



News 4 You

Keeping ROE 40 districts and staff informed

March 2023



March means Spring!!

- St. Patrick's Day
Mar. 17th
- First Day of Spring
Mar. 20th

PEPCon

Great Day for All!

The Illinois Area 5 SEL Hub, housed at ROE #40, hosted the inaugural Positivity, Energy, and Purpose Conference (PEPCon) at the Gateway Center in Collinsville on February 10.



Author and Speaker Jon Gordon started off the event with a timely reminder that each of us can spread joy and positive energy - we just have to



make the decision to be a positive person. Chicago author and CEO of Mindful Practices Carla Tantillo Philibert spoke on the importance of self-care and gratitude AND gave away two pairs of Nike Jordans. After lunch, elementary principal and Instagram influencer Gerry Brooks took the stage with a mix of his funny videos and object lessons.



[The New Directions in Education Conference](#) is coming soon to the Gateway Center. June 7, 2023 will be a free event with PD Hours and tons of learning and interaction with the experts coming in from Spokane, WA, St. Louis, and Chicago.



ROE 40

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MONDAYS JAN– MAY Mindfulness Mondays
22-23 (Winter/Spring)

Fri Mar 24th - Creating a Culture of Care
Through Mindful Practice

Tues Mar 28th - Google Level 1 Certification
Boot Camp

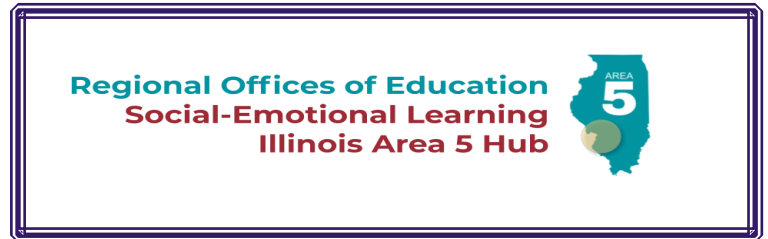
Thurs Mar 30th - Keep Them on the Edge of
Their Seat!

Tue Apr 11th - 3D Printing FUNdamentals

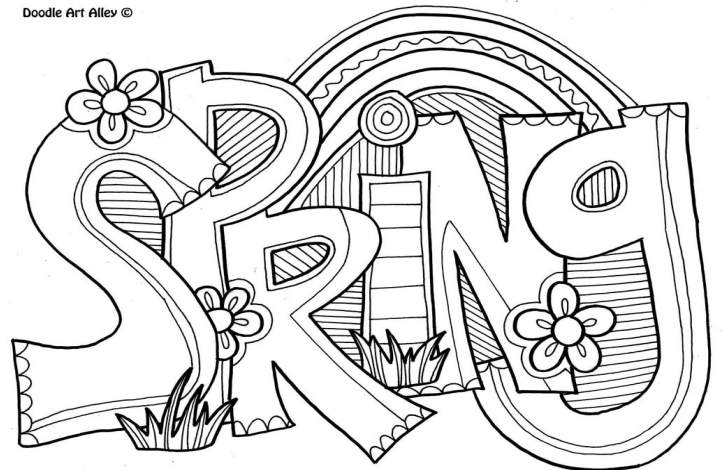
Thu Apr 13th - The Power of Positive Teams -
FREE!!!

Thu Apr 20th - Level Up Your IEP Knowledge/
Understanding Behavior

Mon Apr 24th - The Science of Reading and
Dyslexia



Doodle Art Alley ©



Annual Homeless Liaison Training

Date: 4/26/23

Time 9-11 AM

Place: ROE 40 Carlinville 225 E Nicholas St,
Carlinville, IL 62626

Facilitator: Savannah Holthaus, Family Resource Specialist



Serving the Illinois Counties of Bond, Calhoun,
Christian, Effingham, Greene, Jersey, Macoupin,
Madison, Monroe, Montgomery & Randolph.

ROE #40 Liaisons are invited to attend the 2023 Spring Liaison Refresher Training. Community agencies will be on-site with information about resources available. Staff will dive into a refresher training, get updates on ARP, new unaccompanied youth information, form updates, and more! There will also be a question and answer session as well as a discussion of best practices with fellow liaisons.

This training will count toward the required liaison training.
2 PD hours will be given.

[Register Now](#)

DIRECTIONS

education conference

The New Directions Midwest Education Conference is funded by ISBE's Hub 5 SEL Grant and is an outreach by the Area 5 Regional Offices of Education. Our philosophy and purpose is very simple. We believe in providing the most current and relevant professional development at the lowest possible costs for educators.

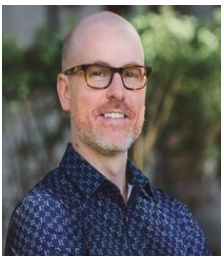
Our approach is to bring in the biggest and best names in education to present on the most up-to-date and relevant topics. We strongly believe that intensive and focused training provides the best opportunity for educators to improve their practice.



Keynote Speaker:
Kristin Van Marter
Souers

For over three decades, Kristin Van Marter Souers, MA LMHC, has dedicated herself to the improvement of people's lives. She is an award-winning author of *Fostering Resilient Learners: Strategies for creating a trauma-sensitive classroom environment* (ASCD, 2016) and *Relationship, Responsibility, and Regulation: Trauma-Invested Practices for Fostering Resilient Learners* (ASCD, 2019) as well as many other publications and articles.

EXPERTS:



Matt Dewar
Stress Better (TM): The Science of Stress Optimization
Why Teacher Identity & Self Care Matter
Enhancing the "Heart" of Learning



Eboni Rucker
Self - Sacrifice Vs. Self Care, Restorative SEL
Abolitionist Education & Culturally Responsive Teaching
Introduction to Restorative

Practices



Carla Philibert
Social Emotional Learning in the Classroom
You Have an SEL Program: Now What?
Evaluating SEL Curricula



Julie Smith
Media Literacy: The Hidden Key to SEL
What We Need to Know Our Social Media Use & TikTok in Particular

Illinois Area 5
Regional Offices of Education
Social-Emotional Learning Hub



DIRECTIONS 2023 SCHEDULE

KEYNOTE (Kristin Souers) Fostering a Trauma-Invested Learning Environment

(9:00 - 10:25)

Childhood trauma is real, and it is more prevalent than we might believe. Add to that the aftermath of a lingering pandemic, political turmoil, strained race relations, and a host of other factors, and education is an extremely challenging field right now! In this engaging, relevant keynote, learn from childhood trauma expert Kristin Souers about the importance of acknowledging our reality, building empathy for ourselves and others, understanding our mindsets, and fostering resilience as we face extraordinary challenges. Because we're in a service-oriented profession and continuously look outward to help others, we'll turn our lenses around to build self-awareness, curate some self-regulation strategies, and embrace the concept of grace as we collaboratively build a Culture of Safety for our youth, families, staffs, and communities. If we're going to be good to others, first and foremost we've got to be good to ourselves. **BALLROOM A & B**

MORNING WORKSHOPS

(10:35 - 12:00)

Availability vs. Accountability: The Purpose of Intervention (Kristin Souers) - Childhood trauma is real, and it is more prevalent than we might believe, especially now. We recognize that our staff are struggling and that we can't be good for others if we aren't good to ourselves. We all want our students and staff to be successful in education. Understanding the need behind the behavior opens up immense opportunity for our youth to grow, thrive and become their best selves. In this engaging, relevant, and practical session, learn about the importance of incorporating trauma-invested practices into the work we do with each other, caregivers and our youth. We will examine the role that intervention plays and identify proactive ways to support regulation as well as review the importance of repair when things don't always go the way we hope. This session is rich with strategies and approaches to do just that...so we can foster resilient learners. **BALLROOM A**

Stress Better™: The Science of Stress Optimization for Enhanced Health and Performance (Dr. Matt Dewar) - You can't always avoid, escape, or reduce stress—nor should you want to: Stress is as much a catalyst for health, learning, and growth as it is for disease, disability, and regression. Whether or not stress enhances or debilitates has less to do with stress itself and more to do with the mindset, skill, and lifestyle you employ in response to it. In this presentation, you will learn practical, research-based strategies, techniques, and practices that will teach you how to get better at stress so that you can enhance your health, teaching, and personal growth. **BALLROOM B**

Media Literacy: The Hidden Key to SEL (Julie Smith) - The average American consumes up to 12hrs/day of electronic mass media. Yet we try to teach SEL to kids who consume opposite messages nearly every moment they are out of class. In what ways can media literacy education make SEL education even more effective? You'll leave this session with concrete ideas of how to help students critically evaluate all the messages they consume. **BALLROOM C**

Self - Sacrifice Vs. Self Care, Restorative SEL (Ebony Ruckers) - This session will include a getting to know you icebreaker. We will explore what self sacrifice looks and feels like in our lives. We will also explore what self care is, forms and ways to apply the information to our everyday lives, both inside and outside of the classroom. **BALLROOM D**

Everyday SEL: Incorporating Strategies Into ANY Classroom (Carla Philibert) - Carla literally wrote the books on SEL strategies for every classroom in schools. In this session, be ready for a rapid-fire demonstration of these strategies. You'll be surprised how easy it will be to implement them when school starts again. **SALON 6**

LUNCH - On your own
12:00 - 1:00

Illinois Area 5
Regional Offices of Education
Social-Emotional Learning Hub



AFTERNOON BREAKOUTS

SESSION #1 = 1:00 - 1:55

SESSION #2 = 2:05 - 3:00

Regulating and Fostering Resilience in the Midst of Stress (Kristin Souers) - Persevering in the midst of stress is not an easy task. Many of us are faced with challenges that can affect our ability to “be our best selves.” In this engaging, relevant, and enlightening session, learn from childhood trauma expert Kristin Souers about the importance of celebrating our successes and honoring our resilience. She will ground us back in what we need to know about the impact of stress on development and will remind us of the things we can do every day to ensure our own health and wellness. She will revisit some regulation strategies and help us to reset our focus on what we can control and ways we can excel despite the stress. We know that every behavior is an expression of a need. Often in education, we get lost on how the need is being asked for instead of focusing on what the need really is. We spend a lot of time traveling to Oz, spinning in a tornado of misbehaviors and a whirlwind of chaos, as a result. By understanding need we can more effectively support student and staff growth and success! This session is rich with strategies and approaches to do just that...so we can foster and celebrate our resilient learners. Sessions 1 & 2.

BALLROOM A

Why Teacher Identity and Self Care Matter (Dr. Matt Dewar) - Research shows that our identity has a lot to do with how we take care of ourselves—and how we take care of ourselves is arguably the most important and impactful lesson taught to our students. This session will explore the powerful relationship between teacher identity and self-care and the impact they have on student learning and well-being. Session 1. **BALLROOM B**

Enhancing the "Heart" of Learning: Heart Rate Variability (HRV), Self-Regulation, and Optimal Learning (Dr. Matt Dewar) - What if we had a single metric that predicted students' resilience, physical and emotional health outcomes, and ability to learn? What if we had a practice that in as little as ten minutes a day could improve students' resilience, physical and emotional health, and ability to learn? Sound too good to be true? Well, it's not. This presentation will explore the promising research on “heart rate variability” (HRV), it's connection to health and learning, and what this means for the future of education. Through a live biofeedback demonstration, this session will have a volunteer explore their own physiology in real time and highlight the vital connection between breathing, the heart, and learning. Session 2.

BALLROOM B

What We Need to Know Our Social Media Use & TikTok in Particular (Julie Smith) - Students are tired of being lectures about social media. It's time to COACH them. You'll leave this session with 27 specific ways to help students navigate their digital lives. From self-tracking to smishing, anxiety to agency...the time for "digital citizenship" has passed - now it's time for "digital wellness." Sessions 1 & 2.

BALLROOM C

Abolitionist Education & Culturally Responsive Teaching (Ebony Ruckers) - We will explore education of all students and becoming more aware of how to educate those around us from a more culturally responsive lens.

Session 1.

BALLROOM D

Introduction to Restorative Practices (Ebony Ruckers) - Introduction to Restorative Justice and Restorative Practices. We will explore the history and foundation of Restorative Justice in Education. Session 2.

BALLROOM D

You've Started an SEL Program: Now What? (Carla Philibert) - Every program is evaluated and tweaked by data. Let's take a look at what data can be collected and how to analyze that data for continuous improvement. Then, once you have data, how do you effect change? Carla Philibert has collected terabytes of SEL-related data over the years, and has worked with researchers at the University of Chicago to parse that data into useful, shareable nuggets.

SALON 6

The Good, the Bad, and the Ugly: Evaluating SEL Curricula (Carla Philibert) - With national attention on mental health, it's expected that schools now have some sort of SEL-related curriculum for their students. How can a school determine which one best suits its needs? Having developed such a curriculum, Carla Philibert will give an unbiased view as to the criteria schools should look at when shopping for new materials.

SALON 6

[Register Now](#)



Spring Word Search

(Horizontal + vertical word searches)



Words to find:

- APRIL
- RAINBOW
- SPRING
- SEASON
- CLOUDS
- SUNSHINE
- GARDEN
- BEES
- BUTTERFLY
- MAY
- LADYBUG
- GRASS
- BUGS
- JUNE
- GREEN
- FLOWERS
- BLOOM
- PUDDLES
- BLOSSOMS
- TULIPS



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S G M Q B T
O L Z Ç S M S H C U I M
W P V M B E E S G R A C D T T Q W R
U P H Ç Ç A V Ç W O M X Ç T T D Ç Ç
K A C O Y S G Z C N U Z H T Z U E N Q E
L R S N Q O U A L O K O G M B L R R E R R
W M U Ç V N X J R O U L Z M W U H O I F L X Y
G Q A P O X U U G K M H V S Q I I P L O Ç N
V Ç H W L A D Y B U G S I A F S S Y P V
E Q F T S U U S R A Z P A Z H
P X E C P S V O R
H H C T Ç G R A S S I Ç W
P W Y P M G S I D Q Y L S V D
R J I H M U A G S N K Z F L O W E R S
I A R L Y A D T E U G Z A V C Ç K D M U G
Z I W A Z Y D B P N B N O T K U J D F J A
D T N C A C F L O O S U B F V Q C B B L U R K
N Y B R N P N E E H G L D Ç I L V G N D Z
K Z O R L Y K S T I S O E T S O U R E E E
I I W U P J V M N X S C Ç O Q E G N B
V K K T Z J C E M S D M Q E N P L
G P X Z G H C O F H N C J
O Ç G D B M W X S
E P S
U H R
    
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Minibeast Sudoku

Every row, column and mini-grid must contain the letters **D R A G O N F L Y**.
Don't guess - use logic.



		O			A		
R	L					D	F
	F		L	O	D		N
D			G	L	Y		N
N	A	F		D		Y	L
L			A	F	N		R
	R		O	N	A		Y
O	G						R
		Y				L	