



Old Rochester Regional School District Massachusetts Superintendency Union #55

"Serving the towns of Marion, Mattapoisett, & Rochester"

Healthy Tri-Town Coalition

MEETING #2 - 08/11/2015 - 3:15 p.m. - Superintendent's Conf. Rm

AGENDA

1. Welcome and Introductions of new/all Members (Elise)
2. Development of Group Mission (All) (please bring your draft mission to share)

Group developed this mission: *"Providing tri-town families with a foundation for lifelong health & wellness through collaboration amongst all community members."*

3. Where we've been; where we need to go:

A. High School State of Social/Emotional Programs and Programming connected to YRBS questions 2014-2015 school year. Plan for 2015-2016 school year to address data. (Principal Devoll and HS staff)

B. Junior High School State of Social/Emotional Programs and Programming connected to YRBS questions

2014-2015 school year. Vision for 2015-2016 school year to address JRHS data (Principal Brogioli and JRHS staff)

C. Community Progress related to YRBS: Nurse Kathy Downey, Ph.D Marion Public Health Office reporting on Tri-Town developments

4. Update reports: what have you learned/ amassed /developed pertaining to your area of focus: (depression/ substance use & abuse/ relational violence/ helpful resources (remainder of group members)).

5. Breakout into working FOCUS groups. Appoint facilitator. Appoint timekeeper. (ALL 40 MINUTES) Develop action plan for this school year. What will take place? Who is responsible? Resources needed?

6. Appointed speaker shares plan. (3 GROUPS)

7. DEVELOPMENT OF SEPTEMBER AGENDA.

8. GROUP REFLECTION.

PART I Meeting Notes

Developing the Mission Statement -- seen on the white-board:

Guidelines for an effective Mission are: Brief, Centering, Involving, Conveys Long View, Captures Whole Community; "Reduces Silos"

Possible missions discussed:

- A. “To provide intervention, education & information to ORR students, parents and staff inter/relational violence, substance abuse and depression.”
- B. “Laying the foundation for ~ or providing tri-town families w/ a foundation for lifelong health & wellness through collaboration with community.
- C. Give every child the opportunity to succeed in life.

DISCUSSION:

-- Providing Tri-Town Families With Tools/Resources

- How do we set good examples for children? How to capture their attn at young age?
- “Laying the foundation for a healthy life”
- Choices are made by JHS and HS students.
- Healthy choices vs. unhealthy/destructive/addictive

-- Should it be A School-based Mission vs. a Community Mission?

- “Police Dept., Fire Dept., and Clergy could be at the table with us and working together in a 360-degree capacity” (referenced the GNBCN- Greater NBedford Comm. Network).
- Health is Not just schools’ responsibility.
- Communities may facilitate or provide activities/destinations for the kids who are not involved in after-school sports or clubs. (afternoon-- risky time of day)

-- Identify Students [at risk] Before Trouble Starts vs. Putting Out Fires (ORRHS+JHS)

-- Skills we need to cultivate in students which characterizes healthy kids who can handle stress, etc.-Can they be taught? [KDowdall]

- Resiliency -overcoming obstacles; breathing through a crisis
- Resourcefulness - making the errors work for you; tools for recovering from defeat or setback
- Parental involvement in this teaching
- Techniques for students, teachers, parents: Yoga, breathing exercises, meditation, mindfulness.

-- Aside from the HS, how do we acclimate kids to these ideas?

PART II

REPORTS from JHS & HS:

ORRJHS [Principal Kevin Brogioli speaker]: “ADVISORY [12 kids per group with one teacher/advisor for the duration of gr 7-8] is an excellent arena for gaining an understanding” of WHO might be experiencing issues, providing support before the initial explorations or moments of despair become calamitous. Transitional needs are recognized in these grades. Teachers (acting as liaisons to HS) and Health Teacher (touching on these topics) may be able to ease transition to HS.

Health teacher’s curriculum poss. topics: Gr. 7 alcohol, tobacco, marijuana, heroine; Gr. 8 Relational violence, bully vs. kindness/respect, cyberbullying; School-wide assemblies presents topics through presentations, resource officer; partnership with ORRHS GSA (Gay-Straight Alliance).

ORRHS [Kerri Dowdall/Kim Corazzini speakers]-- Resilience & resourcefulness discussed; Theory of Reasoned Action and Planned Behavior ([read about this](#)); trying to get kids to understand the linear

nature of their behavior; Curriculum/Program Suggestions being explored but some only work in conjunction w/ intro (lower-school curriculum); Resources referenced: [Communities that Care](#) ; [SAMHSA Website](#) ; [GNB Allies for Health & Wellness](#) -- ORR District is part of Community Health Network Area #26; Kerri talked through the list she and Kim developed which showed many programs at the HS.

Appendix:

Elise stated all need to serve as ambassadors to the community to get others in law enforcement and public health to join with this group. We need to provide parents with easy access to multiple resources they can access relating to risky behaviors they are seeing among children. The voice missing from this is students. Students learn best from hearing from each other in Public Service Announcements they have created using tech tools such as VIMEO or through dramatic skits they present to peers. Elise plans to follow up with links to videos resources> [the Barnstable School District](#).

Doug & others: What are our visions for Health Programs for the lower grades? How should [these messages] be communicated and how will we hold the attn span of students, families, looking to locate and preserve resources for this purpose?

Participants broke out into groups focused on the 3 areas of action:

1. Substances - Chaired by Doug White “What is this group going to do?” Prevention education; town nurses have spoken, Prescription awareness/education, intervention.
2. Relational Violence -Chaired by Ph.d candidate Mike Ferrick. Elise noted that there is a Dating Bill of Rights and learned that an easy one hour on-line training would teach teachers about relational violence so that they could assist students with proven information when they approach their teachers on this sensitive topic.
3. Suicide/Depression Awareness - Chaired by Kerri Dowdall. They discussed the Development of the vocabulary for understanding symptoms/signs; elementary level may touch on the topics of ID’ing emotion; social media; teachers see a lot; identifying risk factors; TIME can be built into the day to discuss. (“kids cannot learn if they don’t feel good.” Stated that Stress reduction is built into the classroom routine. Responsive classroom is great for elementary, but not continued through JHS and HS. Problem with lack of consistent and sustained social emotional curriculum follow through.

Reflections: Participants felt: Encouraged, excited, grateful, with the progress made and the community of the participants in the room.

Next Steps:

Development of the action plan for each area. See agenda for August meeting.

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HTTC- Give every child the opportunity to succeed in life.

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