



***Redefining Student Services:***  
*Psychological Services, School Social Work,  
Health Services, FACE IT, School  
Counseling, Prevention, Section 504,  
Triage & Training and Crisis Response*

Edition  
January, 2019



## Build Your Self-Care Snowman

Have a happy, healthy holiday season with these quick self-care tips.

### Don't freeze people out

Spend time with people who love and support you.

### Break out the ice skates.

Take time to exercise, even if it's just taking a spin around the rink!

### Chill out.

Avoid overbooking yourself and don't feel guilty about making time for self-care.

### Get cozy.

Sleep is important -- make sure you're getting enough of it. (But don't hibernate!)

### Moderate the merriment.

At all those holiday parties, eat and drink in moderation. Don't drink alcohol if you are feeling down.

BE THE **1** TO MAKE A **DIFFERENCE**

WWW.MENTALHEALTHFIRSTAID.ORG

## Resource Round up!

*Each month a different community resource will be highlighted*



# Clothes To Kids

## Shopping Experience

Shopping at a Clothes To Kids store is truly a unique experience. Clothes are arranged by size and type so parents and children can browse to select what they like best. Dressing rooms are provided so that a good fit is assured and every child is comfortable and happy. The atmosphere is bright and cheerful, and friendly staff and volunteers are always on hand to assist shoppers!

## What's in a wardrobe?

It is our goal at Clothes To Kids to provide each shopper with a week's worth of school clothing. The selections at our stores are a combination of new and quality used clothing in the latest styles for kids. We have clothing to fit little girls, boys, young men, and young women of all shapes and sizes!

### **EACH WARDROBE INCLUDES:**

- 5 pairs of new underwear
- 5 pairs of new socks
- 5 tops (including uniforms)
- 4 bottoms (including uniforms)
- 1 dress (optional)
- 1 pair of shoes
- 1 jacket (in season)

## Who Can Shop at Clothes To Kids?

**BECOMING A CLOTHES TO KIDS SHOPPER REQUIRES THREE THINGS:**

### **1. You must live in Pinellas or Hillsborough County**

Your children must be school-aged and eligible for free or reduced-price lunch through Pinellas or Hillsborough County Schools.

**OR**

You must have a referral from an approved agency. Examples of an approved agency:

- Social worker or case worker employed at a local social service agency.
- School teacher, school administrator, guidance counselor or social worker.
- Pastor, priest or rabbi from your place of worship.

### **2. Call Clothes To Kids for an appointment**

All shopping at Clothes To Kids is by appointment only. Call 727-441-5050 to make your appointment. Please keep in mind that during our busy months (back-to-school, holidays) appointments may book out as far as two weeks.

### **3. Come Shopping**

We look forward to seeing you at Clothes To Kids!



## Our Vision

Clothes To Kids envisions a community in which every school-age child has quality clothing so that he or she may attend school with the confidence and self-esteem needed to achieve academic success.

Click here to [Learn More](#)

# At Your Service! Your Student Services Newsletter



## YOUTH MENTAL HEALTH FIRST AID

TRAINING LOCATION	DATES FOR 2018	TIME	PLN SECTION #
ADMIN B213	December 19 <sup>th</sup> and 20 <sup>th</sup>	3:30-7:30 pm	91752
ADMIN Conference Hall	January 28 <sup>th</sup> and 31 <sup>st</sup>	4:00-8:00 pm	92358
ADMIN B213	February 25 <sup>th</sup> and 27 <sup>th</sup>	4:00-8:00 pm	92359
SPC - Pinellas Park Campus Room 2074B	March 20 <sup>th</sup> and 21 <sup>st</sup>	4:00-8:00 pm	92360
ADMIN E111	April 2 <sup>nd</sup> and 3 <sup>rd</sup>	3:30-7:30 pm	92362

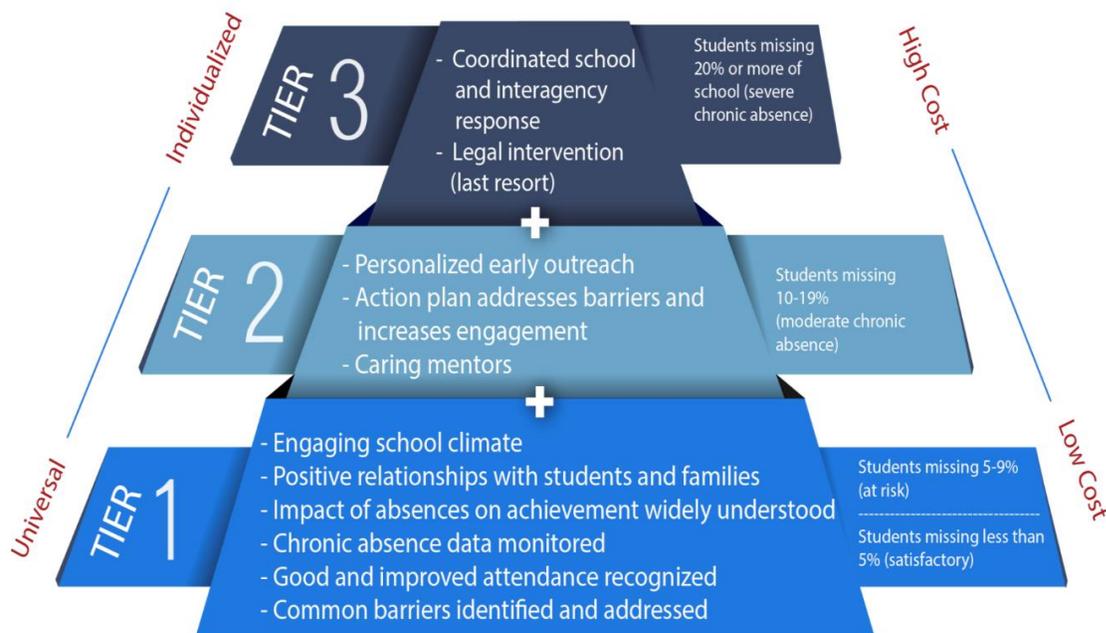
**You can earn 8 ESE hours, Component points, Certificate of Distinction points, Trade day hours and, above all, valuable and useful knowledge when completing the Youth Mental Health First Aid (YMHF) USA 8-hour education program.** Participants in YMHF are introduced to the unique risk factors and warning signs of mental health problems in youth, including anxiety, depression, psychosis, eating disorders, ADHD, other disruptive behavior disorders, and substance use disorder. YMHF emphasizes the importance of early intervention, and teaches individuals how to help a youth who is in crisis or experiencing an emotional or mental health challenge. Participants learn a core five-step action plan to support a youth that may be developing signs and symptoms of mental illness or experiencing an emotional crisis. The skills acquired are applicable in any setting whether it is school, home or community.

**Register for a training on Professional Learning Network (PLN) today! Course # 20459**  
**For more information please contact: Vicki Koller, MSW (Project Manager) (727) 588-6040 or [kollerv@pcsb.org](mailto:kollerv@pcsb.org)**



# At Your Service! Your Student Services Newsletter

## Tiered System of Supports For Improving Attendance



**Tier 1 is the foundation of the support system** and includes universal strategies that support satisfactory attendance for every student.

### The Strategies Should:

- Establish positive relationships with families
- Recognize good and improved attendance
- Educate and engage students and families about the importance of attendance for achievement [Teaching Attendance Curriculum](#)
- Monitor absences and set attendance goals
- Establish a supportive and engaging school climate

**Tier 2 supports are for students and families who need more encouragement and support** in addition to Tier 1. Tier 2 involves building caring supportive relationships with students and families to motivate daily attendance and address challenging barriers. For example, if a student is avoiding school because of bullying or academic struggles, educators can take steps to improve school climate or provide academic support. Tier 2 addresses other barriers to strong attendance including transportation, finding a safe path to school and an unmanaged chronic health condition.

**Teachers and paraprofessionals are essential to implementing Tier 1 and Tier 2 strategies** - to create a welcoming environment that makes students and families feel connected to school and to take positive and early action when a student is absent. While a welcoming first impression helps all students, it is vital for helping the most vulnerable students feel safe and supported, especially if they are in an unfamiliar school setting.

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## **Tier 3 offers individual interventions and supports for students and families**

from a district's student support division, public agencies and the courts. Tier 3 interventions are critical for our most vulnerable students who face serious hurdles to getting to school and may be involved in foster care or the juvenile justice system.

### **Tier 3 is Too Late!**

- Invest in universal prevention strategies
- Monitor attendance data
- Intervene early
- Initiate personalized outreach to the student and family before the absences add up
- Assess your school's Tiers : [Tiered Attendance Worksheet](#)

## **Factors that Contribute to Chronic Absences**

<b>Internal Factors</b>	<b>External Factors</b>
<ul style="list-style-type: none"><li>• Lack of culturally relevant, engaging instruction</li><li>• No meaningful relationships with adults in school</li><li>• Stronger ties with peers out of school than in</li><li>• Unwelcoming school climate</li><li>• Failure to earn credits/no future plans</li><li>• Many teacher absences or long-term substitutes</li><li>• Struggling academically or socially</li><li>• Bullying</li><li>• Suspensions or expulsions</li><li>• Negative attitudes of parents because of their own school experience</li><li>• Undiagnosed disability</li><li>• Lack of appropriate accommodations for disability</li></ul>	<ul style="list-style-type: none"><li>• Illness, both chronic and acute</li><li>• Lack of mental health, vision, or dental care</li><li>• Trauma</li><li>• Unsafe path to/from school</li><li>• Poor transportation</li><li>• Frequent moves or school changes</li><li>• Involvement with child welfare or juvenile justice systems</li><li>• Misconceptions:<ul style="list-style-type: none"><li>○ Absences only seen as a problem if they are unexcused</li><li>○ Missing 2 days per month doesn't affect learning</li><li>○ Sporadic absences aren't a problem</li><li>○ Attendance only matters in the older grades</li></ul></li></ul>

Source: Attendanceworks.org

## Olweus Bullying Prevention Program



The Olweus Program (pronounced Ol-VAY-us) is a comprehensive approach that includes schoolwide, classroom, individual, and community components. The program is focused on long-term change that creates a safe and positive school climate. It is designed and evaluated for use in elementary, middle, junior high and high schools (K-12).

The program's goals are to reduce and prevent bullying problems among schoolchildren and to improve peer relations at school. The program has been found to reduce bullying among students, improve the social climate of classrooms, and reduce related antisocial behaviors, such as vandalism and truancy. The Olweus Program has been implemented in more than a dozen countries around the world, and in thousands of schools in the United States. There are no training costs for your school as we provide the training and the materials.

We currently have one district training for school teams scheduled:  
February 14<sup>th</sup> and 15<sup>th</sup> 8:30-3:30 (must attend both days) B213 Administration Building.

Please contact Jennifer Lotti at [lottij@pcsb.org](mailto:lottij@pcsb.org) or 727-588-5117 to register your team or for more information. **Trainings can also be provided at your school site.** Call or email for more details.

# At Your Service! Your Student Services Newsletter

## Bullying, Harassment and TDVA

**\*\* Just a reminder - Safe Teams 1 Training is a mandatory training for all principals, assistant principals and investigative and prevention designees. We offer the trainings face-to-face or online.**

### **Upcoming Trainings:**

#### Safe Teams 1: Investigating Reports of Bullying, Harassment and TDVA

January 14<sup>th</sup> - 5:00-8:00pm, Room ABC203 - Course# 20810 Section# 92321  
(Trade Only)

January 21<sup>st</sup> - 12:30-3:30pm, Room ABC203 - Course# 20810 Section# 92320

January 31<sup>st</sup> - 8:30-11:30am, Room ABC203 - Course# 20810 Section# 92316

#### Safe Teams 2: Prevention and Intervention Bullying and Harassment

February 5<sup>th</sup> - 8:30-11:30am, Room B213 - Course# 20251 Section# 92322

February 11<sup>th</sup> - 5:00-8:00pm, Room ABC203 - Course# 20251 Section# 92325  
(Trade Only)

March 5<sup>th</sup> - 12:30-3:30pm, Room ABC203 - Course# 20251 Section# 92327

#### Creating a Safe & Classroom Environment to Prevent and Reduce Bullying Behaviors

January 23<sup>rd</sup> - 5:00-8:00pm, Room B213 - Course# 20768 Section# 92328  
(Stipend or Trade)

March 5<sup>th</sup> - 5:00-8:00pm, Room ABC203 - Course# 20768 Section# 92329  
(Stipend or Trade)

March 25<sup>th</sup> - 5:00-8:00pm, Room B213 - Course# 20768 Section# 92330  
(Stipend or Trade)

### **Great News...**

**Beginning in January, we will be adding an intermediate course (Grades 3-5) to our NO@BULLYING Program that is used for substantiated cases of Bullying and Harassment. The program we are using now is currently for middle and high school students.**

## Trauma Informed Care Training

The Prevention Team offers training in Trauma Informed Care. During this 3-hour training, participants will learn how trauma impacts student learning. In addition, they will learn how they can make their classroom and the school more trauma-sensitive. Specific interventions and strategies will be shared. Signs and symptoms of trauma in children will also be discussed.

Here are some scheduled trainings that are approaching. Sign up on PLN if you would like to participate! Participants can earn 3 component points. Trade hours are available for trainings taken outside of normal contract hours.

### Course# 20239

Pinellas Park MS	01/07/19	8:30-11:30am	Section# 92765
Fuguitt El	01/07/19	8:30-11:30am	Section# 91728
Boca Ciega HS	01/23/19	2:30-5:30pm	Section# 91732
Lakeview Fund	02/18/19	8:30-11:30am	Section# 91730
Tarpon MS	02/18/19	8:30-11:30am	Section# 92499
Dunedin HS	02/18/19	8:30-11:30am	Section# 92540
Jamerson El	03/08/19	8:30-11:30am	Section# 91735
McMullen Booth	03/08/19	8:30-11:30am	Section# 92402
Madeira Beach	03/08/19	8:30-11:30am	Section# 92400
Sutherland El	03/08/19	8:30-11:30am	Section# 92560
74 <sup>th</sup> St El	03/08/19	8:30-11:30am	Section# 92401
Perkins El	03/08/19	12:30-3:30pm	Section# 92570
Admin B213	03/27/19	4:30-7:30pm	Section# 92642



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## Courses for January 2019!

No2Bullying launching 3 courses for PCS:

- 3rd - 5th grader course
- Course for 6th - 8th grade
- Current High School Course

**NEW**



EDUCATE • IDENTIFY • PREVENT • REPORT

An online interactive bullying/cyberbullying education and prevention course for PCS students.

### Pinellas County Schools Partnership

Contact Dorene Daughtry in the Prevention Office for more information at [daughtryd@pcsb.org](mailto:daughtryd@pcsb.org) or 727-588-5135.

Program features:

- Fully customized and branded online course for Pinellas County Schools
- Information and testing on the PCS policy on bullying
- Relevant, updated content
- Best practices in current online learning
- SCORM compliant course with tracking and testing reports
- Highly interactive course
- Promotes student accountability
- Student certification



[www.safercampuslife.com](http://www.safercampuslife.com)

# At Your Service! Your Student Services Newsletter

## Suicide Prevention Training

TRAINING LOCATION	DATES FOR 2018	TIME	PLN SECTION #
ADMIN D312 & D313	February 19, 2019	4:30-7:30pm	92584
ADMIN ABC203	April 9, 2019	4:30-7:30pm	92585

**You can earn 3 Component points and Trade day hours.** Suicide is the second cause of death in youth ages 10-24. Learn the warning signs and risk factors to look for to help reduce this alarming statistic and save lives. Learn how to respond to these warning signs and get help for a youth that may be in crisis and thinking about ending their life.

**Register for a training on Professional Learning Network (PLN) today! Course# 28497**

## Influenza Prevention



We are coming into peak flu season! Statewide, influenza and influenza-like illness is increasing, and is anticipated to increase further over the coming weeks as the season progresses. Locally, Pinellas County is experiencing mild, localized activity, which makes it a perfect time to spread awareness about the flu and flu vaccination.

How do you know if it is the flu?

- Body aches and pains
- Cough and chest discomfort which may become severe
- Early and significant exhaustion
- Fatigue and weakness that may last up to 2-3 weeks
- Headache
- High fever (102-104 degrees F) for 3-4 days
- Occasional stuffy nose, sneezing and sore throat

What to do if you get the flu?

- Do not share eating utensils and cups
- Do not take aspirin products without physician approval
- Drink plenty of fluids

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- Get plenty of rest
- Over-the-counter cold or cough medicines may relieve some flu symptoms
- Sleep and take it easy
- Take acetaminophen (such as Tylenol) or ibuprofen (such as Advil or Motrin) to relieve your fever and aches
- Wash your hands frequently

People who have not yet been vaccinated for the 2018-19 season should do so as soon as possible. Influenza vaccines are safe and are the best way to protect yourself and your loved ones from influenza and its potentially severe complications. To locate a flu shot near you, contact your physician, your local county health department, or use the Florida Department of Health's flu shot locator: [www.floridahealth.gov/findaflushot](http://www.floridahealth.gov/findaflushot)

Any student sick with flu-like illness ***must*** stay home from school for at least 24 hours after the fever is gone. Adults in the school should follow this recommendation as well! If your school begins reporting an increase number of students absent with flu-like symptoms, please call School Health Services at 588-6320.

## DMT Health Records Training

This course will dive deeper into issues that DMTs face when dealing with health-related paperwork and records. Topics will include registration, physical exams, immunizations, FOCUS documentation, and record retention as they all pertain to school health.

This is a great opportunity to have all of your questions answered in a small group from the leaders of school health services from both the Pinellas County School Board and the Department of Health.

Location	Date	Time	PLN Section #
Admin Bldg, Room ABC203	January 24, 2019	2:00pm – 5:00pm	89654
Admin Bldg, Room B213	February 20, 2019	2:00pm – 5:00pm	89655
Admin Bldg, Room B213	March 20, 2019	2:00pm – 5:00pm	89656
Admin Bldg, Room ABC203	April 16, 2019	2:00pm – 5:00pm	89657

# At Your Service! Your Student Services Newsletter

## Never Too Early to Think About 7<sup>th</sup> Grade Tdap!



Middle school principals know it's never too early to think about the 7<sup>th</sup> grade Tdap vaccine! School Health Services, in partnership with the Department of Health in Pinellas County, begin working on increasing Tdap compliance in January of each year. Middle school principals will be given resources to share with students and families, and efforts are aimed at vaccinating well ahead of the first day of school in August 2019. More information will be shared as appropriate. Thank you for your continued efforts to ensure our students are well prepared for the 2019 school year!



## Mental Health Awareness

A three hour mental health awareness training is now being offered through the Prevention Department. The training provides information on mental health disorders, who can provide treatment, who can provide assistance in your school, and examples of community resources. The following is a list of upcoming trainings being provided throughout the district. If you have any questions contact Mary Knight-Martin at [knight-martin@pcsb.org](mailto:knight-martin@pcsb.org)

<b>LOCATION</b>	<b>DATE</b>	<b>TIME</b>
Pinellas Park Elementary	12/12/18	3:15-6:15pm
Meadowlawn Middle School	1/16/19	4:30-7:30pm
Seminole Elementary School	1/16/19	3:00-6:00pm
Pasadena Fundamental	1/29/19	3:30-6:30pm
Curlew Creek Elementary	1/30/19	3:30-6:30pm
Administration Building	2/4/19	4:00-7:00pm

# At Your Service! Your Student Services Newsletter

## Creating a Safe Learning Environment for our LGBTQ+ Students, Staff and Families

Please see below for an exciting training opportunity. If you have taken this training before, don't despair! It has been revised and PCS employees are able to receive component points yearly for the same workshop. One last perk: we are offering stipends or trade hours for instructional staff. Please feel free to share this with other PCS friends and coworkers who might be interested.

Course Description/General Objective(s):

Participants will gain insight into the challenges facing LGBTQ youth, families and staff. Participants will have a better understanding of PCSB policies and practices that support the legal, ethical and safety needs of LGBTQ youth, families and staff. Participants will gain access to a wide variety of resources and support in creating a safe and civil environment for LGBTQ students as well as ALL students, families and staff. Students who feel accepted at school are more engaged in learning, motivated and committed to achieving the highest level of education.

Course# 19560

January 22, 2019 - January 22, 2019      #92392 Creating a Safe Learning Environment for LGBTQ Students, Staff and Families  
5:00 PM - 8:00 PM      Admin. Bldg. ABC 203

February 28, 2019 - February 28, 2019      #92393 Creating a Safe Learning Environment for LGBTQ Students, Staff and Families  
5:00 PM - 8:00 PM      Admin. Bldg. ABC 203

March 28, 2019 - March 28, 2019      #92394 Creating a Safe Learning Environment for LGBTQ Students, Staff and Families  
5:00 PM - 8:00 PM      Admin. Bldg. ABC 203

Please contact Melissa Newman at [Newmanme@pcsb.org](mailto:Newmanme@pcsb.org) or 528-5788 ext. 2052 for more information.

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## **Student Services**

**Health Services 588-6320**  
Sara O'Toole, Managing Officer  
Anita Bacchi, Administrative Assistant

**Prevention Office 588-6130**  
Lisa DePaolo, Managing Officer  
Paula Mohl, Administrative Assistant

**Bullying Prevention 588-6348**  
Joan Reubens, Coordinator

**Section 504 588-6296**  
Sarah Douglas, Coordinator

**Psychological Services 588-6054**  
Michael Cowley, Managing Officer

**School Counseling 588-6053**  
Jonathan Blair, Managing Officer  
Sonja Cooper, Administrative Assistant

**School Social Work 588-6355**  
Tari Connell, Managing Officer  
Carole Stucki, Administrative Assistant