

Culture COUNTS

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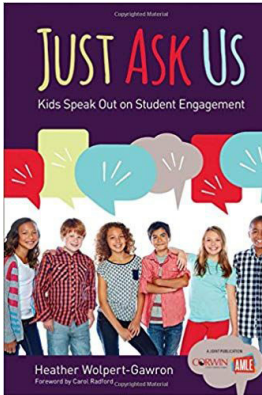
March 2021

Giving Students a Voice: A Restorative Teaching Approach

By Randi Downs

Instructional Coach

So often, teachers ask me for engagement strategies, moves and activities that will engage *all* learners, and I've come to realize that there is one simple way to engage students and give them voice in their learning — ask them!



Imagine an environment that puts students' ideas, thoughts and observations first. In her book, *Just Ask Us, Kids Speak Out on Student Engagement*, by Heather Wolpert-Gawron, students share what strategies work best for them and what “not being engaged” looks like.

Kids can be pretty insightful, and you will be surprised at what they share when you give them the space to voice what matters to them. Why don't you give it a try as you continue to build relationships with your students?

Offer a bank of strategies for students to share and deepen their learning. After using a particular strategy, have students reflect on what worked or where they became “stuck.” When we involve our students in their own learning, we are truly being Restorative Practitioners.

“AN INVESTMENT
IN KNOWLEDGE
PAYS THE BEST
INTEREST.”

— BENJAMIN FRANKLIN

Please go to the
next page to learn
about the benefits
of a “Life Space
Interview.”

Students at Innovation Tech ask, ‘What do you love?’



February's theme of “love” at Innovation Tech resulted in this colorful bulletin board through the Friends of Rachel Club. Each student completed a heart by placing an image on it that reflected people or things that meant a great deal to them.

- From Counselor Kayla Beyer

GET SOCIAL



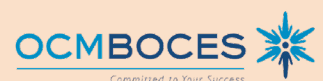
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Helping students learn once 'baseline' is resumed

By Dan Hesler

Instructional Coach

One of the greatest joys of working with students is seeing them grow and watching them learn new skills. Frequently, once a student is back at baseline after being upset during a crisis, we have the ability to help the student learn from the event by conducting a Life Space Interview (LSI).

The steps of the LSI (at right) provides a therapeutic framework for teaching replacement behavior.

Steps to the Life Space Interview

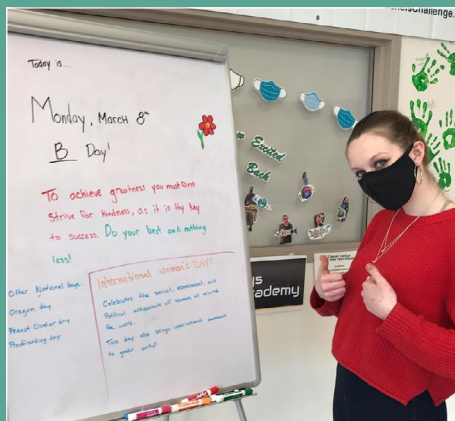
- I** – Isolate the conversation
- E** – Explore the student's point of view
- S** – Summarize the feelings and content
- C** – Connect feelings to behavior
- A** – Alternative behaviors discussed
- P** – Plan developed/Practice new behavior
- E** – Enter student back into the program

More information can be found in your TCI Workbook pages W33-W42.



The Power of a Word

Participants in a recent Restorative Practices training session were asked to name one word that comes to mind when they think of Restorative Practices. This third cohort of OCM BOCES staff is going through the training with instructional coaches Randi Downs and Dan Hesler. If you've been through the training, what would your word be?



More Kindness in PE today.
Thank you Morgan for rescuing the eclipse ball from the ceiling
and thank you Cassie for teaching a classmate how to serve!



Students, staff give shout-outs to kindness at Seven Valleys

Alyssa gets a shout-out for taking care of the morning bulletin board. Morgan gets a shout-out for taking care of the morning bulletin board. Morgan gets a shout-out for rescuing a ball from the ceiling. Allan gets a thank you for giving up time to teach a paper-crane origami workshop for the Mixed Media Arts class. All of these images (above, left to right) are part of an effort at Seven Valleys New Tech Academy to promote a culture of kindness and compassion in school. If students and staff are "spotted" doing kind things, their names get put into a weekly drawing for a gift card at one of their favorite local establishments, such as a coffee shop. Principal Amy Drumluk said the kindness recognitions followed student presentations on optimism — a Friends of Rachel (FOR) Club activity — in their Family Groups.

WELLNESS COUNTS

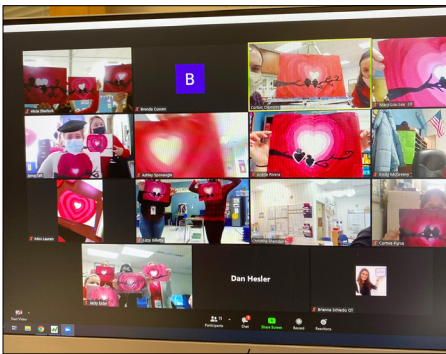
Crown Road staff create art via Zoom

The Crown Road Campus Wellness Committee is up and running! The committee recently sponsored a “Paint and Sit” activity over Zoom.

Committee Update: Crown Road Campus

The event offered a great opportunity for colleagues to relax and have fun with each other — and the finished products revealed

some impressive artistic talent! The committee also handed out wellness snack bags to all staff that proved to be a big hit.



Hydration benefits touted to staff at Main Campus

Members of the Main Campus Wellness Committee recently encouraged staff to drink more water through a “hydration challenge.” Staff members were invited to drink at least eight, 8-ounce

Committee Update: Main Campus

glasses of water a day. Experts say the health benefits of staying adequately hydrated include increased energy, better brain function, clearer skin, and healthier digestion. [Here's one article you can read from healthline.com.](#)

Daily mindfulness activities abundant on YouTube

Check out this great resource on YouTube for building mindfulness exercises into your day: youtube.com/hashtag/todaysmindfulmoment.

In one example of #TodaysMindfulMoment,

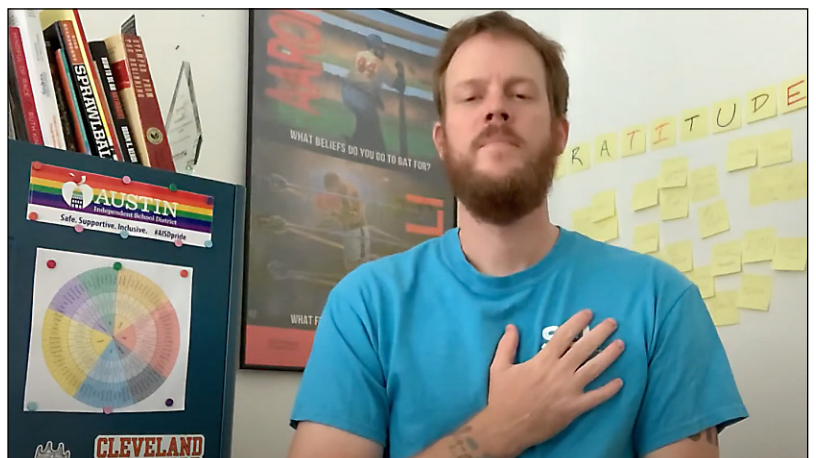
Self-Care & Mindfulness for March

Kamariza (top right) invites us to use mindful breathing and

gentle stretching as an anchor to stay in the moment no matter what comes our way.

In another example, mindfulness specialist James Butler, who has visited OCM BOCES on two occasions, shows us how to use [gratitude lists](#) as a proven means of boosting our social and emotional health.

Other topics on the site include “Gratitude for Teachers,” “Self Compassion,” “Smile and Laughter,” and many others.



WELLNESS COUNTS

Twelve tips for exercising outdoors — no matter what the weather

The calming combination of exercising and being outdoors can offer a welcome relief during this pandemic. But how should you dress when it's cold and windy outside? Here's what the experts say:

- Dress “dry,” not just warm, using sweat-wicking clothing whenever possible.

Physical Activity: Dressing for Outdoors

- Layer up. Don't stop at sweat-wicking clothes.
- Opt for bright colors to increase your visibility.
- Protect your extremities with hats and gloves.
- Protect your skin from the cold with petroleum-based or cream-based moisturizers and petroleum-based lip balms.
- Check your traction with good footwear.

- Do a warm-up first to loosen muscles.
- Breathe right — focus on relaxed breathing!
- Remove layers as you heat up.
- Stay hydrated!
- Head into the wind first.
- Cool down and quickly change out of damp gear when you are done with your exercise.



Recipe: These Italian iced orange cookies are ‘perfectly sweet’

These delicious cookies will literally melt in your mouth. They're perfectly sweet and have hints of orange juice and zest in every bite.

Wet Ingredients

- 6 tablespoons butter, room temperature
- 1/2 cup sugar
- 1 egg, room temperature
- 1/3 cup orange juice
- 1 tablespoon orange zest
- 1/8 teaspoon almond extract

Dry Ingredients

- 1 1/2 cups all purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt

For the Icing

- 1/2 cup powdered sugar
- 1 tablespoon fresh orange juice
- 1 teaspoon orange zest
- 1 tablespoon melted butter
- 1 tablespoon softened cream cheese

Instructions:

Preheat oven to 350 degrees F. Line a large baking sheet with parchment paper. In the bowl of an electric mixer, cream together butter and sugar for 1 minute until well combined. Turn mixer to medium-low speed and add in egg (make sure it's at room temperature — you can do this by running the egg under warm water for 1 minute); beat until well combined, smooth and creamy, into the butter and sugar. Next beat in the orange juice, zest and almond extract for 30 seconds. In a medium bowl, whisk together the flour, baking powder and salt.

To make the icing:

Once cookies have cooled, make the icing: Add the powdered sugar, orange juice, zest, melted butter and softened

Healthy Eating: Recipe of the Month



cream cheese to a bowl. A drop of almond extract is also delicious in the icing, but please only do one drop if you'd like. Dip the top of the cookies in the icing then place back on the wire rack to allow icing to harden. Garnish with a little extra orange zest to make them pretty.

Yield: 4-16 cookies.

Nutrition Information: Serving size: 1 cookie. Calories: 148. Fat: 6.4g. Saturated fat: 3.9g. Carbohydrates: 21.7g. Fiber: 0.4g. Sugar: 11.9g. Protein: 1.9 g.