



School Nurse UPDATE

#2 September 1, 2022

Greetings!

Most Wisconsin school districts are in the process of welcoming students for the new school year. The new year brings new challenges and opportunities. **Read Practice Points for some reminders of how you might navigate these challenges.**

Since the beginning of August, I have added over **30 email addresses** to the DPI school nurse email list all belonging to **nurses new to the specialty of school nursing**. Welcome! Information regarding the New School Nurse Orientation is under DPI News (p. 2). I am very excited to be holding this event in person once again.

No further news to share with you about the WASN/NASN memberships for school nurses. But as pointed out in Practice Points, make sure your Cooperative Educational Service Agency (CESA) knows how to contact you. Conference planning has begun for **the 2023 WASN conference**. See **Save the Date**. NASN is supporting a **survey on emergency preparedness** in schools (p. 7).

Still hoping monkeypox will not majorly affect the school age population this school year, but there are a few articles and resources about **monkeypox** in this newsletter.

If you are looking for **mental health resources for your students and families**, I suggest viewing the information on pages 4-5 from the Wisconsin Office of Children's Mental Health. Several flyers are attached to this Update offering training in **Mindfulness, Restorative Practices, and Compassion Resilience** for those seeking such opportunities.

Just for fun I've included a GoNoodle™ Shake Break!

Louise

SCHOOL NURSE UPDATE/ISSUE #2

FEATURED STORIES

PRACTICE POINTS –
New Beginnings

NCSN Exam Window
Open (p. 10)

Concussions & Vision
Problems in Kids
(p. 8)

Polio is Back (p.9)

SAVE THE DATES

DPI Consultant Office
hours 9/16/22 8-9 AM

DPI New School Nurse
Orientation October 6-7,
2022, Stevens Point.

DPI School Nurse
Meeting-Topic Long
COVID 10/10/22 3-3:45
PM

WASN Annual
Conference April 26-28,
2023

DPI supports best practices/evidence-based resources, but does not vet or endorse products/services. User is responsible to evaluate the resource and how it meets local needs.

DPI News

DPI New School Nurse Orientation Registration Now Open

Recognizing that many school districts do not have the resources to provide their school nurse(s) with targeted professional development, the DPI offers a New School Nurse Orientation and other specifically designed professional development.

The New School Nurse Orientation is scheduled for October 6-7, 2022 in Stevens Point at the Holiday Inn Hotel and Convention Center. This training is for those nurses who will be working for the first time in or with a school district. It is appropriate for school nurses who have worked in a school setting zero to three years. Topics that will be covered include guidance on the laws that affect school health, information on IEPs, 504's, school health records, and delegation in the school setting.

The cost of the program is \$150. Registration is now open on the [DPI School Nurse Webpage](#). Discounted rates for hotel rooms close September 5, 2022 or when the room block is full. Registration closes September 29, 2022.

More Monkeypox Resources Posted to DPI website

These resources were added to the DPI [Monkeypox Communicable Disease webpage](#) since the last Update.

- [Schools, Early Care and Education Programs, and Other Settings Serving Children or Adolescents](#)
- [What You Need to Know about Monkeypox if You are a Teen or Young Adult](#)
- [Lo que debes saber acerca de la viruela símica o del mono si eres un adolescente o adulto joven](#)

Wisconsin Safe and Healthy Schools Center Offers Multiple Trainings

DPI works in collaboration with the Wish Center to provide training and professional development to Wisconsin school staff. Attached to this newsletter are several flyers describing trainings on Compassion Resilience, Dialectical Behavioral Therapy, Mindfulness practices, Restorative Practices for Educators, Restorative Conferencing, and Community of Practices for Restorative Practices.

AODA Mini-Grants

The Department of Public Instruction's Student Services/Prevention and Wellness Team is pleased to announce the 34th Annual Student Alcohol and Other Drug Abuse (AODA) Mini-Grant competition. Student mini-grants fund prevention and wellness projects targeting AODA and other youth risk behaviors (use of commercial tobacco and vaping, violence, bullying, suicide, alcohol traffic safety, and sexual risk behaviors) developed by students for students. Each funded project may be awarded up to \$1,000. **Applications are due to DPI electronically by 4:30 p.m. on October 21, 2022, through the online form.** The application and additional information can be found on the [Student AODA Mini-Grant Program website](#).



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DHS News

Respiratory Report

[The Weekly Respiratory Report](#) is available and updated bi-weekly.

DHS Issues Public Health Advisory to Warn of the Risks of Death from Drugs Laced with Fentanyl

Numbers show an increase in overdose deaths in Wisconsin are linked to the addition of synthetic substances and a mixture of drugs used

The Wisconsin Department of Health Services (DHS) has issued a [public health advisory](#) to inform Wisconsinites about the increased number of deaths caused by drugs laced with synthetic substances, especially [fentanyl](#).

Fentanyl is up to 50 times stronger than heroin and up to 100 times stronger than morphine. Because it is so strong and cheap to produce, people who manufacture illegal drugs use fentanyl to make other drugs more powerful and less expensive to make. Fentanyl can be added to pills, heroin, cocaine, methamphetamines, and other drugs. [DHS data](#) shows that just last year, synthetic opioids, primarily fentanyl, were identified in 91 percent of opioid overdose deaths in Wisconsin, and in 73 percent of all overdose deaths. From 2019 to 2021, the number of fentanyl overdose deaths in the state grew by 97 percent.

"As we continue our work to promote mental health, reduce harm, and increase support for those struggling with substance use disorders, we can't ignore the greater risks people face by not knowing what is included in the drugs they are taking," said DHS Secretary-designee Karen Timberlake. "This is a public health crisis, and it's necessary to sound the alarm to prevent unnecessary deaths."

[View the entire news release.](#)

Immunization Webinar Recording Posted

The Wisconsin School Immunization Requirements 2022-2023 [booklet](#) and school immunization resources are posted on the [DHS School Immunization Requirements webpage](#). The recording of the webinar is now posted on this same webpage. Note that private schools are required to track and report immunization compliance just as are public schools.



Fentanyl is up to 50 times stronger than heroin and up to 100 times stronger than morphine.

Wisconsin Office of Children's Mental Health



OCMH Offers Back to School Guidance to Reduce Student Stress

Resources to Help Schools and Families

"Back to school is an exciting time for many students, but also an anxious time," said Linda Hall, Director of the Wisconsin Office of Children's Health (OCMH). "We can all help lessen student anxiety and prepare youth for the demands of the school year."

While the last two school years have been difficult, Hall points to a variety of initiatives and resources that are available to help schools and families put positive mental health practices into place.

Recently, there's been a lot of attention paid, and investments made in, children's mental health – and rightfully so", said Hall. "I'm energized by the steps that state and federal leaders have taken, as well as all the effort that educators and practitioners have put into addressing youth mental health."

Schools are doing more than ever to address student mental health and wellness, thanks to increased awareness and pandemic funding. Key investments in school mental health include Governor Evers' [Get Kids Ahead Initiative](#), federal pandemic relief funding from the [American Rescue Plan Act \(ARPA\)](#), and the [Coronavirus Aid, Relief, and Economic Security \(CARES\) Act](#). Policymakers have allocated a number of funding streams to address youth mental health in schools and medical settings, as well as the behavioral health workforce. For further details, see [Student Mental Health, In Brief](#).

Hall points out that the initiatives and resources available to Wisconsin schools echo the findings and recommendations of a recent [study](#) that graduate students at UW-Madison's La Follette School of Public Policy conducted for OCMH. Report recommendations include:

Continued on page 5...

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Wisconsin Office of Children’s Mental Health



Continued from page 4...

- Ensure stable and consistent state funding for school mental health and wellness;
- Provide time and training for school staff to implement mental health programming throughout their school; and
- Connect schools to available resources, highlighting immediate steps that educators can take to cultivate wellness in their schools.

A number of high-quality mental health programs and implementation resources are available to schools:

- [Comprehensive School Mental Health Framework](#)
- [Resiliency](#)
- [Screening tools](#)
- [Trauma sensitive schools](#)
- [Wisconsin Safe & Healthy Schools Center](#)

Parents can also play a large role in instilling wellness habits at home. Evidence shows these practices improve mental health:

- Sufficient sleep every night
- Daily physical exercise
- Healthy diet
- Time outdoors, especially in nature
- Open conversations about mental health

“As we emerge from the pandemic and enter a new school year, we are committed to helping Wisconsin’s children be as healthy as possible”, said Hall. “Our hope is that all students learn wellness strategies, build resilience, and strengthen their mental health.” School districts are encouraged to utilize the above resources; collaborate with local partners and their regional Cooperative Educational Service Agency (CESA); and reach out to OCMH with any questions.

For more resources on student mental health, see the OCMH [School Mental Health Resource](#) page.

“As we emerge from the pandemic and enter a new school year, we are committed to helping Wisconsin’s children be as healthy as possible”

CDC

Isolation and Precautions for People with COVID-19

If you have COVID-19, you can spread the virus to others. Regardless of vaccination status, you should isolate from others. You should also isolate if you are sick and suspect that you have COVID-19 but do not yet have [test](#) results.

If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home. You are likely most infectious during these first 5 days.

- Wear a high-quality mask if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask.
- Do not travel.
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to [improve ventilation](#) at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your [symptoms](#). If you have an [emergency warning sign](#) (like trouble breathing), seek emergency medical care immediately.

It is important to also understand when to [end isolation](#) and when to [stop wearing a mask](#). [Learn More](#)

Immunize Wisconsin Coalition

VIRTUAL LAUNCH EVENT

Please join us to hear about Immunize Wisconsin and share your ideas! As we define our mission and vision, we are working hard to make important connections with the community, county, and regional immunization coalitions throughout Wisconsin! To better partner with these organizations and others across Wisconsin, we are very excited to announce our first virtual event to meet, share, brainstorm, and plan for future partnerships!

September 9, 2022 2pm-3pm via Zoom
[Register here](#).



If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home. You are likely most infectious during these first 5 days.

NASN News

NASN's Telehealth Position Statement Updated

A substantial number of students experience health disparities correlated to a lack of access to primary and specialty services and school nurse services. It is the position of NASN that the utilization of telehealth technology is a valuable tool that can assist school nurses in enhancing access to school and community health services. The school nurse is on the frontlines of student health and has the expertise to provide a critical link and oversight to implement telehealth in the school setting (National Academies of Sciences, Engineering, and Medicine [NASEM], 2021).

[Read the full Position Statement](#) and [view NASN's entire list of Position Statements](#).

School Nurse Management of Behavioral Health, Violence, and Trauma-Related Emergencies: Survey Findings

School nurses are critical components of school-based interdisciplinary teams supporting student behavioral health. In [The Journal of School Nursing \(JOSN\)](#) article, [School Nurse Management of Behavioral Health, Violence, and Trauma-Related Emergencies: Findings from a Statewide Survey](#), survey findings reaffirm the essential role of school nurses in addressing emergent student health issues and underscore the need for practice- and competency-based behavioral health CE opportunities.

Request for Survey Participation

Title of Project: Emergency and Disaster Preparedness of Schools in the United States

Principal Investigator: Neha Gupta, BS

Co-Investigators: Robert P. Olympia, MD, Marcus Erdman, BS, Paige Chardavoyne, BA, Arjun Agrawal, MD

Address: Department of Emergency Medicine, Penn State Hershey Medical Center, 500 University Drive, Hershey, PA 17033

Telephone Numbers: Weekdays: 8:00 a.m. to 5:00 p.m. (717) 580-4751

Dear School Nurse:


Thank you to all who previously completed our research survey. This is our last request to collect responses nationally and we hope you will **share your experience** regarding emergency preparedness in schools with us. We would greatly appreciate **5 minutes** of your time to complete our online survey (via REDCap).

The objective of our study is to determine the current state of preparedness for emergency, disaster, and mental health issues in schools throughout the United States. We hope that the data we collect will help to improve overall school preparedness through education and financial allocation. **The goal is to positively impact your ability to care for kids. But in order to do that, we need your help.**

If you work in more than one school, please answer the following questions based on the school in which you spend the most time. You may skip any question that you prefer not to answer.

At the end of the survey, you will be able to enter your email address for a chance to win one of twenty \$25 ClinCards gift cards, or a grand prize of a personal day of virtual education for you and your colleagues with Robert Olympia, MD (pediatric emergency medicine physician, section editor of *NASN School Nurse's "School Nurses on the Front Lines of Healthcare"*, and 2021 recipient of the NASN President's Recognition Award).

SURVEY LINK: [Click here to begin the survey](#).



American Academy of Pediatrics - HealthyChildren.Org

Concussions & Vision Problems in Kids

[Concussions](#) are a type of injury that happens when a jolt to the head causes nerve cells in the brain to stretch. These injuries send more than a million U.S. children to emergency departments or doctor's offices each year. It is important to recognize the symptoms of concussion in order to seek prompt medical care, which can improve recovery.

You may be aware of common concussion symptoms such as headaches, dizziness and balance issues. However, many parents don't realize that vision problems are also common after concussion. In fact, the majority of children with concussion will experience vision-related symptoms. Here's what to watch for and how to help your child get needed care and accommodations as they recover. [Read more.](#)

American Academy of Pediatrics

AAP/AHA: Training School Health Personnel in Identifying Youth Tobacco Use and Supporting Cessation

The American Academy of Pediatrics (AAP), with funding from the American Heart Association (AHA), is providing trainings for school health personnel on identifying youth tobacco use and supporting cessation. The trainings adapt the [AAP "Ask - Counsel - Treat" cessation counseling model](#) into an educational curriculum for school nurses and other school health personnel. Five 3-hour trainings will be held throughout the 2022-2023 school year. Each training will be led by a faculty panel of pediatricians, school nurses, and other school health personnel and will provide educational content on screening, counseling, and treatment for youth tobacco use and overcoming common barriers to addressing youth cessation in school-based health settings, uncertainty about how to manage a positive screen, or lack of resources/referral sources to provide ongoing support to youth.

The American Academy of Pediatrics (AAP) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education. The AAP designates this live activity for a maximum of 3.0 AMA PRA Category 1 Credit(s)[™].

We are currently recruiting for 2 fall trainings, on the dates below. School health personnel are encouraged to register:

- Wednesday, October 5, 2022, from 5-8pm central - [Register here](#)
- Monday, December 5, 2022, from 10am-1pm central - [Register here](#)

If these training times do not work for you and you would like to be added to the list to receive communication about the spring 2023 trainings, please complete [this online form](#). If you have questions about the training, please reach out to Carolyn McCarty at cmccarty@aap.org.

Medscape Nurses



What Does It Mean Now That Polio Is Back?

On July 14, 2022, the New York State Department of Health announced that it had identified a case of paralytic polio in a young, unvaccinated adult who had no related travel history. Even one case of paralysis caused by poliovirus is a serious event, as this is the first case of this vaccine-preventable disease in the United States since 2013.

Here are five things you should know. [Read more...](#)

Post-COVID Symptoms in Kids: Not Always Long COVID

There is a problem with long COVID. Without a definitive diagnostic test, we have to rely on other markers – symptoms, diagnoses, medication prescriptions – to understand the epidemiology of the condition. But with so many potential long COVID symptoms – from shortness of breath to palpitations, brain fog to [depression](#) – it is inevitable that we may believe someone has long COVID, when in fact they would have developed those symptoms regardless of prior COVID infection. [Read more...](#)

Wind Instruments Don't Spew COVID More Than Speech: Study

New research from the University of Pennsylvania, along with members of the Philadelphia Orchestra, [found](#) that wind instruments don't spread COVID-19 particles any farther or faster than a human would during normal speech. [Read more.](#)

School Nurse Blog

[The Relentless School Nurse: Sometimes Fathers are the Mothers of Inventions](#)

Robin Cogan, MEd, RN, NCSN, FAAN
Aug 25

I have been following the fascinating career of Annalyce (Annie) D'Agostino for more than five years. Among her many talents, Annie is a content creator for our youngest children. You may remember her early childhood video series called Blooming Buddies. Annie has now teamed up with a friend and fellow creative, Adam Boyer, to bring an inspired idea to life in a BIG way. The product is called [Focus Posters](#).

New research from the University of Pennsylvania, along with members of the Philadelphia Orchestra, [found](#) that wind instruments don't spread COVID-19 particles any farther or faster than a human would during normal speech.

Miscellaneous

Monkeypox is rare in children, but K-12 schools are preparing for possible cases

Monkeypox risk is low for school-age children. Almost all infections in the United States are in adults. But as classrooms reopen this fall, K-12 schools across the United States are on alert for possible cases.

[Read CNN article.](#)

National Board for Certification of School Nurses (NBCSN) Sign up for the Fall Exam Starting 9/20/2022

NBCSN is excited to announce that during the summer exam window NBCSN reached an exciting pinnacle. We now have more than 5,000 NCSNs. The Fall application window is open and will be open until September 20, 2022. See [NBCSN website](#) for registration information.

Wisconsin School Nurses should note that NBCSN certification is one pathway to obtaining the voluntary DPI school nurse license. See [School Nurse Definition, Licensure, and Certification](#).

Study links pediatric tobacco use to cognitive performance

A study in [JAMA Network Open](#) found children who began using tobacco at ages 9 to 10 had smaller cortical brain area and volume and inferior cognitive performance, compared with nonusers, after a two-year follow-up period.

"Our results showed that tobacco ever users continued to have significantly lower scores in higher-order cognitive functions, particularly in oral reading recognition, auditory comprehension and crystallized intelligence, compared with nonusers," researchers wrote. [Read article.](#)

Get Up and Get Moving!

Sometimes you just need a moment to shake it off. Whether it's back to school nerves, stress, or excitement - let it go with a freestyle of your design!

Power up the best in your class in a [GoNoodle Shake Break](#) with Hamster and Gretel!

Allergy & Asthma Network

September Asthma Peak: Why It Happens And How to Avoid Triggers

Asthma attacks requiring a hospital or ER visit spike in mid-September, especially among children. What are some common asthma triggers that tend to emerge in September? Does COVID-19 put you at risk for an asthma flare? Check out our newly updated post on the September Asthma Peak.

[Read more](#)

[Infographic: 10 Steps to Avoid the September Asthma Peak \(PDF\)](#)



A study in [JAMA](#)

[Network](#)

[Open](#) found

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two-year follow-up

period.

Practice Points

By Louise Wilson

New Beginnings

I normally avoid any connection to commercial interests. In fact, you will note this disclaimer on page one of every DPI School Nurse Update “DPI supports best practices/evidence-based resources but does not vet or endorse products/services. User is responsible to evaluate the resource and how it meets local needs.” Last week I received a promotional email from [Mac Gill® School Nurse Supplies](#) beginning with a message about beginning the school year that I found poignant and inspirational. I share a section of the email message because nothing I could paraphrase would be as apt.

A message about new beginnings is particularly important as the multitasking, stress, and responsibilities for school nurses are particularly high this time of year. Additionally, this school year is a chance for a new beginning as with less COVID mitigation responsibilities come more opportunities and time to spend on chronic and acute disease management.

The last three years have been difficult for school nurses. Mitigating the effects of a global pandemic for a novel virus was no small feat! Yet, it is a new school year, a chance to leave some of those responsibilities and stress behind, and embrace what possibilities lie ahead, a fresh start, a new beginning...

... For many of us, new beginnings are accompanied by feelings of motivation and a renewed sense of goal-driven attitudes. Unfortunately, the excitement can be fleeting, as we encounter inevitable stressors and challenges throughout the school year. Desperately clinging to our optimistic aspirations, we become discouraged and overwhelmed, eventually often regressing into unhealthy (or unhelpful) patterns and behaviors. Whether it's a fresh start or just a do-over, it's an opportune time to consider small steps that can promote lasting habit formation and provide a permanent boost to your mental and physical well-being.

Think Big but Start Small—the goal may be (should be!) huge, but don't set yourself up for failure by making drastic unsustainable changes. The key to success is taking action and if the action is too overwhelming, too time-consuming, or too daunting, it just won't happen consistently. Do you tend to skip lunch? Throw a sign on your door (let everyone know you're still available for emergencies) and commit to refueling and taking a few minutes for yourself. Eventually, this will eventually lead to taking the daily lunch break that you deserve--maybe even (gasp!) outside of the health office.



Whether it's a fresh start or just a do-over, it's an opportune time to consider small steps that can promote lasting habit formation and provide a permanent boost to your mental and physical well-being.

Strategize and Plan for Roadblocks—things will happen, and circumstances will change, things that are completely out of your control. Focus from the start on making the habit or change as easy as possible, so that when the unexpected happens, it doesn't throw you for a loop. This is extremely important those mornings you arrive at school and there is already a student (or three) waiting to see you...so much for settling in and checking a few things off your to-do list!

Go On and Share—accountability is a very effective tool for sticking to goals and habits. It can be scary to share our aims and ambitions with others, but doing so will not only bolster your commitment, it can be inspiring for those around you. ...



Things will happen, and circumstances will change, things that are completely out of your control.

In the promotional email MacGill® suggested tweeting or sharing your ideas using Instagram tagging MacGill®. My suggestion is you share your goals and ideas with your supervisor(s). These are perfect to use for your professional goals. Sometime this fall I will write a Practice Points on the 2022 School Nursing Standards and how they can be used to set performance goals.

Share your goals and ideas with your school nurse colleagues in your district or CESA/WASN district. More information will be coming out soon regarding paid WASN/NASN memberships for Wisconsin school nurses. The CESAs will be the vehicle for distribution of funds. **Make sure your CESA district has your name and email address so you can be counted and contacted!**

In the meantime, have a safe start to the school year! Set realistic goals. Give yourself and others GRACE when things do not work out as planned or anticipated.

This publication is available from:
Learning and Support
Student Services Prevention and Wellness Team
(608) 266-8857
<https://dpi.wi.gov/sspw/pupil-services/school-nurse>



September 2022 Wisconsin Department of Public Instruction

The Department of Public Instruction does not discriminate on the basis of sex, race, color, religion, creed, age, national origin, ancestry, pregnancy, marital status or parental status, sexual orientation or disability.



Compassion Resilience for Educators

*Trained Facilitators
Community of Practice
(Virtual)*

Free!

Continue the journey toward Resilience!

- Review Compassion Resilience Toolkit features
- Reflect on current practice and your staff's needs
- Share experiences and strategies for implementation
- Learn and contribute with a supportive group of educators

Click here to Register

REGISTER SOON! ZOOM LINKS FOR THE FIRST SESSION
WILL BE SENT AT THE END OF SEPTEMBER

October 5, 9:00-10:30am

January 19, 1:00-2:30pm

March 15, 9:00-10:30am

These informational sessions are FREE to participants, and are offered in collaboration with Rogers Community Learning and Engagement and the Wisconsin Department of Public Instruction. Participants must be Trained Facilitators of the Compassion Resilience Toolkit.

Registration questions? Contact Kalli Rasmussen krasmussen@cesa4.org

Session questions? Contact Katharine Reid kreid@cesa4.org



DBT Skills In Schools: Steps-A

DBT Steps-A curriculum is an emotional problem-solving curriculum based upon Dialectical Behavioral Therapy. It is designed for adolescents with the goal of teaching skills for emotion management, interpersonal communication and decision-making. The curriculum has a focus on upstream prevention to mental wellness, with a whole child approach.

The WISH Center is hosting the following training sessions on DBT Steps-A. Join us for the session that meets your needs, based upon the level of implementation readiness of your school or system.

DBT STEPS-A CURRICULUM INTRODUCTION

Sept 16, 2022 8:30am - 10:00am (Zoom session, FREE)

REGISTRATION: https://login.myquickreg.com/register/event/event.cfm?from_cms=1&eventid=32343

This session will introduce participants to the DBT Steps A curriculum, including:

- An introduction to Dialectical Behavior Therapy (DBT)
- An overview of the curriculum content and areas of focus
- Exploration of the curriculum outcomes, curriculum sequence and lesson examples
- Examination of implementation in Tiers 1, 2 and 3.

This session is a good fit for individuals or teams that are in the exploration stage of readiness, desiring to know what this curriculum entails and still determining if this curriculum would be a good fit for their system.

DBT STEPS -A IMPLEMENTATION SUPPORT SESSIONS

Dates below, Wednesdays from 8:30am-9:30am (Zoom, \$50 for series)

REGISTRATION: https://login.myquickreg.com/register/event/event.cfm?from_cms=1&eventid=32349

For more discussion and resources on DBT In Schools implementation join the WISH Center for implementation support sessions.

- January 18, 2023
- February 1, 2023
- February 15, 2023
- March 8, 2023
- April 12, 2023
- April 26, 2023

SESSION QUESTIONS? CONTACT WISH CENTER REGIONAL COORDINATORS:

Alissa Darin, adarin@cesa1.k12.wi.us, 262-787-9786
Jackie Schoening, jschoening@cesa6.k12.wi.us, 920-236-0515

REGISTRATION ASSISTANCE:

Kalli Rasmussen, WISH Center Communications and Project Coordinator
krasmussen@cesa4.org, 608-786-4832

All session Zoom links will be emailed to registrants.

Participants must obtain their own copy of the book, *DBT Skills in Schools*, ISBN: 9781462525591



SCAN FOR TRAINING INFO



DATES/LOCATIONS:

Registration: 8:30—9:00am
Workshop: 9:00 am-3:30 pm

October 19, 2022

Treehaven Education and
Conference Center,
W2540 Pickerel Creek Road
Tomahawk, WI 54487

Contact: Lynn Verage, CESA #9
(715) 453-2141; lverage@cesa9.org

REGISTER ONLINE:

- Tomahawk — October 19, 2022

<https://login.myquickreg.com/register/event/event.cfm?eventid=32341>

Sign Up Now!



Limit of 20 participants
per workshop

PARTICIPANTS INCLUDE:

- PreK-12 Educators
- School Counselors
- Social Workers
- Special Education Teachers
- School Psychologists

Lately, it seems like everyone is talking about staff self-care. Mindful meditation is one way to operationalize the vague concept of self-care. By attending this workshop and learning several mindful meditation practices you can find a way of bringing peace and calm into your life, if only for a few minutes a day.

The objectives for the workshop include:

- Defining mindfulness
- Becoming familiar with a number of mindful practices
- Realizing the research supporting mindful practices
- Practicing mindful meditation
- Practicing mindful movement, and
- Reflecting on your learning.

Know that as you cultivate your own mindful practice you will feel that sense of calm grow and influence the way you react in stressful situations. Participants will receive a copy of these books: *Real Happiness* and *Mindfulness Begins with You*, and a yoga mat. So don't wait to get started, register now!

COST: \$50/per person (Coffee and Lunch included)
Payable **to:** CESA #4

Send Payment to:
CESA #4 ATTN: Kalli Rasmussen
923 East Garland Street,
West Salem, WI 54669



PLEASE include and clearly define:

Participant name, exact name of workshop, and date, with all checks or purchase orders.

Thank you!

REGISTRATION QUESTIONS:

Contact Kalli Rasmussen,
(608) 786-4832
krasmussen@cesa4.org



SCAN FOR TRAINING INFO





DATES / LOCATIONS:

Training: 8:00 am-3:00 pm
Max. Registration each session: 20

August 23 & 24, 2022
CESA #6, 2300 State Rd 44
Oshkosh, WI

January 10 & 11, 2023
Mid-State Tech, 1001 Centerpoint Dr,
Stevens Point, WI

February 7 & 8, 2023
CESA #2, 1221 Innovation Dr #205
Whitewater, WI

QUESTIONS ABOUT THIS TRAINING?

[Contact Your WISH Center Regional Coordinator](#)

WHO SHOULD ATTEND?

- Administrators, including District Office Personnel
- School Counselors
- Social Workers
- Higher Education
- Community Members

COST: \$225.00 registration fee per person (incl. lunch)

PAYABLE TO: CESA #4
SEND PAYMENT TO: CESA #4,
923 East Garland Street,
West Salem, WI 54669
ATTN: Kalli Rasmussen

PLEASE include and clearly define:
Participant name, exact name of workshop, and date with all checks or purchase orders. Thank you!



Restorative Conferencing -Two days*

** It is strongly recommended that a participant attend 'Restorative Practices for Educators' before attending this training. For trainings scheduled during the '22-'23 school year visit www.wishschools.org*

Restorative Conferencing, the most formal of the Restorative Practices on the continuum, is an in-depth and time intensive of all the practices. Restorative Conferencing is a procedure that creates a structured meeting between the person who caused harm, the person who has been harmed and both parties' family and friends, in which they deal with the consequences of the offense and decide how best to repair the harm.

To help you determine your readiness to attend training please review [this RP Conferencing Readiness checklist](#)

This two-day training covers the process of selecting cases, inviting participants, making preparations and running the conference itself. A general overview of the theories supporting Restorative Practices and the five practices are reviewed at the start of the course. The training was developed by the International Institute of Restorative Practices: www.iirp.org

Participants will:

- learn the necessary skills to facilitate a restorative conference
- examine the needs of participants within the conference process
- identify the purpose of restorative conferences

ONLINE REGISTRATION:

Choose one in-person session to register for.

August 23 & 24, 2022 at CESA #6, Oshkosh:
<https://login.myquickreg.com/register/event/event.cfm?eventid=32106>

January 10 & 11, 2023 at Mid-State Tech, Stevens Point:
<https://login.myquickreg.com/register/event/event.cfm?eventid=32107>

February 7 & 8, 2023 at CESA #2, Whitewater:
<https://login.myquickreg.com/register/event/event.cfm?eventid=32108>

REGISTRATION ASSISTANCE: Kalli Rasmussen,
CESA #4, (608)786-4832, kasmussen@cesa4.org



SCAN FOR TRAINING INFO



Restorative Practices Community of Practice

Continue Your School's Implementation Journey in 2022-2023

Join these community of practice sessions individually or with a team to share questions, implementation ideas and to learn from colleagues.

We are here to ...

- grow
- contribute
- interact
- share ideas
- and reflect

Quarterly Zoom Calls

9/30/22 9:00-10:15am

11/11/22 9:00-10:15am

2/10/23 9:00-10:15am

4/14/23 9:00-10:15am

FREE!

[Click here to register](#)

Questions about registration: kasmussen@cesa4.org

Questions about these sessions: kreid@cesa4.org



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WHO SHOULD ATTEND?

- Administrators
- School Counselors
- Social Workers
- Classroom Teachers
- Higher Education
- Community Members

QUESTIONS ABOUT THIS TRAINING?

[Contact Your WISH Center Regional Coordinator](#)

REGISTRATION ASSISTANCE:

Kalli Rasmussen,
CESA #4, (608)786-4832,
krasmussen@cesa4.org

COST: \$200.00 registration fee per person

PAYABLE TO: CESA #4
SEND PAYMENT TO: CESA #4, 923 East Garland Street, West Salem, WI 54669 ATTN: Kalli Rasmussen

PLEASE include and clearly define: Participant name, exact name of workshop, and date with all checks or purchase orders. Thank you!



This session follows the IIRP framework and refers to the organization's content and materials. Visit IIRP.edu for more info.



Restorative Practices for Educators

FOSTER POSITIVE CLASSROOM AND SCHOOL CULTURE

During this 2-day introductory restorative practices experience, you will learn fundamental theory and practices for engaging with students, staff and parents in your school setting.

Topics include how to set high expectations while being supportive, how to provide direct feedback and ask questions that foster accountability, and the most effective methods to resolve common conflicts.

You will also learn to facilitate circles, an essential process for creating a positive learning environment and school culture. Circles may be used to build social capital, resolve social problems and respond when harm occurs.

Additionally, instructors will address many issues related to building relationships and community while teaching in person or virtually. Concepts include how and when to have one-on-one conversations; the effective use of informal time as students gather; and setting norms for running circles.

Learning Format

- This training experience is led by experienced IIRP trained instructors.
- This training addresses topics: Restorative Practices & Using Circles Effectively, and it satisfies the prerequisite for the training Become a Restorative Practices Trainer (RP TOT).



ONLINE REGISTRATION:

Register for **one** training to attend - *your preference of format.*

In-Person Training Sessions [30 participants max per session]

- Sept 27 & Oct 28, 2022 at CESA #4, West Salem [8am-3pm]
<https://login.myquickreg.com/register/event/event.cfm?eventid=32139>
- Oct 11 & 12, 2022 at CESA #2, Whitewater [8am-3pm]
<https://login.myquickreg.com/register/event/event.cfm?eventid=32138>
- Nov 17 & 18, 2022 at CESA #8, Gillett [8am-3pm]
<https://login.myquickreg.com/register/event/event.cfm?eventid=32143>
- Dec 13, 2022 & Jan 19, 2023 at CESA #1, Waukesha [8am-3pm]
<https://login.myquickreg.com/register/event/event.cfm?eventid=32140>
- Mar 14 & Apr 11, 2023 at CESA #1, Waukesha [8am-3pm]
<https://login.myquickreg.com/register/event/event.cfm?eventid=32142>

Online Training Sessions [22 participants max per session]

Online training sessions will be conducted in a flipped classroom. Pre-work is required for online training sessions and includes readings, handouts, videos and other resources. There will be approximately two hours of pre-work for each day of synchronous instruction.

- Feb 28 & Mar 7 online via Zoom [8:30am-1pm]
<https://login.myquickreg.com/register/event/event.cfm?eventid=32144>
- Apr 25 & May 4 online via Zoom [8:30am-1pm]
<https://login.myquickreg.com/register/event/event.cfm?eventid=32145>



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