

SEB Things

A quarterly nugget of information about supporting Social, Emotional, & Behavioral Health for all of us. (Winter, 2024)



WE ARE BACK!

We are back!! We hope the New Year is going well for you. Please don't hesitate to reach out if you have questions or need an ear for all things Social, Emotional, and Behavioral Health. We have a team ready to support you!

DISTRICT HIGHLIGHTS:

CENTRAL LINN, HARRISBURG, AND MONROE

Central Linn, Harrisburg, and Monroe SD's hosted their first ever Tri-District Health Fair. On Dec. 14th, students from the three districts gathered at Harrisburg High School to connect and learn about physical, emotional, and mental health prior to Winter Break. Sessions were led by a variety of agencies ranging from district staff, students, Linn County Drug and Alcohol, US Army, and LBL ESD. Sessions included information on Master Resilience Training, Art, Journaling, Mini First Aid, Internet Safety, Yoga, Sources of Strength and Suicide Prevention, Healthy Relationships, and Energy Drink Effects. What a great way to start Winter Break! If you are looking for details, contact [Madison Brock](#).

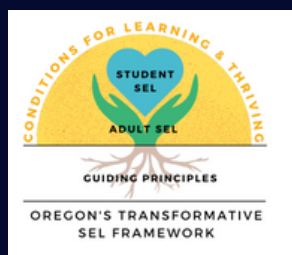


DISTRICT HIGHLIGHTS:

LEBANON: CASCADES ELEMENTARY

At Cascades Elementary, in Lebanon SD, Dean of Students [Roxanne Savedra](#) and Counselor [Cameon Gustafson](#) asked themselves, 'How can we help and provide tools and resources to parents?' Out of this came "Pancakes with the Principal," "Coffee with the Counselor," and "Soup with the Superintendent." These offerings are connection points with parents around a myriad of topics such as: routines and their importance, tiered systems and supports students receive, the role of the school counselor, and reading within a MTSS lens. These monthly sessions vary in time of day and feedback has been **quite** positive. What a great way to build community and partnership to meet the needs of students! They continue to look for sponsorship for both food donations and content presenters. The upcoming session is on Nutrition (Cooking with Cauliflower!) in partnership with Western University COMP NW. If you have interest in sponsoring a session, facilitating a session, or want to gain insight from them, reach out to Roxanne and Cameon!

THINGS TO KNOW



Oregon's Transformative SEL (TSEL) Standards: NEW TOOL Alert!

Gearing up for the launch of the new social emotional learning standards? ODE has released this [Framework-At-A-Glance](#), in addition to their other resources on their [TSEL website](#). Additionally, this work will be a focus at our next [Curriculum Leaders Meeting, Feb. 14, 2024 at LBL-ESD \(8:30-11:30\)](#). For information, contact [Ross Davis](#).

Looking for an easy and great way to infuse SEL in your building or classroom? Use the walls! This article from Edutopia, [Social Emotional Learning on the Walls](#), details ways to infuse values into the environment to support SEL.



Did you know that UC-Berkeley has a free happiness calendar for educators? When you subscribe, daily activities to promote happiness show up on your calendar. These clickable links then take you to activities or articles to further your learning. February's focus is **mindful communication**. Many of these include ideas or prompts that could be used with students.

Up to 90 percent of students report they have experienced bullying by the time they reach 8th grade. Bullying is formally defined as unwanted aggressive behavior by another youth or group of youths (not siblings or dating partners), involving a perceived or observed balance of power. These behaviors are continuous and can inflict harm on communities, schools, families, and students. [HERE](#) is a comprehensive list of resources to serve as a guide for educators and parents to help put a stop to bullying in our schools and communities.

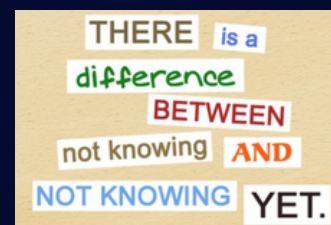


Click ODE's logo for a link to their bullying resources!



Check out **Scio School District** and the work they are doing with **Linn County Alcohol & Drug Prevention Program**: they recently partnered to bring an evidence-based program into the classrooms at **Scio Middle School**. As a part of a larger prevention strategy, Linn County chose LifeSkills Training for schools and sends health care workers into classrooms to teach. This is also a great example of [Interconnected Systems Framework](#) in practice. For more information on Linn County's Alcohol & Drug Prevention Program, contact [Dinette Killinger](#). For information on the Interconnected Systems Framework, contact [Maureen Stair](#).

Whether it be in our role as educator, colleague, family member, partner, or friend: [The Power of Believing that You Can Improve](#) is an important concept. In this ten minute video, Carol Dweck discusses the idea that we can grow our brain's capacity to learn and to solve problems. In this TED talk, she describes two ways to think about a problem that's slightly too hard for you to solve. Are you not smart enough to solve it ... or have you just not solved it YET?



Or, from the mouths of our friends at Sesame Street, [here is another version.](#)

THINGS TO DO

Looking for learning opportunities? Look into these:

Oregon Department of Education is sponsoring a webinar series, Centering Health and Well Being in Education. Sessions have started and run into March. You can register for individual or all sessions [here](#). This is great opportunity to hear what districts and agencies are doing to support our youth across the state.



Weren't able to attend the [National Summit on School Safety](#) in November? No problem! [Videos](#) are now on YOUTUBE! Amongst the topics, there are master classes on how to foster positive relationships and connections among the school community, recovery from a school tragedy, youth suicide prevention, implementing MTSS to support student wellbeing, and parent/student engagement in school safety. Also, upcoming: Free virtual event, Feb. 20th, on [Security Threats and Incidents](#) (bomb threats, social media, threat assessment, and cyberattacks).



Who's in? [COSA is hosting a Children & Youth Behavioral Health Summit on April 19th](#). The summit is for educators, nonprofits, and health-care providers with a focus on 1) gaining an understanding of current social-emotional and behavioral health issues; 2) creating a network of local and state-wide leaders and peers; and 3) learning about and sharing promising practices with local, regional, and state practitioners and leaders.



Look at this [Fentanyl/Opioid Response Kit](#): A resource in collaboration between Oregon Health Authority and Oregon Department of Education aimed to support educators, administrators, school nurses, students, and families in response to the public health crisis related to rising youth and adult opioid overdoses and deaths in Oregon.

Save the Date! The next virtual [DESSA Community of Practice](#) is March 7th, from 8:30-10:00am. This is a time to collaborate with DESSA users in Oregon, Aperture representatives, and our friends from Willamette ESD.



Interested in building a mental health-friendly classroom? Check out the [University of Michigan Depression Center Website](#) geared toward high school personnel. It incorporates easy to apply information and strategies for use in the classroom.

Have something cool that you are doing for yourself, your staff, families, or students in relation to Social, Emotional, & Behavioral Health? **LET US KNOW!** Please email Maureen Stair at maureen.stair@lblead.k12.or.us. We'd love to highlight your work and share with districts across our region.

THANK YOU,
MAUREEN

