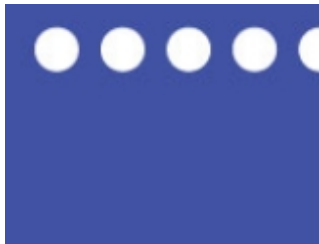


Top 10 Identified Needs, BHSS Conference Call for Proposals, Spring DPI Updates

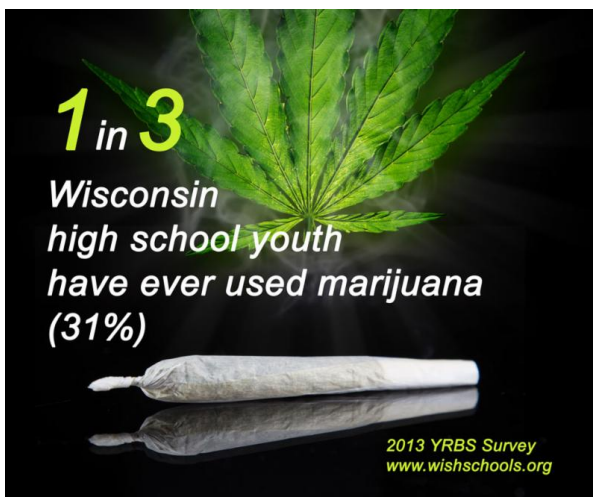


April 2016 Updates

This month's newsletter is also available:

www.wishschools.org/resources/newsletters.cfm

Visit Our Website



What is 4:20?

submitted by Jackie Schoening, Central Regional Coordinator

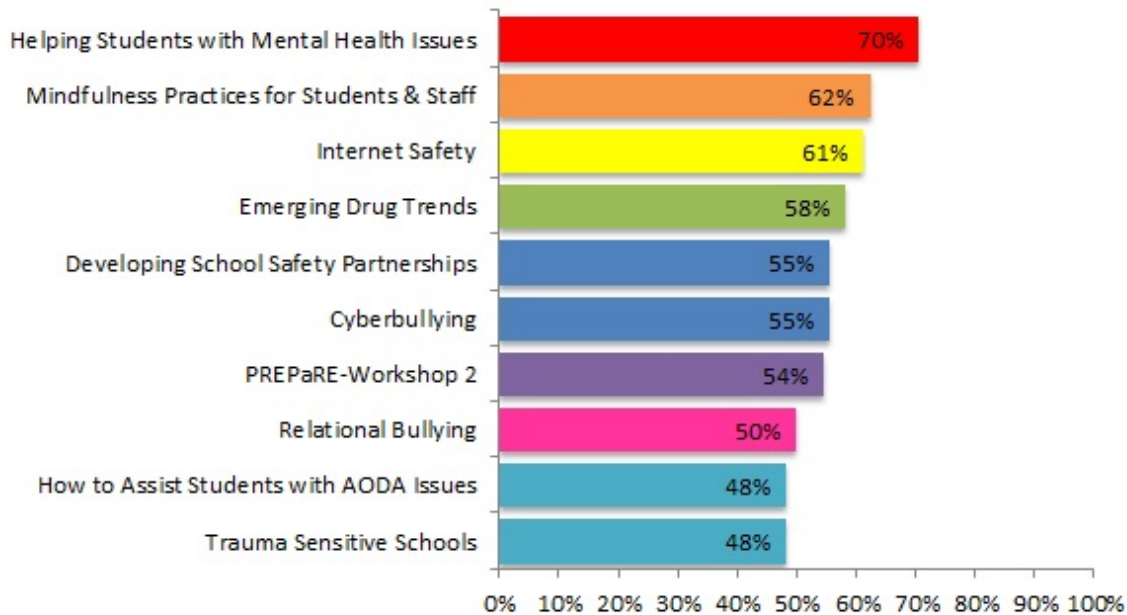
When you hear or see the symbol 4:20, 420, or 4/20 be aware of what it represents. April 20 at 4:20 PM is the "pot-smokers' holiday," also variously described as the "hippie New Year," "national smoke time," "national pot-smoking day," "the holiday," "pot appreciation day," "the ultimate session," or "a day of tribute to the scene. (taken from High Times Magazine)

[Read more for talking points to prevent youth marijuana use](#)

Wisconsin Safe & Healthy School PD Survey Results

Thanks for your participation in the 2016 WISH Center Needs Assessment. We received responses from 521 Wisconsin Educators. We are using this information to plan trainings and the Building the Heart of Successful Schools Conference for next year. [Read more](#)

TOP 10 NEEDS 2016



WISH Center Workshops

Please visit our website calendar often for updates and to register for events: www.wishschools.org.

PREPaRE Crisis Prevention and Preparedness:
Comprehensive School Safety Planning (Open to all school and community partners)

Workshop 2: Focus on Crisis Intervention/Recovery

- [April 28-29, 2016, Adams-Friendship School District*](#) (Open to all)
- [May 23-24, Kewaskum High School](#) * (Open to all)
- New: [June 8-9, UW-Eau Claire, Centennial Hall*](#) (Open to all)

Readiness and Emergency Management for K-12 Schools

- NEW: Rescheduled for October 11, 2016, Metropolis Resort, Eau Claire (Registration coming soon)

School-Based Suicide Prevention Training

- [April 20, 2016, CESA #1, Pewaukee](#)

Alcohol and Other Drug Basics Online Course

- [AODA Basics Online Course June 6-July 1, 2016*](#)

*Graduate Credit Available for fee through Viterbo University

All events are contingent on a minimum of participants.



DPI Spring Updates

submitted by **Brenda Jennings, DPI Consultant**

- **2016 Building the Heart of Successful Schools Conference** will be held on December 8th-9th at the Wilderness Resort in Wisconsin Dells, with a pre-conference on December 7th. Information can be found at: <http://dpi.wi.gov/sspw/conference>.
- **The Prevent Suicide Wisconsin Conference** will be held on April 27th at the Holiday Inn in Stevens Point. Registration is available at: <http://www.preventsuicidewi.org/>.
- The **AODA Student Mini-Grant Program** allows students to submit proposals/projects, with costs up to \$1,000, each fall. Information for the fall of 2016-17 will be coming soon. For more information regarding Student AODA Mini-Grants go to the following link: <http://dpi.wi.gov/sspw/aoda/mini-grant>.
- The 2016-17 school year is a renewal year for the **AODA Program Grants**. The next AODA grant competition will take place in the spring of 2017, with grant writing workshops in the winter of 2016-17. Information will be posted on the DPI webpage: <http://dpi.wi.gov/sspw/aoda>.
- The core clusters within **Online YRBS** system will continue to align with the 2013 YRBS. If sites select all clusters, it will replicate the 2013 Wisconsin YRBS. The system was updated this past summer to display 2013 state and national data in the comparison report. 2013 statewide YRBS data is available at: <http://dpi.wi.gov/sspw/yrbs> or <http://nccd.cdc.gov/youthonline/App/Default.aspx>
- The 2015 statewide **Wisconsin Youth Risk Behavior Survey** was conducted with randomly selected schools through May 2015. Despite our best recruitment efforts, weighted data was not achieved. Please continue to use the weighed 2013 data until the 2017 survey is completed. In order to get weighted data, recruitment will start in the fall of 2016, with a spring 2017 completion in the schools.
- When updating your school district's tobacco policy use the newly compiled checklist aligned with the E-cigarette sample school policy language from the Public Health Law Center available on DPI's **Tobacco Prevention** website at: <http://dpi.wi.gov/sspw/aoda/tobacco-program>. If your school district has updated your tobacco policy, notify Brenda Jennings at brenda.jennings@dpi.wi.gov and we will add it to our list of schools on our website.
- The Wisconsin DPI's **School Nursing and Health Services** has two upcoming 2016 events for school nurses:
 - -July 14, School Nurse Summer Institute, Managing Diabetes Safely in the School Setting: A framework for collaborative care
 - -October 12-13, New School Nurse Training, Madison. Registration will be available by the end of March at <http://dpi.wi.gov/sspw/pupil-services/school-nurse>. For more information contact Bette Carr at bette.carr@dpi.wi.gov.
- Wisconsin DPI has awarded the 2015 **Wisconsin School Health Award** to 34 districts as a way to recognize and celebrate schools with policies, programs, and the infrastructure to support and promote healthy eating; physical activity; parental and community involvement; and staff wellness. The goal of this award is to motivate and empower Wisconsin schools as they create and maintain healthy school environments. The 2016 awards ceremony will be at the WHPE Convention. For more information contact Eileen Hare at eileen.hare@dpi.wi.gov.
- There are ongoing DPI internal workgroup meetings for **Academic and Career Planning (ACP)**. The draft rule combining education for employment and ACP

requirements (PI-26) has undergone public stakeholder input, revision, received legislative approval, and was published December 1, 2015. The new PI-26 contains an integration of the former Education for Employment rule with ACP requirements; bringing with it some significant changes to the way school districts address college and career readiness. The new rule informs districts and guides DPI in creating the professional development necessary to effectively implement ACPs statewide by 2017-2018. The governor's 2015-2017 biennial budget included \$1.1 million annually for the purchase of career development technology and professional development. In addition, 25 school districts are participating in an ACP Process Pilot during the 2015-2016 school year. DPI has a website dedicated to the implementation of ACP's at: <http://dpi.wi.gov/acp>.

DPI Grants:

- Wisconsin DPI was awarded the **In School Pregnancy/Parenting Interventions, Resources, and Education Project (InSPIRE) Grant** through the Office of Adolescent Health. DPI continues to award 13 Wisconsin school districts and consortia with local grants through 2017. Outcomes include increasing high school graduation and enrollment in higher education, increasing parenting knowledge and skills, and decreasing repeat pregnancy. For more information including training opportunities go to: <http://dpi.wi.gov/sspw/school-age-parent>.
- Wisconsin DPI was awarded the competitive **School-based HIV/STD Prevention and Surveillance Grant** through the Centers for Disease Control and Prevention, year three in a five year project. The HIV grant will have statewide activities around policy and curriculum, but will have targeted activities to 15 priority districts in policy, curriculum, referrals for health service and safe school climate. All grantees are required to address school climate for LGBT youth. More information is available here: <http://dpi.wi.gov/sspw/health-education/aids-hiv>.
- Wisconsin DHS, in collaboration with DPI, was awarded the enhanced **Chronic Disease Grant**, year two of a five year project. Work in 16 priority districts will be occurring in this grant as well. Site selection was based on disparities in data. Areas of focus are asthma and anaphylaxis, diabetes, epilepsy, and obesity. More information at: <http://dpi.wi.gov/sspw/pupil-services/school-nurse/wellness-improves-learning-for-youth/chronic-illness-management>. Active Students are Better Learners with Active Schools Core 4+ trainings are available at 6 CESA's during 2015-16. Please see the WISH Center website www.wishschools.org for details.
- Wisconsin Department of Public Instruction (DPI) received the **School Climate Transformation Grant**, funded by US Department of Education at \$578,521/year for five years through 2019. The project will effectively build local capacity to provide, improve and expand multi-level systems of support by directly strengthening positive behavioral interventions and support (PBIS) as well as, integrating school mental health services and supports into PBIS. The work of the grant is to strengthen Wisconsin state capacity to: a) deliver expanded effective training and technical assistance through an existing statewide PBIS Training Center; and b) deliver training and technical assistance on school mental health. Mental Health Framework Roll-out trainings are happening around the state at CESA's this year and next year.
- Wisconsin was one of seven states that received a **Safe Schools-Healthy Students Grant**. DPI received this federal grant to address school safety in the Beloit, Racine, and Menominee Indian School Districts. It is currently in year three of a four year project, ending in 2017. A project summary with more detail is available by contacting the Project Coordinator, Beth Herman at beth.herman@dpi.wi.gov.
- Wisconsin DPI also received the **Project AWARE Grant**, funded by SAMHSA for \$9.8 million for five years through 2019. The purposes of this project are to: 1)

make schools safer; 2) improve school climates; 3) increase capacity to identify warning signs of mental health problems among children and make appropriate referrals to mental health care; and 4) increase capacity of the state and local education agencies to connect children and youth with behavioral health issues with needed services. The focus needs to be with students and families in three school districts, with project products to be available to all schools statewide. Youth Mental Health First Aid trainings will be available to those involved in working with youth ages 12-18. The project coordinator of Youth Mental Health First Aid is Christie Gause-Bemis at christie.gause-bemis@dpi.wi.gov. For more information on AWARE contact the Project Coordinator, Monica Wightman at monica.wightman@dpi.wi.gov.

- The Wisconsin DPI received the **Bullying Prevention Research Project**, funded by National Institutes of Justice for \$858,000 through 2017. The proposed study researches the effectiveness of a Positive Behavior Interventions and Supports and Bullying Prevention program on outcomes of school safety and climate among students in grades six through eight in 36 middle schools. The Wisconsin DPI will partner with schools, academic institutions, several community health partners, and the WISH Center in this endeavor.
- The Wisconsin DPI received the **Wisconsin School Emergency Management Project**, funded by US Department of Ed. for \$472,000 through the 2015-16 school year, with a no cost extension into 2016 school year. The project includes training and technical assistance regarding:
 1. high quality school emergency operations plans;
 2. developing MOUs with community partners in relation to school emergencies, and;
 3. National Incident Management Systems (NIMS) concepts and on-line resources.
 4. Funding is going to the WISH Center to develop contracts with School Safety Coordinators Association, develop statewide regional conferences, and work with National Association of School Psychologists on PREPaRE trainings. **October 11th will be the next Readiness and Emergency Management for K-12 Schools Conference** in Eau Claire. For more information go to the WISH Center's website at: <http://www.wishschools.org/>.



Spring is a Time for Increased Vigilance

Guest Article from Suzanne Sible

Spring has arrived and there is an air excitement in our schools! The weather has turned warmer, students and staff can enjoy being outdoors, and it's a season of festivities and new beginnings.

It's also a time for increased awareness and vigilance by both parents and educators.

Here's why: research indicates that suicide rates are higher during the spring months than at other times of year. This may feel a bit counterintuitive. Roughly [700 suicides occur each week](#) in the United States. During the spring months, this number increases by 15%, to 800 suicides per week.

Conventional wisdom would have us believe that rates are higher during the dreary months of winter and near the winter holidays. In fact, records from as far back as the 1800s show a peak in suicide rates during the spring months. One study conducted in 1995 followed rates in both the northern and southern hemisphere and found that rates were highest during *each* hemisphere's spring months.

While there are a [number of theories](#), none has been proven as the definitive explanation. Most theories focus on biological factors such as increased energy or inflammation that occurs in the body during spring. [One theory](#) postulates that increases in pollen also trigger anxiety-producing chemicals in the body. Others seek social explanations such as the increased social activity that typically occurs after a winter of isolation.

Regardless of the cause, this is a time for increased vigilance and a reminder to staff, parents, and students about the increased risk of suicide in the spring and early summer months. Parents should be especially watchful during the transition from school to summer. This is a perfect time to post an article on your district website and in your next parent and staff newsletters to make sure everyone pays close attention to signs of depression and suicidality during a time when many of us erroneously believe the risk is lower.

We also need to be exceedingly vigilant about the [warning signs of violence](#) during the spring months.

In my research, I found a total of 100 confirmed injuries or deaths by shooting or stabbing in secondary and post-secondary schools during the months of April and May in the United States. Of course, we want to be vigilant at all times, but even more so during this time of year. Whether the factors responsible for these high springtime rates parallel those involved in increased spring rates of suicide is unclear. Further research may help to clarify the role played by social and biological factors in these high rates of violence.

Below is a list of April and May dates that have witnessed the tragedy of a school shooting (it may not be exhaustive). Some of the incidents have included the suicide of the perpetrator. Because individuals who are contemplating an act of targeted violence often identify with, and wish to emulate, previous attackers, specific dates may be significant to a given individual. Research has established that there is such a thing as a [copycat effect](#), so it's wise to familiarize your school staff with the dates below. This is a time to be particularly vigilant, especially with persons of concern. If you notice something that causes concern and aren't sure what to do next, read [this](#).

Spring violent incidents in schools:

April 2, 1867, 1921, 2012
April 5, 1975
April 6, 1904, 1918
April 7, 1977, 1982
April 9, 1891, 1952, 2014
April 10, 1996
April 11, 2014
April 12, 1919, 1982, 1887, 1994, 2013
April 13, 2015
April 15, 1908, 1993
April 16, 1974, 1987, 1999, 2007, 2013, 2015
April 17, 1981, 1956, 1984
April 18, 1918, 2013
April 20, 1984, 1961, 1999
April 21, 2014
April 23, 1991

April 24, 1890, 1998, 2003
April 25, 1950
April 26, 1978, 2009
April 27, 1936, 1966, 2015
April 29, 1920
April 30, 1866
May 1, 1920, 1992 (2), 1958
May 4, 1956, 1970, 2014
May 5, 2014
May 6, 1930, 1940
May 7, 1935, 2004
May 8 2014
May 9, 2003
May 12, 2015
May 13, 1969
May 14, 1992 (2), 2013, 2014
May 15, 1920, 1954, 1970
May 16, 1986
May 17, 1889, 1984, 2001
May 18, 1906, 1927, 1979, 2009 (2)
May 19, 1998, 1936
May 20, 1988, 1999
May 21, 1998
May 22, 1930, 1968
May 23, 1940, 2011, 2014
May 24, 1878, 1879, 1979, 1993, 1998, 2015
May 26, 1994, 2000, 2012
May 28, 1931

In addition, both the Oklahoma City Bombing and the Boston Marathon Bombing occurred during the spring, on April 19, 1995 and April 15, 2013, respectively.

I would not suggest that you disseminate this information to students or parents but I do recommend reminding all staff and parents that this is a time of year to increase vigilance regarding signs of both suicide and violence. Feel free to print a copy of this [list](#), or [email](#) me for additional resources.

About Suzanne Sibole: Suzanne helps schools significantly improve the safety of their students and staff. To see how she can help you build a safer school, [read this](#). If you'd like to receive future articles like this, you can subscribe to her blog [here](#).

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