

Culture COUNTS

May 2020

Practicing trauma informed care in the remote learning setting

By Dan Hesler

I recently attended a three-part webinar on the topic of Maintaining Mental Health in schools during social distancing. One of the presenters made the point that we are not “social” distancing; rather, we are actually practicing “physical” distancing during this pandemic. That language really resonated with me. Why is this important? As adults, we are finding it especially important at this time to stay connected with family and friends, whether it is a Zoom dinner party or waving through a window. Our students also need these social interactions and routines that we all desperately crave.

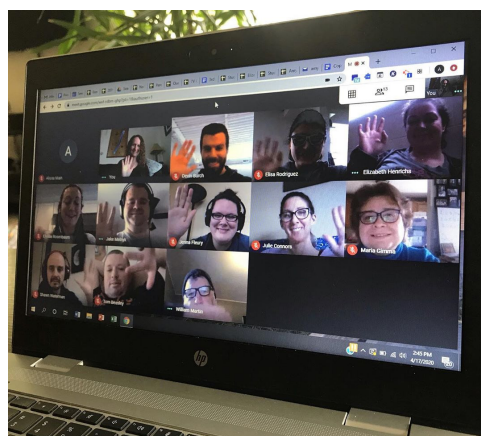
As we continue to teach and support our students through remote learning, it is essential to practice the principles of trauma-informed care as we teach. It sounds simple, but when interacting with our students, make sure to take the time to show both concern for them and let them know you care. Remember, the number one resilience factor for youth experienced trauma is a caring adult.

Using affective language is another way to show you care and strengthen the relationship, e.g., “I am really proud that you got your work done.” Building a routine can be very beneficial as well. Being consistent with the format and the time of day you hold your weekly meetings can give students something to look forward to.

Be mindful of the home environment for many of our students as well. Many students might be uncomfortable having their environment displayed behind them during a Zoom or Google Hangouts session. It is important to understand this. One way to support students who might be feeling this way is by having the class create a background banner that everyone could use.

Another issue is that many students might not feel safe in their home environment, resulting in them not being able to speak openly about how they are feeling. As a group, you could set norms around communication and offer an alternative communication method to students. As educators, it is important to keep in mind that everyone is feeling the stress of the world today, and no time is more important than now to practice self-care.

For more information, [check out the following article from Education Week.](#)



Staff at Seven Valleys New Tech Academy stay in touch using Zoom.

“If some students are unresponsive, maybe you can’t teach them yet. But you can love them, and if you love them today, maybe you can teach them tomorrow.”

— Jeffery Holland

Resources for Social Distancing and Remote Learning



Turn to the second page to learn more.

Get Social



facebook.com/
OCMBOCES



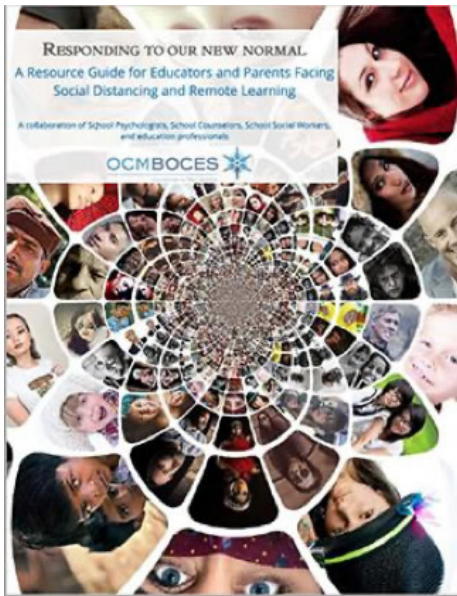
@OCMBOCES

OCMBOCES 
Committed to Your Success

OCM BOCES resources to use at home

OCM BOCES has been hard at work creating resources for our districts and teachers. Many of these same resources can also be of great help at home right now.

Resources for social distancing and remote learning



Forty-six school psychologists, counselors, social workers and other education professionals from across the region collaborated recently to create a document to help educators and parents face the social and emotional challenges associated with COVID-19. The collaboration was the result of the work of OCM BOCES teacher-trainer Jackie Beck in Instructional Support Services, who aimed to harness the collective expertise of professionals who live and work in Central New York.

The document, called [Responding to Our New Normal: A Resource Guide for Educators and Parents Facing Social Distancing and Remote Learning](#), is easy to use and packed with self-care guidance and other tools for managing the unique challenges of the pandemic:

- Addressing social isolation
- Maintaining the home-school connection
- Social skills in a remote setting
- Resources to assist parents

Online learning resources for parents, districts and teachers

The OCM BOCES Instructional Support Services Division and the Central New York Regional Information Center teamed up to create a one-stop-shopping resource for a litany of free, educational online learning tools created for educators and parents. Recently the website has been updated to include practical and educational resources for parents and caregivers. Access the website at: <https://sites.google.com/view/ocmboces/>.

OCMBOCES

Instructional Support Services/Model Schools

Home

Online Teaching and Learning Tools

ELA

English Language Learners

Fine Arts

Library/Research

Math

PE, Health & Wellness

Science

Social Studies

World Languages

Student Activities

Gifted/Talented

INSTRUCTIONAL SUPPORT

OCM BOCES Supports Students, Faculty Staff, Administrators and Families.

This site is organized by content/curriculum areas. When appropriate we have also included resources that can be downloaded and accessed without connecting to the Internet. Contact information is provided for each content area. Please do not hesitate to reach out to us for additional support.

OCMBOCES

INSTRUCTIONAL SUPPORT

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

THE SILENT VOICES OF STUDENTS

OCM BOCES Supports Students, Faculty Staff, Administrators and Families.

Please click on the button below to visit the Instructional Support Services homepage for additional information.

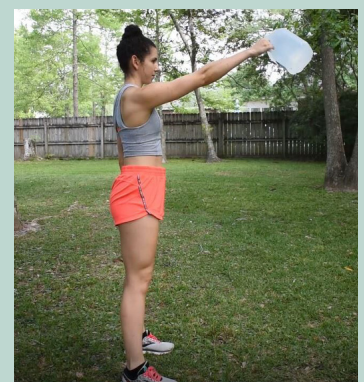
Instructional Support Services homepage

Activity Tip: *Water Bottle Weights*

If you are looking to do some arm, shoulder, and back strength training, you can make your own weights by filling up water bottles. If using water bottles becomes too easy, use milk jugs. You can tailor the exercise to your level by filling the jugs to the exact weight that you need. For a greater challenge, increase the water amount just a little bit each time you workout.

You can do all sorts of exercises with a water jug and other home objects, such as kettlebell swings (pictured here), squats, and arm lifts.

Source: Amanda Capritto/CNE



Wellness Counts

Wellness while social distancing

While there is a need for social distancing during this time as a result of COVID-19, there is also an increased need to remain socially connected. There have been so many examples of creative ways to stay socially connected and provide emotional supports and wellness activities remotely.

The following are just a few examples of the ways OCM BOCES staff are staying connected and focusing on wellness.

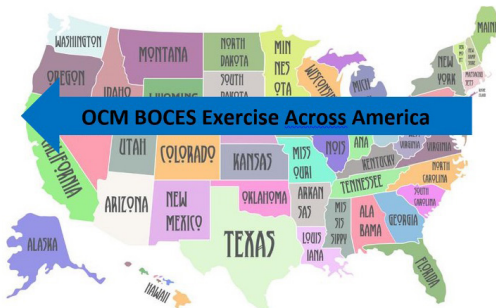
OCM BOCES physical education teachers have put together an OCM BOCES exercise challenge for all student services staff. The first week's virtual classes taught by our physical education staff included high-intensity interval training (HITT) classes, yoga, and whole-body workout classes. Individual



OCM BOCES staff at Crown Road Campus participate in a knitting group via Zoom, hosted by school psychologist Chrissy Woodring, for Wellness Wednesday.

classroom staff were encouraged to submit any minutes of physical activity they completed. During the first week of the program, 190 hours of physical activity were recorded. Virtually, we made it from the OCM BOCES Main Campus to Cambridge City, Ind.

In addition, Wellness Wednesday activities have been held remotely in the Special Education department. Activities have included yoga, trivia, painting, knitting, and meditation, just to name a few.



Recipe of the Month: Pantry Pad Thai



- 1/4 cup water
- 1/4 cup packed dark brown sugar
- 2 tablespoons natural low-sodium peanut butter
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons fresh lime juice
- 1 tablespoon apple cider vinegar
- 1 heaping teaspoon minced garlic
- 1 teaspoon canola oil
- 1 teaspoon red pepper flakes
- 4 cups chopped cooked vegetables
- 1 cup cooked shrimp, chicken, firm tofu or other lean protein
- 1 pound noodles, cooked
- 2 eggs, beaten
- 1/4 cup unsalted dry roasted peanuts
- 2 tablespoons fresh cilantro leaves

1. Combine the water, dark brown sugar, peanut butter, soy sauce, lime juice, apple cider vinegar, garlic, canola oil and red pepper flakes in a large mixing bowl. Whisk until the sauce is smooth. Toss the vegetables, lean protein and cooked noodles in the sauce. Set aside.
2. Spray a small skillet with cooking spray. Cook beaten eggs over medium heat, stirring until scrambled, about 1 minute. Add scrambled eggs to the noodle mixture and toss again.
3. Garnish with peanuts and cilantro and serve warm. Serves 6.

Wellness Counts

Research-based tips for workplace self care

1. Don't Sacrifice Sleep

Getting a full eight hours seldom wins out when other activities compete for your time, whether it's grading papers or bingeing on Netflix. But those extra hours make all the difference when it comes



your ability to function, both physically and mentally. In a 2010 study, nearly 25 percent of teachers and administrators reported that their daily activities were impaired by

lack of sleep. This same study notes that 43 percent of school personnel slept less than six hours per night, about an hour less than the average American adult.

Physically, lack of sleep disrupts basic functions, such as immune regulation, metabolic control, learning and memory. It's also associated with a wide variety of health problems. And the evidence for sleep's effect on emotion regulation is mounting. In a 2007 experiment, sleep-deprived individuals showed 60 percent greater activation in the amygdala (the part of the brain responsible for "fight or flight") in response to negative emotional stimuli. What does that mean, exactly? If you're not getting enough sleep, you won't be nearly as cool, calm, and collected when facing a disruptive student or an issue with a colleague.

2. Practice Mindfulness

Quieting the constant noise of everyday life and being present in the moment is easier said than done. Luckily, there are plenty of ways to work mindfulness into your schedule, whether it's aware-

ness of your surroundings while on your lunch break, intentionality about your eating, gratitude journaling, or just focusing on deep breathing when you're feeling tense.

Stay especially mindful of your time. If you're feeling stretched too thin, consider reassessing your boundaries when it comes to your schedule. Make relaxing a priority by dedicating specific time to recharging your mental batteries.

When was the last time you took a slow, deep breath? Diaphragmatic breathing can help reduce stress at any point in your day: Breathe in slowly through your nose, feel your stomach move out, then breathe out slowly through your mouth.



3. Get Your Steps In

When done regularly, aerobic exercise buffers against depression, anxiety, and sensitivity to stress — more endorphins equal less likelihood of burnout. Healthy, emotionally resilient educators are likely to maintain composure during challenging student encounters and positively engage students in learning.

Try to work movement into your daily routine, such as taking a walk at lunch. On weeks where squeezing in a workout just isn't doable, schedule it into your weekend plans.

Source: Committee for Children Blog, March 2019 edition Reference: Amschler, D. H., & McKenzie, J. F. (2010). Perceived sleepiness, sleep habits and sleep concerns of public school teachers, administrators and other personnel. *American Journal of Health Education*, 41(2), 102-109