

Nebraska Whole Child Newsletter

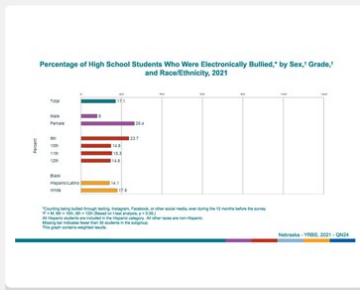
Department of Education, Healthy Schools



Get Your Students Involved in World Kindness Day

This [activity pack](#) has been written to help you celebrate World Kindness Day with your class. It contains four mini lesson plans and resource sheets on the theme of 'Our Kind Classroom'. The activities are designed to help build positive relationships and create a supportive and kind classroom environment.

[Assembly](#) - November 14th



Electronically Bullied

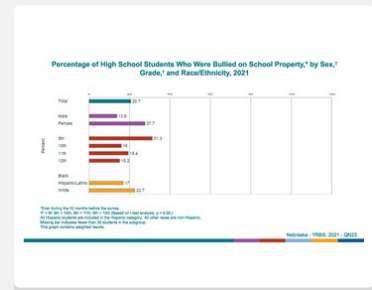
Results from the 2021 YRBS Survey reported by 9-12th grade students in Nebraska. These results count being bullied through texting, Instagram, Facebook, or other social media during the 12 months before the survey.



Full Nebraska 2021 YRBS data will be released soon!!

To find out more about the YRBS, visit the CDC National [website](#).

To learn more out Nebraska data, visit NDE's [website](#).



Bullied on School Property

Results from the 2021 YRBS Survey reported by 9-12th grade students in Nebraska. The results reflect ever being bullied on school property during the 12 months before the survey.

Safe2Help Hotline

Safe2HelpNE is a report system designed for students, staff, and parents to anonymously report concerning behavior which could impact the safety of students or schools across Nebraska.

Students, staff, and parents can report concerning behavior which may impact the safety of students or schools including, but not limited to:

- School threats
- Bullying
- Suicide concern
- Crime
- Domestic violence
- Abuse
- A friend's physical or mental health

Schools can now register for Safe2Help and have access to the K-12 Threat Assessment Teams website and resources without meeting any prerequisites. NDE, the PPC, and Boys Town will work with districts to help identify times to get members of your threat assessment team trained as we move forward.

Contact Jordan Wilson at jordan.wilson@nebraska.gov with any questions or concerns regarding Safe2Help registration.



PSA: Report a threat



Native American Heritage Month

As the First Americans, Native Americans have helped shape the future of the United States through every turn of our history. Today, young American Indians and Alaska Natives embrace open-ended possibilities and are determining their own destinies. During National Native American Heritage Month, we pledge to maintain the meaningful partnerships we have with tribal nations, and we renew our commitment to our nation-to-nation relationships as we seek to give all our children the future they deserve.



Find more resources here: <https://www.wernative.org/articles/native-american-heritage-month>

[Native Stories Connect Us](#)

Healthy Schools Fall Institute



School Health Data

Jessie Coffey, NDE Whole Child Director, shared how to utilize data from the [School Health Profiles Survey](#) and the [Youth Risk Behavior Survey](#).

These survey results guide policy, legislation & funding and help to assess change in risk behaviors in order to plan & monitor programs.

Data will soon be shared statewide to allow schools to make data-informed decisions on student well-being practices.



8 Healthy School Grantees

Healthy students learn better and schools are an idea setting to provide student with the resources and opportunities to not only learn skills to support a healthy lifestyle but to also practice healthy behaviors.

Eight school districts are in year five of the 1801 Healthy Schools Grant, where the districts focus on nutrition, physical activity, chronic care & out-of-school time.

#healthyschoolsNE



Create Sustainable Health Initiatives

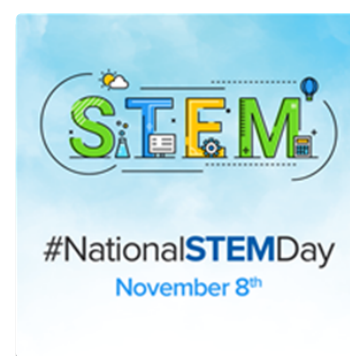
Cairn Guidance facilitated the Systems Change Simulation, where participants were looking to create sustainability in their school but were confronted with realistic decisions and experiences, when working to their goals.

To help you start thinking and planning for sustainable health initiatives, dive into the 10 key pieces in this [article](#).

National STEM Day - Nov 8th

On November 8th 2022, we will celebrate National STEM Day to get kids excited about Science, Technology, Engineering, and Math (STEM). Together the STEM subjects represent some of the fastest-growing and most in-demand fields in the United States.

Engage your students with a virtual lab, tour or fly the X-59 on your laptop. Check out [Create & Learn](#) to access these activities.



ADVANCING HEALTH EQUITY IN OUT-OF- SCHOOL TIME VIRTUAL INSTITUTE

Join the Collaborative for Advancing Health Equity in Out-of-School Time for a virtual training series designed to support out-of-school time (OST) programs with increasing access to healthy eating and physical activity for youth. Participants will learn how to leverage existing quality standards, such as the Healthy Eating and Physical Activity Standards (HEPA), assessment tools, and data, to capture current activities that support the health and wellbeing of youth. Participants will also explore strategies for bringing partners together to determine priorities for advancing health equity. There will also be time allotted for action planning.



AUDIENCE

OST program leaders, local and regional OST intermediaries, 21st CCLC grantees, school districts and school staff working in OST

TIME

Session 1: ASSESS

November 29 3:00-4:30pm EST

Optional Workshop

December 13 3:00-4:00pm EST

Session 2: Plan & Take Action

January 24 3:00-4:30pm EST

Optional Workshop

February 7 3:00-4:00pm EST

REGISTER HERE



For more information or questions, contact
Kate Goddard at kgoddard@edc.org



Nebraska Teachers using EVER-FI

Free Digital Lessons for K-12

Nebraska Stats: 238 Districts -- 623 Schools -- 925 Teachers -- 39,679 students

Whole Child Courses: Vaping, Mental Health, Online Safety, Healthy Relationships, Drug Prevention, Underage Drinking Prevention, & Bullying Prevention.

Other Courses: Career Readiness, Cultural Literacy, Digital Literacy & Wellness, STEM Literacy, Sustainability, Early Academic Readiness

DO YOU COACH GIRLS 11-17 YEARS?



Participate in a research study testing an in-person, coach-led program designed to boost girls' body confidence.
SCAN THE QR CODE FOR MORE INFORMATION OR CONTACT britnee@cairnguidance.com



Research Project -- Body Confident Athletes

Cairn Guidance is partnering on a research project called **Body Confident Athletes**, an in-person, coach-led program designed to boost girls' body confidence. We are looking to recruit coaches that work with girls between the ages of 11-17 years to participate in a research trial.

If you, or someone you know is interested in participating in this research, please fill out/share the Google Form [here](#). For additional questions or inquiries, please contact Britnee Harvey at britnee@cairnguidance.com.

Building the case...

Girls often worry about their appearance when playing sport, which impacts their enjoyment, performance and participation. Programs that boost girls' body confidence while playing sports currently don't exist. So, we are stepping up and making a change.

Participation Requirements

Your sports club or school are eligible to participate in this cutting edge research, if:

- You have coaches that work with girls between 11-17 years;
- You have 10+ girls between 11-17 years; &
- Your coaches are available to deliver the programs across three consecutive weeks in February.

What's in it for YOU?

We value your support and participation. As a thank you, we will provide girls, coaches and sports clubs or schools with small monetary compensations including;

- \$200.00 for your school/club
- \$100.00 for you or the coach who delivers the sessions
- \$60.00 for the girls who participate in the sessions

In addition, your club or school will also keep the **Body Confident Athletes** program for future use!

If you, or someone you know is interested in participating in this research, please fill out/share the Google Form [here](#). For additional questions or inquiries, please contact Britnee Harvey at britnee@cairnguidance.com.

Crisis Response and Post-Crisis Reunification Training

The target audience for this training is for school districts' safety team members, which should include local emergency management, law enforcement, and fire/rescue. This training would also be an opportunity to learn the "immediate responses" to threat, hazards, or incidents in our schools or communities. This training is a TRAIN the TRAINER event and a person who attends will be certified to teach this to their organization for 2 years.

In-person trainings being held in Nebraska November 14-18 at 4 locations (Scottsbluff, Kearney, Norfolk, and Lincoln) from 8AM-4PM.

[Register Here!](#)



Building Empathy through Understanding Trauma

When

Wednesday, Nov. 9th, 12pm

Where

This is an online event.

More information

Healthier Generations, brings an interactive webinar, you will gain introductory knowledge about trauma, its prevalence, and the use of Trauma-Informed Approaches in educational environments to support resilience.

Learning Opportunity is being offered at 12pm and 3pm on November 9, 2022.

[Register here!](#)

Nebraska Healthy Schools Program - Supporting the Whole Child


The Whole School, Whole Community, Whole Child (WSCC) Model, formerly known as a Coordinated School Health Program (CSHP), consists of ten interactive components. Schools by themselves cannot, and should not be expected to address the nation's most serious health and social problems. Families, health care workers, the media, religious organizations, community organizations that serve youth and young people themselves also must be systematically involved. However, schools could provide a critical facility in which many agencies might work together to maintain the well-being of young people.






Nebraska Department of Education

 @NDE_CSSS

 500 South 84th Street, Lincoln, ...

 jessie.coffey@nebraska.gov

 402-419-3205

 education.ne.gov/csss/