

Culture COUNTS

Welcome to the 2019-2020 School Year!

By Dan Hesler

Welcome back and I hope everyone had a nice summer! Educator Jessica Stephens stated, “There is no such thing as a ‘bad kid’ — just angry, hurt, tired, scared, confused, impulsive ones expressing their feelings and needs the only way they know how. We owe it to every single one of them to always remember that.”

As we start the new 2019-2020 school year, it is important to keep the above quote in mind and the importance of relationships with students. A positive relationship with your students can play a vital role in decreasing behavior within the classroom. In Therapeutic Crisis Intervention (TCI) we learned that “most crises can be prevented by building caring relationships, establishing structure and activities that meet student’s basic needs” (TCI Reference Guide, R13). Using a collaborative circle is a great way to get to know your students within the first few weeks of school and start to build those relationships.

Below are some tips to accomplish that goal.

TIPS TO HELP: Build relationships and make this year a success

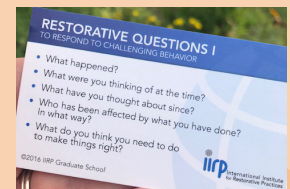
- Be an active listener.
- Provide students with as much consistency as possible.
- Let students know at least once a day how much you like them and how happy you are to be working with them.
- Show an interest in your students.
- Check with students throughout the day on how they are feeling.
- Provide students with opportunities to experience themselves as important contributors to the classroom.

More information can be found in “Reaching and Teaching Children who Hurt” by Susan E. Craig.

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— Educator Jessica Stephens

Start the school year
restoratively!



Turn this page over for a
refresher on Restorative
Questions.

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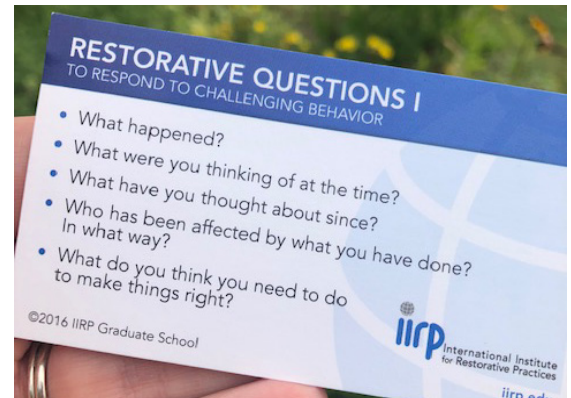
Late Summer – A Time to Look Forward

By Randi Downs

The end-of-summer flowers are blooming, signifying the start of another school year. This is the perfect opportunity to create a restorative community in our classrooms and meeting spaces right from the start! For those of us who had the pleasure of experiencing Days 1 and 2 of Restorative Practices, we have all the tools we need right at our fingertips!

How might you use the protocols and routines you hold sacred in your classroom in a restorative way this year? What type of language will you use during conversations with students and staff? How might affective questions be used to elicit reflection around what's going right? Which circle questions will frame your very first day with your classroom community? Now might be a good time to re-visit those circle lesson plans that you collaboratively created this past spring and summer. Re-read passages of your books to revisit the Restorative Practice Continuum and reflect on the Social Discipline Window.

Starting the school year restoratively, “WITH” students and staff, will lay the groundwork for deeper learning and collaboration. We are all better when we learn in community!



Our Special Olympics at Roxboro Road Middle School was a big success!

Wellness Counts

Monitor Your Wellness During the School Year

By Rosanna Grund

As an educator, you often put your student's needs before your own. Your health can have a great impact on your physical, mental and social well-being, as well as on your students and colleagues. At OCM BOCES, our Student Services division has created a wellness committee that will provide monthly ideas and tips around self-care, healthy eating, and physical well-being. During one of your faculty meetings in September, you will be asked to fill out an employee Wellness Interest Survey that will help the committee guide the wellness activities and information provided to you throughout this school year.

FEATURED RECIPE: WATERMELON FRUIT PIZZA

Serves: 8

INGREDIENTS

- ❑ ½ cup low-fat plain yogurt
- ❑ 1 teaspoon honey
- ❑ ¼ teaspoon vanilla extract
- ❑ 2 large round watermelon slices (about 1 inch thick), cut from the center of the melon
- ❑ ¾ cup strawberries
- ❑ ½ cup halved blackberries
- ❑ 2 tablespoons torn fresh mint leaves

DIRECTIONS

1. Combine yogurt, honey, and vanilla in a small bowl
2. Spread ¾ cup yogurt mixture over each slice of watermelon
3. Cut each slice into 8 wedges
4. Top with strawberries, blackberries, and mint



NUTRITION

Serving Size: 2 slices

Per serving: 64 calories; 1 g fat (0 g sat); 1 g fiber; 15 g carbohydrates; 2 g protein; 13 mcg folate; 1 mg cholesterol; 12 g sugars; 1 g added sugars; 893 IU vitamin A; 22 mg vitamin C; 46 mg calcium; 1 mg iron; 13 mg sodium; 237 mg potassium

Source: <http://www.eatingwell.com/recipe/254624/watermelon-fruit-pizza/>

Working Together at Crown Road Campus

Summer was a busy time for the Crown Road Campus! Pictured are students practicing their shapes, colors, and math skills at different stations.



Wellness Counts

Physical Activity Tips for September

Here are 10 changes that will help you get more exercise every day:

1. Do squats or lunges at your workstation to work your entire lower body.
2. Swap out your chair for an exercise ball.
3. Use the stairs instead of the elevator.
4. Park farther from the entrance to add some extra steps.
5. Add some incline to your flat treadmill workout to burn extra calories.
6. Try planks instead of crunches for a more complete core workout.
7. Choose pushups instead of bicep curls – you'll work more muscle groups in the same amount of time.
8. Break up your cardio with an interval workout.
9. Take a walk at lunch rather than sitting the whole time.
10. Try something new – take a different group exercise class with a friend.

CARING FOR YOURSELF IN THE FACE OF DIFFICULT WORK

Our work can be overwhelming. Our challenge is to maintain our resilience so that we can keep doing the work with care, energy, and compassion.

10 things to do for each day

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|-------------------------------|--------------------------------|
| 1. Get enough sleep. | 6. Focus on what you did well. |
| 2. Get enough to eat. | 7. Learn from your mistakes. |
| 3. Do some light exercise. | 8. Share a private joke. |
| 4. Vary the work that you do. | 9. Pray, meditate or relax. |
| 5. Do something pleasurable. | 10. Support a colleague. |

For more information see your supervisor and visit www.psychosocial.org or www.proqol.org

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SWITCHING ON AND OFF

It is your empathy for others helps you do this work. It is vital to take good care of your thoughts and feelings by monitoring how you use them. Resilient workers know how to turn their feelings off when they go on duty, but on again when they go off duty. This is not denial; it is a coping strategy. It is a way they get maximum protection while working (switched off) and maximum support while resting (switched on).

How to become better at switching on and off

1. Switching is a conscious process. Talk to yourself as you switch.
2. Use images that make you feel safe and protected (switch off) or connected and cared for (switch on) to help you switch.
3. Find rituals that help you switch as you start and stop work.
4. Breathe slowly and deeply to calm yourself when starting a tough job.

We encourage you to copy and share the "Caring for Yourself in the Face of Difficult Work" card. This is a template for making the pocket cards. You may make as many copies as you like. The ProQOL helper card may be freely copied as long as (a) author is credited, (b) no changes are made other than those authorized below, and (c) it is not sold. Learn more at www.proqol.org

**WELCOME
BACK!**

HAVE A GREAT YEAR!

#OCMBOCES

