are facing one another.

For more information and a visual, visit www.yogajournal.com/poses/eagle-pose

Tips for self care - maintain a balanced life

- Leave work at work
- End over-commitments
- Avoid multitasking – do one thing at a time
- Schedule a realistic day. Avoid the tendency to schedule back-to-back appointments; allow time between appointments for a breathing spell
- Let go of perfection
- Schedule alone time
- Start a relaxing hobby
- Schedule time with friends for fun or for someone you can talk things out with when necessary
- Create a list of what gives you joy and be sure every day contains at least one item
- Have a support network
- Have goals and plans
- Don't take on everyone else's burden
- Start a physical exercise program
- Eat healthful meals and snacks
- Routinely get seven to eight hours of sleep
- Simplify as much as you can
- Don't sacrifice who you are for others
- Get a new haircut, a massage or a pedicure, and don't feel guilty about it
- Allow 15 minutes of extra time to get to all appointments
- Prepare for the morning the evening before – make lunches and put out clothes to wear
- Don't rely on your memory. Write down appointment times, when you pick up the laundry and when library books are due.
- Have time away from your cell phone

Thank you to Anita Parks for this submission!