

**CESA #11
Healthy, Safe
and
Respectful
Schools**

Update Newsletter

Volume 6, Issue 1

Fall 2011

UPCOMING EVENTS

ATODA Coordinators mtg.	Sept 20
Student Mini-Grant Writing Workshop	Sept 23
Why Try Training	Sept 27 & 28
School Counselor Network Mtg.	Oct 7
Train the Trainer-Classroom Mental Health Supports	Oct 19
Peer Mediation	Oct. 27 & 28
Trauma Informed schools	Nov. 3
Tribes Training (4 day training—last 2 days scheduled for March 13, 14)	Nov 10 & 11

School Connectedness

School connectedness has been defined as the **belief by students that adults in the school care about their learning as well as about them as individuals.** Students are more likely to engage in healthy behaviors and succeed academically when they feel connected to their school.

The National Longitudinal Study of Adolescent Health looked at the impact of protective factors on adolescent health and well-being among more than 36,000 7-12th grade students. The study found school connectedness to be the strongest protective factor for both boys and girls to decrease substance abuse, school absenteeism, early sexual initiation, violence, and risk of unintentional injury (e.g., drinking and driving, not wearing seat belts). In the same study, school connectedness was second in importance, after family connectedness, as a protective factor against emotional distress, disordered eating, and suicidal ideation and attempts.

Research also demonstrated a strong relationship between school connectedness and educational outcomes, including school attendance, staying in school longer, and higher grades and classroom test scores.

The Center for Disease Control and Prevention has identified 6 strategies to increase the extent to which students feel connected to school. These strategies can enhance each of the four factors that influence school connectedness (adult support, belonging to a positive peer group, commitment to education and school environment).

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PBIS

PBIS is a proactive, consistent approach to school-wide discipline and by using the PBIS model, schools have seen dramatic reductions in disciplinary interventions and increases in academic achievement – giving educators more time to teach and students more time to learn.

Since 2000, nearly 16,000 schools across the country have implemented PBIS and in Wisconsin over 700 schools are using the framework!

If you are a district that has completed PBIS—Tier 1 Universal Team training please join us the morning of **Sept. 22nd** for a PBIS Coaches meeting. This is a

great way to learn from others and get updated information from the regional PBIS coordinator Linda Stead. Register by contacting Karen Chilson.

karenc@cesa11.k12.wi.us.

Check out the www.wisconsinpbisnetwork.org

website for resources, trainings scheduled and current updates.

**He Who Dares
to Teach Must
Never Cease
to Learn!**

Richard Henry Dann

ATODA—DPI Grants available

The DPI has announced a fall AODA grant competition to include both the Student AODA Mini-Grant Program as well as the competitive District AODA Program Grants. Both will be administered at a reduced level of funding due to the enactment of the 2011-13 Wisconsin Biennial State Budget Bill. A total of \$125,000 will be available statewide for the student mini-grant program and \$700,00 for the District Program Grants.

Student Mini-Grants are written to support education, prevention and intervention programs designed by students targeting alcohol and other drug abuse and other risk behaviors including other youth risk behaviors such as tobacco use, traffic safety, suicide, and violence.

State AODA Program Grants are written to assist districts in the

development of comprehensive K-12 programs for the prevention and/or intervention of alcohol and other drug abuse.

Objectives should be based on district needs assessment data and include a focus on using the three-tiered framework; Tier 1—Universal strategies for all students, Tier 2—Selected strategies for small groups of students and Tier 3—Targeted interventions for individual support.

Examples of activities to support objectives can include: curriculum and instruction with an emphasis on researched based and/or best practice strategies; district policy development that supports comprehensive AODA programming; programs for students including peer educator programs, student clubs and drug free alternatives; adult programs including staff development, wellness programs and parent and community education; integration of community support services; and strategies to develop comprehensive school health programs.

CESA #11 will be hosting a **Grant Writing Workshop Day** on Friday, Sept. 23rd. The morning agenda (9-12:00) - writing the student mini-grants and the afternoon agenda (1-3:30) - assistance in writing the District AODA Program Grants. Pre-registration is required & lunch is provided.

Access the grants on the DPI website: www.dpi.wi.gov.



Classroom Mental Health Supports—Elementary

Mental health is a strong predictor of school success. Educators have daily opportunities to positively impact the mental health of children. To do so, one must understand the clues that a child's behavior gives about their current mental state, the impact of mental illness or trauma on a child within the context of their culture and what elements of teaching are essential to supporting mental well-being and learning.

On Wednesday, Oct. 19th, Sue McKenzie from 'In Health'-Milwaukee, will facilitate a 'train the trainer' workshop called ***It's Time! Classroom Mental Health Supports***. This elementary focused training can be broad enough to include educators for K-5th grade or specific to grade levels. The intent is for you to be trained to bring this information back to your district and present it during an in-service event.

The morning agenda will include Sue modeling the in-service presentation and the afternoon will be devoted to process and discussion.

The registration fee of \$15.00 (CESA #11 Healthy, Safe and Respectful Schools member districts) will include all materials, continental breakfast and lunch. Please contact Karen Chilson for more information or Kim Eder for a copy of the registration flyer, kime@cesa11.k12.wi.us.

Peer Mediation Training

On Oct. 27 and 28, Mike McGowan will return to the CESA #11 region to facilitate 2 days of Peer Mediation training for students in grades 4-7. The Oct. 27th training will be held at WITC in Rice Lake and the Oct. 28th date at WITC in New Richmond!

Well implemented Peer Mediation Programs have proven effective at increasing safety and improving the climate for learning. In peer Mediation

Programs, trained students help other students resolve their differences when a conflict is brewing or has all ready occurred.

Student mediators, drawn from a cross section of the student body, become positive leaders in the school and their own self esteem, confidence and conflict management skills improve.

The workshop will actively engage students in learning the principles, objectives and personal skills needed to be a mediator.

Teams of 4-6 students and an advisor are welcome to attend. Cost is \$150.00/team for districts that purchase the Healthy, Safe and Respectful Schools Program.

Please contact Kim Eder for a registration brochure, kime@cesa11.k12.wi.us.

School Nutrition and Physical Activity—ITV Series

In collaboration with the Polk County Nutrition and Physical Activity Coalition, CESA 11 Safe, Healthy and Respectful Schools Program will be hosting a three part ITV series on the topics of Nutrition and Physical Activity—Improving Student Health and Academic Success. This series held after school from 3:30—4:30 , in an ITV studio near you, will feature three topics of interest;

- Oct. 18—**Student Wellness Policy Update**—Jill Camber Davidson, DPI Nutrition Education Consultant

Youth Involvement: St. Croix Falls School District

- Nov. 15—**School Food Service/Nutrition Environments**—Janel Hemmesch, Polk County Public Health Nutritionist

Youth Involvement: Barron School District—Farm to School Program, Tracy Mofle and

School Gardens— Amery Elementary School

- Jan 24— **Active School Environments**- Ken Wagner, DPI Consultant.

Youth involvement—Safe Routes to School/Walk to School Day-Julie Neuman, NPA School Committee Chair, St. Croix Falls and Active Classrooms -Tyson Korb, Osceola Middle School PE Teacher



ATTENTION POLK COUNTY

SCHOOL DISTRICTS: *Each training session will offer a drawing to Polk County schools districts attending the session (i.e. SPARK Physical Activity Curriculum, a set of Classroom and Playground Activity Cards).* In addition, school districts represented at all 3 sessions will receive a stipend to be used towards registration fees or implementation of a nutrition and/or physical activity related action plan. Questions? Contact Janel Hemmesch—janelh@co.polk.wi.us.

Please contact Kim Eder for a copy of the registration brochure—kime@cesa11.k12.wi.us.

School Counselor Network Meetings

During the 2011-12 school year, CESA 11 's Healthy, Safe and Respectful Schools will host three School Counselor Network meetings .

The first meeting (an all day meeting) will be held on Friday, **Oct. 7th** and will feature a morning presentation (9:00—12:00) by Ted Lewis, Restorative Justice Director for Barron County. Ted will address



many of the “ restorative work levels” including justice for crime, practices for schools, services for workplace and life skills for everybody! **Special**

attention will be given to the role of restorative practices for the school counselor.

The afternoon will include an update from Chris Frye— and Brianne Mehlos

on the WSCA website, membership and Scene. As always, the network meeting will conclude with ample time for networking!

Other 2011-12 Counselor Network meeting dates include Feb. 7th and May 4th.

Please register with Kim Eder if you plan to attend. There is no cost for Healthy, Safe and Respectful School district member participants.

AODA Coordinators

The first AODA Coordinator meeting for the 2011-12 school year will be held on **Sept. 20th**.

Guest speaker will be Mikki Jerdet Facilitator of the Know Al course for youth who have been ticketed for an underage drinking violation in Barron County.

All attendees will receive a free copy of the new suicide prevention DVD—*More Than Sad!*

There is no cost to attend, but please register with Kim Eder so we have an accurate lunch count.

Why Try—a Tier 2 Intervention

Why Try facilitator training, one of the fastest growing behavioral programs for at risk youth, will be held at CESA #11 on Sept. 27 and 28.

The **Why Try** program is often added to an existing course, sometimes study skills or health and meets for one period each week over a semester. Struggling students are invited

into the **Why Try** course where they learn some of the critical social and emotional skills everyone needs to succeed. (Tier 2 intervention)

Time is running out...contact Karen Chilson for a copy of the workshop registration brochure. Visit the **Why Try** website, www.whytry.org or contact James Wilson (**Why Try**) for more information 866 -949-8791.

Building Skills for Health Literacy

The Building Skills for Health Literacy training explores strategies for teaching and assessing for the skills of the health education standards. Participants will explore skill-based units of instruction in health content areas such as tobacco, human sexuality, nutrition, and mental health. Attendees will also get a sneak peek at the new Wisconsin Health Education Standards and explore the role of the standards in skill-based instruction and assessment.

Skill based instruction and assessment are access accurate health information, make succeed in managing their own health. By developing health skills, teachers are provided achievement and allow the students to play an



critical to helping youth build the skills necessary to informed decisions, communicate effectively and shifting the emphasis from knowing health facts to a more complete and authentic picture of student active role in their learning.

Three opportunities are being offered first semester—**Oct. 5th** at the Pointe Hotel and Suites in Minocqua, **Oct. 6th** at the Best Western in Waupaca, and **Oct. 11th** at the Holiday Inn West in Madison. The cost to attend is \$50.00 and includes morning refreshments, lunch, materials, and **one graduate credit**. Graduate credit attendees are expected to do pre-training requirements. Online registration is activated and the class is limited to 25 people/session. To register go to <http://dpi.wi.gov/sspw/tobaccoprogram.html>. For more information contact Brenda Jennings at (608) 266-7051 or brenda.jennings@dpi.wi.gov.

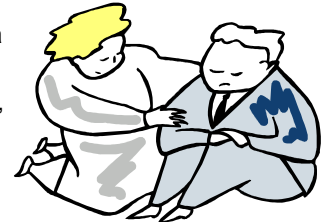
CESA #11 hopes to offer this class during second semester. Watch for more details after the first of the year.

ACT Now to Stop a Suicide

Tragically, suicide is a fatal response to a treatable illness, usually depression. What to do if you suspect someone is considering suicide—ACT: Acknowledge, Care and Tell/Treatment.

1. **Acknowledge—Do** take it seriously: 70% of all people who commit suicide give warning of their intentions to a friend or family member. **Do** be willing to listen: Even if professional help is needed, your student/friend or loved one will be more willing to seek help if you have listened to him or her.
2. **Care—Do** voice your concern: Take the initiative to ask what is troubling your friend, student or loved one, and attempt to overcome any reluctance on their part to talk about it.
3. **Tell/Treatment—Do** get help immediately. Contact a mental health provider or bring him or her to a local emergency room or community mental health center.

Visit www.StopASuicide.org for more information and resources on how to ACT to help a student, friend, co-worker or loved one. Also, the CESA #11 HSR Library has numerous suicide prevention resources available including the middle school and new high school edition of the SOS curriculums. Contact Chasta to check them out—chastac@cesa11.k12.wi.us.



Understanding & Treating Traumatized Youth

Mark your calendars for **November 3rd**— a one day professional development event facilitated by Dr. Rob Lusk, a national conference presenter on trauma-related issues. Dr. Lusk has worked extensively with trauma victims, and provides training and consultation to many teachers, parents and other professionals about trauma-related issues, parenting special needs children, attachment disorders, and best practices for working with youth who are affected by trauma.

The workshop will begin at 9:00 am and will include continental breakfast, lunch and all materials. The cost to attend is \$65.00 for all Healthy, Safe and Respectful School District members. All others will be charged \$200.00/person. Contact Kim Eder for a copy of the registration brochure (available Sept. 23rd) kime@cesa11.k12.wi.us.



Ready Wisconsin—STEP!

STEP (Student Tools for Emergency Planning), is a preparedness education project designed by FEMA. Students in the 5th grade are armed with strategies to deal with various types of emergencies and then share this awareness with family members. The one -hour base lesson has streamlined objectives in order to be a manageable time commitment in the classroom. All materials are ready to use at no cost to the school.

The 2011-12 application is now open and the goal is to have 5000 students in 90 classrooms across the state participate in the program. Applications will be taken through Oct. 28. Visit <http://readywisconsin.wi.gov/STEP/default.asp> for more information and to access the online application.

New Resources—Check it out!

Anxiety Disorders in the Classroom: An Action Plan for Identification, Evaluation and Intervention ©2011 Book

First Day of School in a Responsive Classroom ©2007 DVD

Teacher Language in a Responsive Classroom ©2009 DVD

Morning Meeting Greetings in a Responsive Classroom ©2008 DVD

Morning Meeting Activities in a Responsive Classroom ©2008 DVD

Sample Morning Meetings in a Responsive Classroom ©2009 DVD

Solving Thorny Behavior Problems: How Teachers and Students Can Work Together ©2009 Book

Five Ways to Stop a Bully DVD

It's Your Body, You're in Charge ©2009 Grades 0-2 DVD/Binder

Is It Okay? Stay Safe ©2006 Grades 0-2 DVD/Binder

Think About Others: What it Means to Be Considerate ©2007 Grades 0-2 DVD with CD Guide

We're In, You're Out: Looking at Cliques ©2006 Grades 3-5 DVD with CD Guide

What Does it Mean to Be a Good Friend ©2010 Grades 3-5 DVD/Binder

Buzz in a Bottle: The Dangers of Caffeine-Spiked Energy Drinks ©2010 Grades 7-13 DVD/Binder

The New Marijuana: Higher Potency, Greater Dangers ©2010 Grades 7-13 DVD/Binder

Prescription Drugs Update ©2010 Grades 7-13 DVD/Binder

"Legal" but Deadly: Abusing Prescription Drugs ©2005 Grades 7-13 DVD/Binder

Everything You Need to Know about Alcohol in 22 Minutes ©2010 Grades 7-13 DVD/Binder

High on Spice: the Dangers of Synthetic Marijuana © 2011 Grades 7-13 DVD/Binder

Spit This!: The Hazards of Smokeless Tobacco ©2010 Grades 7-13 DVD/Binder

Everything You Need to Know about Tobacco in 22 Minutes ©2010 Grades 7-13 DVD/Binder

Blow-ups and Rages: Learning to Manage Your Anger ©2011 Grades 7-13 DVD/Binder

Bully Bystanders: You Can Make a Difference ©2011 Grades 7-13 DVD/Binder

Hallmarks of Good Mental Health ©2011 Grades 7-13 DVD/Binder

Stopping the Pain: Teenage Self-Injury ©2010 Grades 7-13 DVD/Binder

Do You Have an Eating Disorder? ©2009 7-13 Grades DVD/Binder

Essential Physical Fitness: What Every Teen Needs © 2011 Grades 7-13 DVD/Binder

Nutrition Myths and Facts ©2009 Grades 7-13 DVD/Binder

The Five Essential Habits of Healthy Teens ©2009 Grades 7-13 DVD/Binder

Test Your Fast Food Knowledge ©2010 Grades 7-13 DVD/Binder

Pushed to the Brink: Bullycide on the Rise Grades 7-13 DVD/Binder

Miracle of Birth 3: 5 Birth Stories ©2010 Grades 7-13 DVD/Binder

Coming Out: What Every Teen (Gay and Straight) Needs to Know Grades 7-13 DVD/Binder

When the Music Ends...The Waiting Begins ©2011 DVD

Portrait of Promise: Preventing Shaken Baby Syndrome ©2005 DVD

Health Education Curriculum Analysis Tool ©2008 Book

Contact Chasta Cimfl, chastac@cesa11.k12.wi.us to check out any of these new listed resources or visit the

CESA #11 website for the entire library listing online! www.cesa11.k12.wi.us/libr/





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Middle School TRIBES Training

November 10 & 11, 2011 and March 13 & 14, 2012

Middle school educators will. . .

- Recognize the critical importance of the middle level school to make as its focus, all aspects of the development of its young adolescent students
- Gain an understanding of four developmental tasks of young adolescents
- Learn what a responsive middle level school is—the gifts students discover and the meaningful learning that is achieved
- Learn how collaborative groups of learners (students, teachers, administrators and parents) can create and sustain a caring school culture
- Recognize the comprehensive studies that underlie the caring process of Tribes Learning Communities
- Understand why and how group learning supports adolescent development
- Learn how teachers can move through sequential stages towards excellence and into responsive education and discovery learning
- Design active group learning experiences that develop student-centered classrooms
- Realize the need for fairness, equity, and social justice in middle schools and consider ways to reverse inequities

Tribes is a research based , Universal Tier 1 approved process. For more information check out the Tribes website—www.tribes.com.

Contact Kim Eder for a copy of the registration flyer—kime@cesa11.k12.wi.us.

School Connectedness—continued from page 1

Strategies (with examples) to Increase School Connectedness include:

1. Create decision-making processes that facilitate student, family, and community engagement; academic achievement; and staff empowerment. (shared vision for high standards for learning, teacher and staff involvement to improve school climate, students assigned developmentally appropriate levels of classroom responsibilities, engage community partners.)
2. Provide education and opportunities to enable families to be actively involved in their children's academic and school life. (parent workshops that teach academic support skills, homework guidance, regular meetings with parents, telephone based parent ed. program, 1st communication from teacher to parent a positive experience the student has had,
3. Provide students with academic, emotional and social skills necessary to be actively engaged in school. (tutoring programs, extended learning opportunities, teach pro-social skills, service learning, teach refusal skills,
4. Use effective classroom management and teaching methods to foster a positive learning environment. (communicate clear expectations for learning and behavior, assess students continuously and use results to guide teaching , use interactive and experiential activities, encourage open, respectful communication about differing viewpoints,
5. Provide professional development and support teachers and other school staff to enable them to meet the diverse cognitive, emotional, and social needs of children and adolescents.
6. (coaching and mentoring program for teachers, professional development including classroom organization to promote positive learning environment & effective teaching methods)
7. Create trusting and caring relationships that promote open communication among administrators, teachers, staff, students, families and communities. (principals, teachers and other school staff model respectful behavior toward each other, allow students and parents to use school outside school hours for recreational or health promotion programs, challenge staff to greet each student by name,)

For a copy of the complete report please email, Karen Chilson—karenc@cesa11.k12.wi.us.