

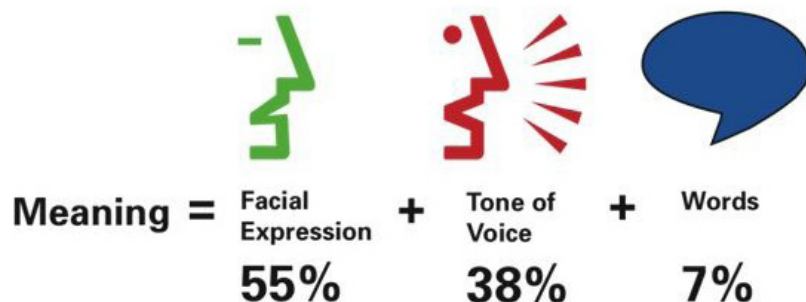
Culture COUNTS

Harnessing the Power of Language at OCM BOCES

By Dan Hesler

Within the school setting, one of our main tools to support students is the use of both verbal and nonverbal communication. Therapeutic Crisis Intervention, Positive Behavioral Supports and Interventions, and Restorative Practices all provide strategies to frame verbal interventions with students. These interventions include the use of active listening, affect statements, and positive behavioral praise statements. However, the use of language within our programs can be a very complex issue because students who are exposed to violence often experience instrumental language (used to give directions) rather than language being used as a therapeutic tool (Craig, 2008). When students are upset, it is important to keep this visual in mind:

MEANING IN SPOKEN COMMUNICATION DURING TIMES OF CRISIS



Tips for Using Language Therapeutically:

- Use silence when a student is upset.
- Use reflective responses: "You're upset about your field trip being canceled; I would be upset, too."
- Offer an apology: "I am sorry you are feeling so frustrated."
- Use affect statements: "I feel happy when you complete all your work."
- Use 10:1 positive to negative statements.
- Use behavior-specific praise statements: "Thank you for being responsible and holding the door."

For more information, visit www.iirp.edu, www.pbis.org, or the TCI Student Handbook.

“Ideal teachers are those who use themselves as bridges over which they invite their students to cross, then having facilitated their crossing, joyfully collapse, encouraging them to create bridges of their own.”

— Nikos Kazantzakis

Are you Brave, Mad, Sad, or Calm?



Turn to the next page for a photo journal of recent mentor training.

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Checking in with Classroom Agreements

By Randi Downs

We are about ten weeks into the school year, and if you have not already, now might be an opportune time to check in with the class guidelines or working agreements. What often happens is, we create these shared understandings with students during those first few days of school, when we are new to each other. However, the classroom culture evolves dramatically over the school year. If we value these shared agreements, then it is important that they remain a living document, so they can help the group adapt to their changing community. Here's one way we can do that:

Checking-in with Guidelines Circle*

- Start by reminding the group of the values and guidelines created earlier in the year. Perhaps a student reads them, or the whole group quietly reflects on the chart.
- Ask each student to write down an agreement they would like to practice today.
- Round 1 can be a sequential circle: Each member of the classroom shares what they wrote down and why.
- Round 2: Students describe an action or behavior that will help them practice the agreement.
- Round 3: Teacher asks: "Can you think of anything your fellow classmates could do to help you practice that agreement?"
- Check-out round (mood-check, next steps, something they are looking forward to, etc.)

If we make space for these types of check-ins throughout the year, then those class working agreements remain a living and breathing document, not just a poster hanging on the wall. This way, the entire community can learn and grow together in a shared, supported environment.

(*From *Circle Forward: Building a Restorative Community* by Boyes-Watson and Pranis)



Pictured: Morning circle in Dawn Loomis' Special Education class at McEvoy includes a mood check.

Mood Meter Kicks Off Mentor Training



Wellness Counts

OCM BOCES Staff Practice Wellness, Learn Resiliency

By Rosanna Grund

As part of the OCM BOCES staff wellness initiative for the 2019-20 school year, staff members have been taking part in a variety of initiatives.

Yoga at Cortlandville

Elizabeth Dryja, a certified yoga instructor and a Cortlandville teaching assistant, led a yoga session for our Cortlandville staff. The program offered yoga exercises, meditation, and mindfulness breathing techniques that are beneficial for staff wellness and can be used in the classroom with our students.

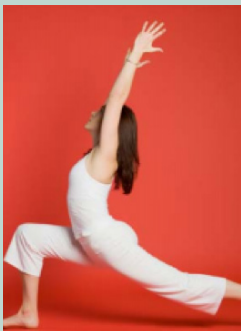


Resiliency Training at Thompson Road

Staff in the Career and Technical Education programs at Thompson Road are well underway with their resiliency training. Employees received an overview and rationale for enhancing campus culture and wellness. The CTE group has also empaneled a wellness committee, developed/distributed a needs and wants survey, and is planning to implement the services/activities selected by their staff. The group has already put into play a “Top of Thompson Award” that recognizes a particular achievement of one staff member each month. The first recipient was CTE Computer Technology teacher Ed Frontuto, whose colleagues noted that he unselfishly assists with their computer glitches.



Physical Activity Tip for November



Wake up with Warrior One! Mornings set the tone for the rest of the day, so you might want to begin yours with a calm state of mind. Help awaken your senses with this invigorating yoga move. Stand up straight and then step back with one leg as far as you can comfortably go. Bend your opposite knee so it's directly above the ankle and turn your back

foot in slightly. Raise your arms directly above you, reaching strongly, and look up. Take 30 seconds to hold this position and breathe deeply. Reverse leg positions and repeat.

Move and image courtesy of everydayhealth.com.

Recipe of the Month

Enjoy this classic holiday breakfast served warm or cold with a side of fruit.

Easy Bread Pudding

Photo courtesy DairySpot.com

Ingredients

4 cups day-old whole-wheat, raisin, sourdough or oatmeal Bread, cubed
2 cups fat-free Milk, scalded
¾ cup fat-free Egg substitute
¾ cup packed dark brown Sugar
1 teaspoon Vanilla
1 teaspoon Brandy or Rum, optional
Confectioners' Sugar, optional



Preparation

Heat oven to 350 degrees. Coat a two-quart nonstick baking dish with cooking spray. Place cubed bread in baking dish and set aside. Combine milk, egg, brown sugar, vanilla and brandy and pour over bread cubes in dish. Bake 35–40 minutes or until set. Cool on wire rack for 10 minutes. Lightly dust with confectioners' sugar.

Wellness Counts

Self Care Mindfulness for November

Unwind this Monday with the 5-4-3-2-1 Coping Technique

By Rosanna Grund

The 5-4-3-2-1 Coping Technique is designed to ease your state of mind so you can get through stressful moments. The goal with this exercise is to use the five senses to focus on the moment and avoid multiple anxious thoughts that can get in the way of your progress. Deep, slow, and long breaths are your first priority for achieving a calm state before proceeding to the following steps:

5. SEE: Acknowledge five things that you can see around you. Options can range from a pen or stapler at your office to a bird or tree while you're out at the local park. If you're at home, you can look at a family photo on the wall or a glass of water on the kitchen counter. You can pick between big and small items to keep your options open.

4. TOUCH: Acknowledge four things that you can touch around you. You can start with your hair, hands, elbows, and other parts of your body if you're short on time. The ground beneath your feet, whether it's the floor of your bedroom or the office at work, also helps. Pillows, desks, phones, and keyboards can fit this step.

3. HEAR: Acknowledge three things you can hear around you. Instead of listening to your own thoughts or sounds from your body, like your stomach growling, focus on external noises. Examples include someone driving a car nearby, a clock ticking, or a dog barking. If you're at work, you can listen to typing and the steps of people walking by your desk.

2. SMELL: Acknowledge two things around you that you can smell. This step may be a challenge compared to the others, so it's best to go to a place with more sources of scent if you don't smell anything wherever you are at the moment. The outdoors has plenty of options for smells, and the soap in bathrooms also helps. Your furniture can provide pleasant smells for this step when you're home.

1. TASTE: Acknowledge one thing around you that you can taste. It doesn't necessarily have to be food, as toothpaste and minty floss you use in the morning or at night are easy sources. You can also go with the cinnamon-raisin oatmeal you have for breakfast, the sandwich and chips you have for lunch, or the pasta primavera you have for dinner. Coffee, tea, and other drinks you have to get through the day also work.

End the exercise with a long, deep breath.

The 5-4-3-2-1 Coping Technique

Ease your state of mind in stressful moments.

Acknowledge **5** things that you can see around you.



Acknowledge **4** things that you can touch around you.

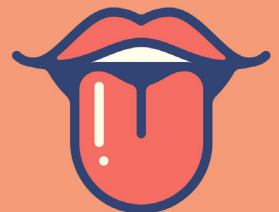


Acknowledge **3** things that you can hear around you.

Acknowledge **1** thing that you can taste around you.



Acknowledge **2** things that you can smell around you.



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