



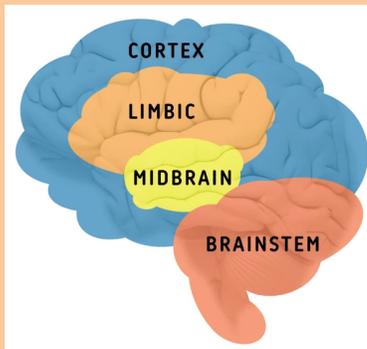
SEBW PLAN MONTHLY NEWSLETTER

December 2021



Topic of the Month: Regulation

Self-regulation for students and staff has been top of mind this school year; but did you know that regulation actually occurs in the bottom of the brain? The brain is organized neurosequentially. This means that the structures that are developed earlier in life provide the foundation for subsequent structures and skill development. Self-regulation is rooted in the serve and return interactions that take place during infancy. Strong attachment and attunement are the core strengths that facilitate co-regulation – the opportunity to share regulation with those who are less regulated or totally dysregulated.



Co-regulation is imperative to healthy classroom culture and climate. However, the stress of the pandemic and ongoing, chronic adversity in many communities has been toxic enough to disrupt and rewire the brains of students and staff. To cultivate a culture of care, we must manage reactions and reflect frequently before responding. Organize classroom activities neurosequentially. Build regulation opportunities into the daily schedule. When disruptions occur, de-escalate behaviors by taking a pause to reflect on your own regulation, provide supports for basic needs, and attend to the relationship with strategies to restore and repair until the youth is regulated enough to problem solve collaboratively. You can learn more about the 3 R's of the brain – regulate, relate, and reason – in Neuro Logic Classroom (PDMS #29145). The course is a pillar of Delaware's Social Emotional Wellbeing (SEBW) Plan. For an overview of the SEBW Plan you can watch our new [video](#).

Professional Learning Opportunities that focus on regulation . . .

Neuro Logic Classroom

[Neuro Logic Trauma-Informed Classrooms Modules](#)-**contact Teri.lawler@doe.k12.de.us**

The Neuro Logic Trauma-Informed Classroom Training is a 4-hour, pre-recorded, and advanced training for those who have participated in previous trauma awareness level learning sessions. Participants will go through a process that begins with an understanding of basic brain science and the recognition of the impact of stress, trauma, and neglect on the brain. Participants will leave this training equipped with newfound hope and practical interventions that can be applied immediately in their roles within the school community.

[Monthly Neuro Logic Classrooms Skill Coaching](#)-**PDMS Course # 30017**

Please join our monthly series of Neuro Logic Classrooms. This trauma sensitive course will assure that your schools and classrooms are regulated and meet the co-regulation needs of all. Specific strategies will be shared that apply neuroscience to practice and assure physical, psychological, and emotional safety for students and staff.

Trauma-Informed Schools Co-Regulation Skills Webinar 3

PDMS Course # 29165

This session will cover a critical skill for educators: Co-Regulation, which is the ability to help another person return to a regulated state. You will learn practical skills that you can immediately put into practice.

Resources to learn more about regulation . . .



Show your interest in joining Delaware's Chapter by filling out the Google Form at <https://tinyurl.com/y5fndx7p>

Questions?
E-Mail Ashlee Upp,
Delaware COSEM Facilitator
dechapter@educatingmindfully.org

DE COSEM is sponsored for educators by the Delaware Department of Education

Join the Delaware Chapter of the COALITION OF SCHOOLS EDUCATING mindfully

Interested in or passionate about bringing mindfulness to education? Delaware is looking for educators from across the state to join Delaware's Chapter of the Coalition of Schools Educating Mindfully (COSEM).

COSEM is an educator-led nonprofit that supports school communities by connecting them with mentors, training, curriculums, and other resources for mindfulness-based social, emotional, and academic learning. Chapter activities may include supportive chapter meetings, workshops, trainings, retreats, and book clubs.

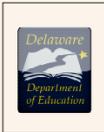
<https://www.educatingmindfully.org/>



Ready. Set. Meditate.

Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. All you need to do is download the app and sign up. Then just sit back, relax and breathe. Best of all, it's free for EVERYONE who works at a Delaware district or charter school!

Start Meditating Today at go.headspace.com/pureedge
Sign up with your SCHOOL EMAIL ADDRESS!




Co-regulation Workbook

Educators can hone their co-regulatory support for students by identifying their own “temperature boosters,” reflecting on challenging student interactions, and planning to incorporate co-regulating moves into their practice. Click [here](#) to access the workbook!

DDOE YouTube channel

You can subscribe to our [DDOE YouTube channel](#) for Social Emotional Wellbeing videos. There you will find a large selection of mindfulness videos you can use right now!

Other SEBW Highlights . . .

Youth Mental Health First Aid

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth.

Participants - no fee

Please take advantage of the state-led YMHFA participant training offerings. These trainings are held each month). You can register in PDMS at course # 29435. There is a 2-hour online pre-work required so please register 2 weeks in advance.

Wed 1/5/22	9am-2pm	Wed 1/26/22	9am-2pm	Mon 2/17/22	9am-2pm
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If you do not have instructors in your district but would like to hold a training dedicated to your staff, please email Adriana.Ignudo@doe.k12.de.us to help organize that training. (5-30 participants)

Instructors - no fee

Two instructor cohorts for Youth Mental Health First Aid have been held so far this school year. This brings the number of districts with at least one certified instructor to ten! We have also increased our number of state-wide staff who are trainers in order to help support these and other districts in carrying out YMHFA training. If you are interested in being an instructor for your district or charter, please email Adriana Ignudo. We have another instructor cohort scheduled for February 21st-23rd.

For questions about the SEBW plan or resources mentioned above please contact Adriana Ignudo at adriana.ignudo@doe.k12.de.us or (302)857-3304.

To unsubscribe from the monthly newsletter please click [here](#).