



News 4 You

Keeping ROE 40 districts and staff informed

SEPTEMBER 2022

WELCOME TO THE 2022 - 2023 SCHOOL YEAR

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ROE 40

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WWW.ROE40.COM

Help Wanted

There is still a need for Substitute Teachers, Paraprofessionals and other Support Staff across ROE 40 Public School Districts and Programs. If you know anyone who is willing to help fill the void, please direct them to one of our Licensure Specialists. ISBE has even reduced the Reinstatement Fee for a lapsed PEL to \$50 in effort to help meet the need.

We have Licensure Specialists available Monday through Thursday by phone, email and appointment.

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Dear Colleagues:

Illinois' new Learning Standards for Comprehensive Personal Health and Safety and Sexual Health Education aim to empower students in all grades with the information they need to recognize abuse, make empowered choices, and form healthy relationships.

While some of these topics may be new for the instructional context, we know they are not new to our students. Even when we were in school, misinformation about these topics was rampant and harmful. Today, with almost universal access to the internet and cell phones at all ages, our students need access to this information from trusted and reliable sources now more than ever.

School districts are not required to teach sex education. For districts that choose to teach these topics, Illinois' updated standards provide a guide for age-appropriate, inclusive, and medically accurate instruction in all grades.

The standards are developmentally appropriate. Just like in math, what students learn in kindergarten is very different from what students learn in high school.

(cont. on page 6)

FREE Book Studies for the 22-23 School Year!

Thanks to generous support from the Area 5 SEL Hub at ROE 40, we are able to offer all seven of our book studies at no cost to everyone for this school year.

*As before, you are responsible for finding the book - in whatever format.

SEPT = Significant 72: Unleashing the Power of Relationships in Today's Schools, by Greg Wolcott (8 PD Hours)

OCT = The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma, by Bessel van der Kolk (9 PD Hours)

NOV = Educating Mindfully: Stories of School Transformation Through Mindfulness, by Tracy Heilers et. al. (9 PD Hours)

JAN = Everyday SEL in Elementary/Middle/Junior High School: Integrating SEL & Mindfulness Into Your Classroom, by Carla T. Philibert (5 PD Hours)

FEB = Atlas of the Heart: Mapping Meaningful Connection & the Language of the Human Experience, by Brene Brown (8 PD Hours)

MAR = Emotional Poverty in All Demographics: How to Reduce Anger, Anxiety, and Violence in the Classroom, by Ruby Payne (6 PD Hours)

APR = Look Beyond the Clouds: Transform Your Daily Habits to Overcome Teacher Burnout, by Michelle Gano (6 PD Hours)

All book studies are 100% online, and asynchronous

Each is 4 weeks

Requirements: post your takeaway and respond to two others' posts each week

Final reflection of at least 250 words and textual evidence (no max length)

To learn more about this program, Visit www.teachillinois.org/learn or click the link below

[**REGISTER NOW**](#)



September's Free Money Find

Bike Safety Quiz Mini-Grants

Thanks to IDOT's Injury Prevention funding, Ride Illinois is reimbursing Illinois schools \$2 per student, for staff time to assign and use our free, online BikeSafetyQuiz (BSQ) lessons as 20-30 minute online assignments. (The quiz stands alone as a lesson. There is no accompanying material for the teacher to present, so this could be a remote learning assignment.) Over 300,000 Illinois students and others have used the interactive, quiz-based BSQ resource to close an education gap and to make our roads safer.

This year's grant, which runs from October 1, 2022 to September 30, 2023, is available for three different BSQ lessons and student audiences.

Click the link below for more details and to sign up your class:

[**BikeSafetyQuiz Mini-Grants**](#)

[Thu Sep 15th - Mental Health First Responders Network Meeting](#)

[Thu Sep 15th - Alleviating Anxiety in the Classroom](#)

[Fri Sep 16th - Two Days of Learning Intro to Creative Curriculum for Preschool & Introduction to GOLD](#)

[Wed Sep 21st - School Nurse Training - 2 SESSIONS](#)

[Fri Sep 23rd - Motivating the Unmotivated](#)

[Fri Nov 18th - Keep Them on the Edge of Their Seat!](#)

[Mon Nov 7th - Classroom Management Strategies](#)

[Thu Dec 1st - Grants 4 Schools Workshop: Let's Get Our Grant On](#)

[Fri Dec 9th - Applying the Science of Reading](#)

[Wed Jan 25th - Level Up Your IEP Knowledge/ Understanding Behavior \(K-8\)](#)

[Mon Feb 6th - Recognizing and Alleviating Math Anxiety](#)

[Thu Feb 23rd - 10 Techniques to Get Students Talking](#)

Council for Exceptional Children Chapter 99 Illinois

Our chapter is one of the earliest chapters in the United States and Canada and is one of the most active chapters in the state. CEC Chapter 99 provides many professional development opportunities through workshops on timely and relevant topics.

Our chapter provides parent and paraprofessional scholarships to attend our workshops.

We invite you to attend any of our workshops and become part of the CEC Chapter 99 team.

[2022-2023 Programs \(https://cec99.org\)](https://cec99.org)

September 19, 2022

“Why Are Children Being So Resistant and What Can We Do About It?”

Presented by Bev Johns, Learning and Behavior Consultant and Author

October 27, 2022

“Building Fences, Not Mending Them: Working Together with Parents”

Presented by Tammie Powell, Learning and Behavior Specialist with Parents Melanie Bennett and Sara Hicks

January 26, 2023

“Self-Awareness and Your Role in the Relationship” When Working with Individuals Who Have Experienced Trauma”

Presented by Josh Carlson, Executive Director, Chaddock’s Knowledge Center

March 7, 2023

“Who and What Puts the “I” in IEP?”

Presented by Dr. Margaret Carroll, Professor at Saint Xavier University and Award-winning Educator

How to Separate School from Home

- Matt Weld, Area 5 SEL Coach

The alarm rings way too early, but you're up to get the kids ready for their day, your partner out the door, the dogs fed, and yourself to school. You run through the mailroom to check your mailbox, put your lunch in the fridge, turn on your computer, and before you know it, the kids are in your room clamoring for attention with 50 million questions or stories. At the end of the day, it's like a movie in reverse. As you lay in bed at night, you wonder why you feel so scattered - why have I lost a sense of me?

The answer to that lies in the fact that there are no boundaries in your schedule. It's one big long race from bed to bed. You have no way of knowing where one of your identities starts and the other stops. When do you drop the mom/dad/partner/home persona and become the educator? Here are two steps to make sure you are able to separate home from school every day.

1. RITUAL.

Even though rituals in America seem to have a bad connotation, at their most basic level, rituals mark places in time. According to Dr. Rebecca Lester, "Rituals structure our social worlds and how we understand time, relationships, and change." We mark the start of school by taking pictures of our kids' first day and posting them on social media. We mark Fall with tailgating and pumpkin spice. Rituals are an action that is performed on a regular schedule to mark the beginning or the end of something. I heard of a surgeon who uses the ritual of taking off/on his wedding band as his way of marking his day. Why not find something you can do each day - and maybe it's something you already do - that you can name as your ritual. Identifying it as your 'doorway' from one part of your life to the other gives it solidity and intentionality. Maybe it's as simple as putting on/taking off your school ID.

2. RELEASE THE HORMONES.

Education is busy! I remember the most unexpected aspect of teaching for me was the number of decisions I would have to make in a 5-minute passing period, and some of those decisions could be setting precedents for the rest of the year. Those are stressful moments. Every time we experience stress, our bodies are flooded with adrenaline, cortisol, and other hormones that enable us to think faster, act more precisely, and focus better. In an optimal state, we would do what we had to do to respond to the stress, and then our bodies would return to normal and the hormone would gradually work itself out until it was gone. In teaching, one stressor is continually bumped up against another and another, and our bodies don't have a chance to release all those chemicals and hormones (not to mention the caffeine we pumped into our system before school), so we end up with a buildup in our body by the end of the day. If we don't have a strategy for flushing that cortisol out of our system, it stays there. And that's not good. Pretty soon you have headaches, or tight muscles, or irritable bowels, or sore joints, or whatever your body does in response to a buildup of cortisol.



At the end of the day, I'd like to see everyone do at least ONE of the following:

MOVE.

This is the best way to use up the cortisol. It's in your muscles at this point anyway, so use them to work it out. Dance like no one is watching you, go for a run, play outside with your kids, anything that moves your whole body.

MAKE SOMETHING.

Avoid consuming content by creating it instead. It doesn't have to be for social media - it could be dinner for your family or journaling about your day. just has to come from you to the world, not the world into you.

LAUGH OR CRY REALLY HARD.

I don't mean a giggle or a tear or two. I mean a full-out belly laugh or a gut-wrenching cry (hopefully this won't happen every day, but if it does, it counts as your daily anti-stress activity).

CONNECT WITH ANOTHER PERSON AT A DEEPER LEVEL.

My wife and I make sure we take a few moments each day to sit down together to share stories. Sometimes they are superficial, sometimes they can get pretty intense. You could also sit your kids on your lap and read to them, or ask them about their day. Give your loved one a hug (a real one that lasts around 20 seconds), or find physical intimacy with your partner.

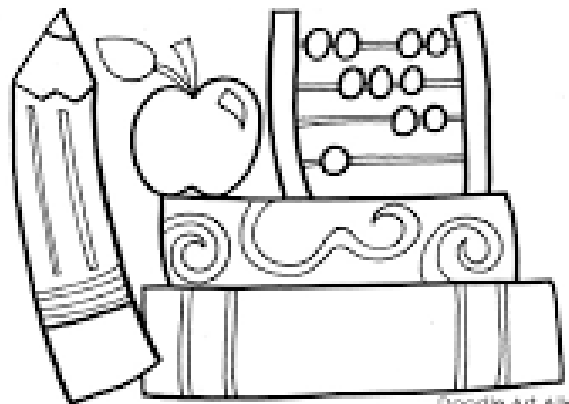
SPEND QUALITY TIME WITH YOUR PET.

Therapy dogs work, and nursing homes have pets for a reason - and your dog doesn't even have to be trained to provide you with the needed therapy! There's something about caring for another living being that is fulfilling.

CITATIONS:

<https://www.psychologytoday.com/us/blog/anthropology-in-mind/202005/the-importance-ritual>

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



Doodle Art Alley ©



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(Cont. from page 1)

Children are most vulnerable to abuse between ages of 7 to 13. In elementary school, the standards set a foundation for safety by teaching about consent, boundaries, and healthy relationships. In middle school, the standards address dating violence prevention, which evidence shows contributes to reduced sexual harassment among peers. In high school, the standards help students gain skills and tools to make the right choices for themselves about relationships, pregnancy, and sexual health. Research demonstrates that comprehensive personal health and safety instruction for students in all grades promotes self-confidence and prevents health problems, unintended pregnancy, and many forms of abuse and violence.

School districts continue to have local control over curriculum, including how much time they spend on different topics and what instructional materials they use. This flexibility allows every district to address these topics in ways that are appropriate for their specific community context, while still being inclusive, age-appropriate and medically accurate. We collaborated with a working group to provide a wealth of resources on the ISBE website to support school districts in adapting their curriculum to the new standards.

Parents are looped in every step of the way, first and foremost by having the ability to opt their student out of instruction. The law that required ISBE to adopt the new standards also added new layers of transparency for parents, requiring school districts to publish the name of the curricula they're using, notify families of the scope and sequence of instruction, and provide information on how to opt their student out. ISBE has developed a one-pager in multiple languages that districts can distribute to families to help describe the importance of sexual health education:

[English](#)

[Arabic](#)

[Chinese \(Simplified\)](#)

[Chinese \(Traditional\)](#)

[Gujarati](#)

[Hindi](#)

[Filipino \(Tagalog\)](#)

[Polish](#)

[Russian](#)

[Spanish](#)

[Urdu](#)

Please note that the standards are required for any district that chooses to teach comprehensive sexual health education. For districts that elect not to teach sex education, topics that fall under separate instructional mandates must continue to be taught.

We understand that there will be a transition period as school districts review the standards and engage their local communities. Ultimately, the goal of the standards is to empower all students with the information they need to safeguard their personal health. If you have questions on this topic, please check our [FAQ](#) or email

sexualhealtheducation@isbe.net.

Sincerely,

Carmen



**Illinois
State Board of
Education**



[Source Link](#) September 1, 2022