

# Culture COUNTS

November 2020

## Virtual Circles - It Can Happen!

By Randi Downs

Many of you might be wondering how to facilitate circles with your students, so I'm going to share a way to create a fun, interactive circle routine that you can use with remote learners. Below is a template you can use to get started. [Access the electronic version of the slide template here.](#)

By placing names inside the boxes on the stools, then sharing this slide with your students, you are able to virtually drag and "pass" the talking piece around the circle. Be sure to share the template via Google Classroom and "make a copy of each student." That way, each student can "pass" the talking piece by dragging it around the screen.

A nice piece to this is that students will learn and use each other's names as they say where they are placing the talking piece. I've used this in a meeting, and it is so much fun! It definitely engages all participants as they once again feel a part of the community circle.

Please contact me at [rdowns@ocmboces.org](mailto:rdowns@ocmboces.org) if you have any questions. I would be happy to help you create your virtual circle space!

### Virtual Circle Videos

Interested in learning more about Virtual Circles? Check out these videos to see them in action!

- <https://youtu.be/g5vkFiziKDY>
- [https://drive.google.com/file/d/1\\_revYtU7a1nlfG4F7AXz-6koW7vgxqe58/view](https://drive.google.com/file/d/1_revYtU7a1nlfG4F7AXz-6koW7vgxqe58/view)

“Every student asks three questions about their teacher every day.

1. Can I trust you?

2. Do you believe I can succeed?

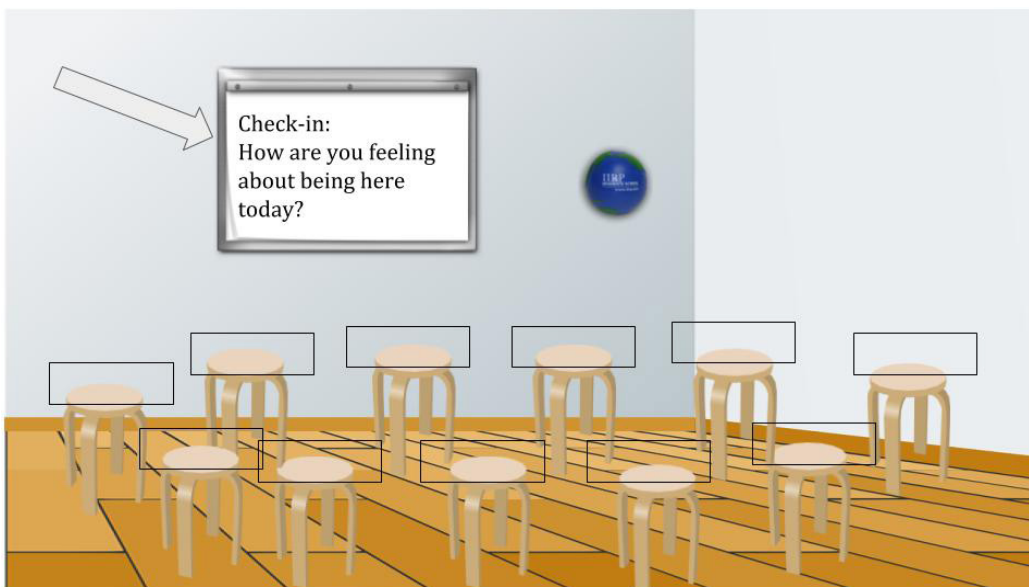
3. Do you care about me?”

— Tom Loud

### The Power of Positive Messages



Turn to the second and third page to see some positive messages from our buildings!



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# Adapting Behavior Support Techniques for 2020

By Dan Hesler

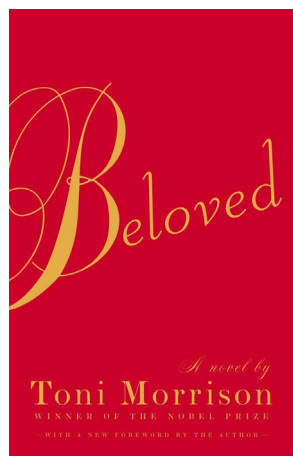
Students who have been exposed to traumatic experiences often have difficulty regulating both their emotions and impulsive behaviors. This year, more than ever, it is important for us to explore different ways to de-escalate these situations. Staff have the ability to help de-escalate the student at the first sign of stress or a triggering event by using behavioral support techniques.

When staff use self-awareness/emotional competence in their practice, they have the ability to respond to behavior rather than react to said behavior. To that end, it is important to be mindful when choosing a behavioral support technique and ensure it is appropriate for that individual student. Behavior support techniques provide environmental support to reduce stress and risk in the situation. See the box at right to explore more behavior support techniques.

More information can be found in the TCI Workbook, page W33-W42.

## Behavior Support Techniques

- Managing the Environment
- Prompting
- Caring Gesture
- Hurdle Help
- Redirection and Distractions
- Proximity
- Directive Statement
- Time Away



## Join the OCM BOCES Book Club!

Interested in joining the OCM BOCES Book Club? The OCM BOCES Wellness Committee has launched a book club as a way of promoting social and emotional health among employees. The next book club meeting will discuss “Beloved” by Toni Morrison. The Pulitzer Prize-winning novel takes place after the American Civil War, and tells the story of a family of former slaves whose Cincinnati home is haunted by a malevolent spirit.

Each month, the book club will select a new book to read and discuss. This month, the book club will be meeting in-person at OCM BOCES Main Campus and virtually. To sign up or learn more, please email Terri Hewitt at [thewitt@ocmboces.org](mailto:thewitt@ocmboces.org).

## Positivity at the Crown Road Campus



Have any fun displays or messages to share? Please send them to Katie Jensen at [kjensen@ocmboces.org](mailto:kjensen@ocmboces.org).

# Wellness Counts

## The Power of Positive Messages - Staff Shout Outs!

*Did you know that positive attitude and wellness are connected? Numerous studies have shown that people who have a positive attitude and are generally optimistic enjoy a better quality of life and health. Staff at OCM BOCES shared positive messages with their students, families and each other during the previous school year. They plan to continue this practice into the new school year.*

Staff at the Cortlandville Campus recently created a "Staff Shout Outs" board. The board provides staff members with the chance to recognize some of the great things their fellow staff members are doing, and thank them for their efforts. Great job sharing positive messages, Cortlandville staff!



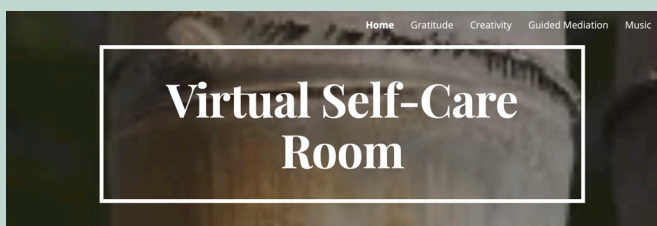
## OCM BOCES Wellness Committee Update

Wellness Committees have sprung into action in all of our programs at OCM BOCES this school year, with a commitment to providing activities and resources to promote staff wellness. A special thank you to Terri Hewitt for coordinating the OCM BOCES Book Club at Main Campus, which just finished reading "The Little Paris Bookshop."

Other wellness activities across OCM BOCES have included grab-and-go breakfasts for staff, walking clubs, spirit week, and mindfulness activities.

### Practicing Self-Care

Click on the Virtual Self-Care Room image below or visit [sites.google.com/ocmboces.org/virtualself-careroom](https://sites.google.com/ocmboces.org/virtualself-careroom) to view a self-care site for educators and administrators created by Janel Payette, OCM BOCES Coordinator of Consultant Support Services.



## Recipe of the Month: Pumpkin Cranberry Muffins

2 cups flour  
3/4 cup sugar  
3 teaspoons baking powder  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
3/4 teaspoon allspice  
1/3 cup vegetable oil  
2 egg (large)  
3/4 cup pumpkin (canned)  
2 cups cranberries (fresh or frozen chopped)



1. Preheat oven to 400 degrees.
2. Sift together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper lined muffin cups.
7. Bake for 15 to 30 minutes.

Source: University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat

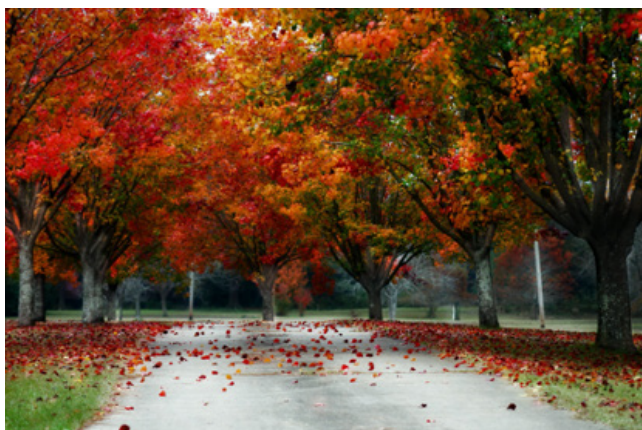


# Wellness Counts

## Physical Activities for Embracing the Fall Season

**Fall is one of the most beautiful times of year! It is also one of the busiest times of year with so much to do. While winter is on the horizon, there is still plenty of time to get in some fun fall activities that can double as a workout!**

1. Raking Leaves - Raking is no one's favorite part of fall, but it is one of the best workouts you can get in the fall! While the leaves colors are turning, it's time to get those muscles burning!
2. Apple Picking - You could spend hours walking through an apple orchard trying to find the perfect apples! Not to mention, once you burn all those calories, you have a bushel of apples to make into healthy recipes!
3. Gardening - While most people think of gardening as a spring activity, the fall is when those gardens are ready to be harvested and prepped for next year. Fall is the time to plant those bulbs for next year!



4. Picking from the Pumpkin Patch - Walking the pumpkin patch will help you burn off extra calories. Pick a big one for added weight lifting, although not too big as to cause injury. Keep your back straight and lift with your knees! And don't forget to use those pumpkins for some fall pumpkin recipes and enjoy the incredible health benefits of pumpkins, too!
5. Football - Playing a game of touch football is a fun way to get some exercise with the whole

family — not to mention the fine motor skills, teamwork, and numerous other benefits playing sports has for kids!

6. Hiking to view foliage - What could be better than spending some time to take in the beauty of the fall season while getting in a good workout? Connecting with nature has a calming effect on the mind. It's important not to overlook the mental health benefits of autumn as you strive to improve your overall wellness.
7. Biking - If you're looking for a higher intensity workout, instead of hiking, try biking! The long winter is approaching, so this might be your last chance to take that bike out for the season. What better way to take in more of the beautiful sights of autumn in a shorter period of time?
8. Corn Maze - The corn maze is a staple of the fall season and a great way to get exercise without even realizing it. Think of all the calories you'll burn as you aimlessly wander around the maze looking for a way out. Just don't get lost — or do, and burn some extra calories in the process!
9. Nature Scavenger Hunt - Turning your nature walk into a fall scavenger hunt for the kids is a fun way to get them moving and enjoying nature!

*Source: Adapted from Community Care, Physicians Blog 10/19/2016*

### Have a suggestion for Wellness Counts?

We want to hear from you! Please submit any wellness suggestions for the newsletter to [wellness@ocmboces.org](mailto:wellness@ocmboces.org).