

March 2021

Student Wellness Department Project Prevent Grant

Funded by the Ohio Department of Education



Spring is coming and with that comes hope. No matter how mild the winter, this time every year we anxiously await the beginning of Spring and all the “new” it brings. During this time, we are invited back into nature to enjoy the great outdoors, giving us the opportunity to create healthier mental and physical lifestyles. As we move towards the growing season, remember that we are able to grow not only as individuals, but as families, friends, and communities.

“Spring will come and so will happiness. Hold on. Life will get warmer.” Anita Krizzan

The Student Wellness Department

Upcoming Events & Trainings [\(calendar of events\)](#)

ESCNEO Student Wellness Department Free Prevention Series

March 16, 2021

11:00 AM - 12:30 PM

[Strategies & Considerations: Aligning School Programs within a Multi-Tiered Framework](#)

May 6, 2021

11:30 AM - 1:00 PM

[QPR & Suicide Prevention Coaching](#)

Past Prevention Series Trainings Pre-Recorded Webinars (available 24/7)

[Prevention 101 - Exploring K-12 Prevention Initiatives: Aligning Social-Emotional Learning & Prevention](#)

[Trauma-Sensitive Practices for Schools](#)

[Introductory Strategy Building in Restorative Practice](#)

Free KOGNITO

45 min. online role-play simulation / self-paced & private
[Trauma-Informed Practices for K12 Schools](#)

School Safety & Threat Assessment Training

Provided by: ODE & Sandy Hook Promise
[Click here to register on ODE website](#)

March 2021: Gender Equality Month

A survey, involving over 2,000 children ages 4 to 16, found that from an early age, children make assumptions that confirm gender stereotypes.

75% of all transgender students report feeling unsafe at school, which affects their academic achievement in very serious and harmful ways.

Gender equality involves empowering all students and providing them with the same human rights. It also includes correcting biases students hold about themselves or gender identities other than their own. As someone in the education field, you'll work with many students, some of whom might have trouble understanding their own or other students' gender. That's why it's so important to be aware of and find ways to affirm your students' identities. You can positively change the way your students see both themselves and others.

According to the ACT Center for Youth, true gender equality can be reached when these three needs are met for all students:

- Equitable access and use of resources
- Equitable participation
- Safety or freedom from violence

[READ MORE HERE](#)



Additional Resources:

- [Strategies to Promote Gender Equality in the Classroom](#)
- [12 Tips to Promote Gender Equality in the Classroom](#)
- [Teaching About Gender Equality](#)
- [How Gender Disparities Affect Classroom Learning](#)
- [Gender Equity in Education - A Data Snapshot](#)

March 2021: SAY SOMETHING Celebrating Student Upstanders And Trusted Adults



March 1st through 5th marks this year's Say Something Week, launched by the nonprofit, Sandy Hook Promise. The purpose of the week is to empower youth to be a part of the solution to reduce school violence. This year's theme is: Celebrating Student Upstanders and Trusted Adults. In order to provide schools maximum flexibility, the event will take place between March 1–26, 2021. Schools are encouraged to select a week that works best for them. The no-cost *Say Something* program teaches middle and high school students how to look for the warning signs of someone at risk of hurting themselves or others and how to tell a trusted adult to get help.

[More information and registration can be found on this website.](#)

March 7-13, 2021: School Social Work Week

School Counselor & Social Worker Network: March 10, 2021 ([Register Here](#))
School Counselor & Social Worker Network: May 4, 2021 ([Register Here](#))

“Beacon of Hope: School Social Workers – Lighting the Way” is the theme for School Social Work Week 2021. In their role, School Social Workers are able to light the way, emphasizing the whole child, collaborating with other professionals, linking students and families with needed services, and advocating for their profession. Hopefully, you will make some great plans to celebrate as well as receive much-deserved recognition for the vital role that you provide to students, administrators, teachers, educators, parents, and the community!



[View resources here.](#)

April 2021: Autism Awareness Month



Every April, World Autism Awareness Day, on April 2, kicks off a month focused on providing opportunities to spread awareness, promote acceptance, and ignite change. **People all over the world will "Light It Up Blue!" How will you #CelebrateDifferences in your community?**

[Read More on COVID resources for schools & education](#)

Webinars:

[OCALI Autism Certification Center \(ASD Strategies in Action\)](#)

[Ohio IWGA: Autism & Advocacy in Ohio Webinar](#)

Resources:

[Autism Society of Greater Cleveland](#)

[Autism Speaks - Educator Toolkits](#)

[OCALI Lending Library](#)

April 2021: Child Abuse Awareness Month

Cuyahoga County Children and Family Service (DCFS) receives almost 50,000 reports of child abuse each year.

At least 1 in 7 children experienced child abuse and neglect in the last year.

April is Child Abuse Prevention Month, a time to act collectively to raise awareness and empower people across the nation to play a role in making great childhoods happen.

As schools and districts began reopening through in-person, remote or blended learning in Fall 2020, it is important to revisit plans to prevent and report, as appropriate, child abuse and neglect. Schools and districts can empower educators and school personnel to support families, assess student safety needs, and follow mandatory reporting requirements.

This webpage contains resources to help districts adapt current processes to promote student safety within the in-person, blended, or remote learning environments. It also provides information and resources to support educators and student personnel in following mandatory reporting requirements. [Click here to read more.](#)



Additional Resources:

- [New Ways to Report Child Abuse & Neglect Launched Due to COVID in Cuyahoga County](#)
- [Journey Center for Safety & Healing \(24-hour helpline 216.391.4357\)](#)
- [Providence House Cleveland - Services for Children \(216.651.5982\)](#)
- [Guide for Educators and Mandated Reporters of Child Abuse During Remote Learning](#)
- [Keeping School-Age Children Safe: Intro to Child Abuse & Neglect for School-Age Program Staff](#)

April 2021: Sexual Assault Awareness & Prevention Month

Of all victims under 18, 2 out of 3 are ages 12-17.

93% of child victims know their perpetrator.

April 12-16, 2021: National Youth Violence Prevention Week

Notably, in 4 out of 5 school shootings, at least one other person had knowledge of the attacker's plan but failed to report it.

In 2019, about 1 in 5 high school students reported being bullied on school property, and more than 1 in 12 high school students reported being cyberbullied in the last year.



If you work for an educational institution that receives federal funding, you have certain requirements under Title IX to report abusive situations once you're made aware of them.

As a staff member interacting with students, it's important to recognize the responsibility you hold to meaningfully support students who approach you for help. That means understanding mandated reporting and the specific requirements for your role, as well as the consequences that students may face for disclosing abuse in your presence. [Click here to read more.](#)

Additional Resources:

- [7 Ways Teachers Can Help Prevent Child Sexual Abuse](#)
- [Cleveland Rape Crisis Center - Children and Family Services](#)
 - (24-hour helpline - call or text 216.619.6192 or 440.423.2020)
- [Consent Education, Types of Assault and How to Get Help for Students of All Ages](#)
- [How to Deal With Sexual Harassment in School](#)
- [Know The Signs: You Can Prevent Gun Violence And Other Harmful Acts](#)
- [Preventing School Violence](#)
- [RAINN - National Sexual Assault Hotline](#) (24-hour helpline 800.656.4673)
- [Stop Sexual Assault in Schools](#)
- [What Teachers and Child Care Providers Can Do to Prevent Child Sexual Abuse](#)

Skills Corner: Executive Function & Learning

We have focused our Skills Corner this month on executive functioning issues and learning. Students with needs in this area often find it difficult to organize tasks, have trouble planning ahead, prioritizing, self-correcting, initiating tasks, and transitioning between activities. Please find below some valuable tools to use in assessing areas of strength and need as well as strategies for providing support in the classroom.

Resources for Skillbuilding:

[Dawson & Guare: Executive Skills Questionnaire](#)

[OCALI: Executive Function & Organizational Tools for School](#)

[Do2Learn Educational Resources: Printable Visual Supports & Graphic Organizers](#)

[OCALI: Executive Function Webcast Series](#)



PBIS: Supporting Schools During and After Crisis

If your district is returning to in-person learning after a long period of virtual instruction, it may be time for a school-wide PBIS refresher.



While the beginning-of-year kickoff introduces the schoolwide expectations, the refresher reminds students of the expected behaviors in all locations throughout the building. Teacher-provided lesson plans are most effective when taught in the appropriate area. For example, hallway expectations can be reviewed when standing or traveling in the hall. Similarly, playground expectations can be discussed when near outdoor equipment so appropriate use can be demonstrated. Teams that are looking for ways to involve students in their PBIS implementation can consider having students lead and teach the booster lessons. This often increases engagement and interest in the topic. [More information and helpful tips can be found in this article.](#)

District Spotlight

In this month's newsletter, we are pleased to highlight positive initiatives that one district's staff member has implemented. MoNique Waters is a Kindergarten Teacher at Wilcox Primary with Twinsburg City School District.

Classroom Daily Affirmations



March is National Music in Our Schools Month and we salute all music educators who bring joy to students worldwide every day. One does not have to be a music teacher, however, to introduce the many benefits of music to the classroom. MoNique Waters, a Kindergarten Teacher at Wilcox Primary with Twinsburg City Schools, regularly uses music and chanting in her classroom as a way to engage and motivate her students. Inspired by the music of rapper will.i.am, Waters begins each day by having her students repeat the following affirmation during their morning meeting:

*I am strong.
I am talented.
I am special.
I can achieve anything.*

Waters reports that students respond positively to this daily ritual, which boosts their confidence and encourages them to take risks in their learning. In addition to this chant, Waters uses the call and response technique as a way to gain students' attention when transitioning from one activity to another or when giving directions. In addition to enhancing students' love for learning, Waters has found the use of music and chanting improves classroom behavior and student listening skills. She has even gained national attention for her innovative techniques, having recently been featured on The Ellen Show! You can connect with MoNique and catch more highlights of her inspiring teaching style by checking out her Instagram page: [@itsmoniquesworld](#).

Crisis Text Line

Throughout Ohio, you can text the keyword "4hope" to [741 741](#) to be connected to a trained Crisis Counselor. Data usage while texting the Crisis Text Line is free and the number will not appear on a phone bill with the mobile service

Additional Resources

1. [Project AWARE \(ESCNEO\) - Mental Health Awareness Resources](#)
2. [Project PREVENT \(ESCNEO\) - Violence Prevention Resources](#)
3. [Journey Center for Safety & Healing - 216.391.4357](#)
4. [National Domestic Violence Hotline - 800.799.7233](#)
5. [National Suicide Prevention Hotline - 800.273.8255](#)
6. [Ohio Suicide Prevention Foundation \(OSPF\) - 800.273.8255](#)
7. [National Alliance on Mental Illness \(NAMI\) - 800.950.6264](#)
8. [Substance Abuse and Mental Health Services Administration \(SAMHSA\) - 877.726.4727](#)
9. [Alcohol, Drug Addiction & Mental Health Services \(ADAMHS Board\) - 216.241.3400](#)



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If you would like certain topics highlighted in future newsletters, please contact Kristine.Kozlowski@escneo.org with information.