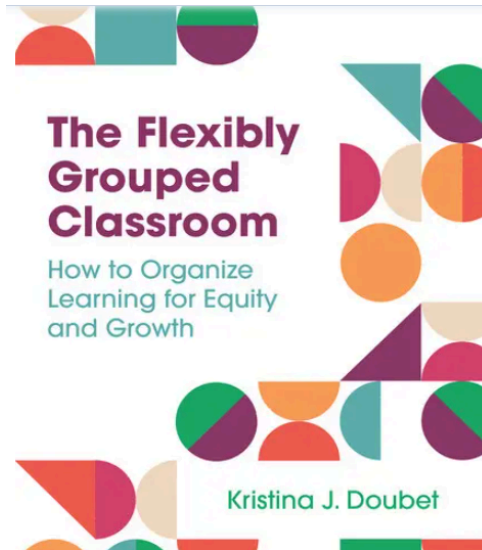
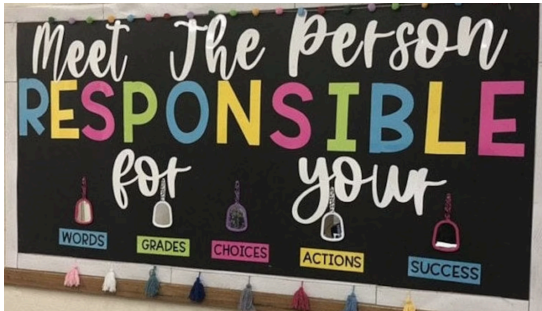


Here are some updates and resources for Health Education

MAY

If your compassion does not include yourself, it is incomplete.  
-Jack Kornfield

<u>before ?</u>	<p>“Maslow before Bloom”—we hear it all the time. The idea that educators should meet students’ basic needs for safety and belonging before turning to challenging academic tasks is one that guides the work of many schools.</p> <p>For example, greeting your students at the beginning of the class increases academic engagement by 20% and decreases disruptive behavior by 9%.</p> <p>For the full article and more examples <a href="#">click here</a>.</p>
<u>What’s flexible grouping?</u> <u>Why should I do it?</u>	<p>In the book “The Flexibly Grouped Classroom- How to Organize Learning for Equity and Growth” the author points out some great tools and tricks for making your flexible grouping successful.</p> <p>View these <a href="#">google slides</a> for the highlights of the book.</p> <p>If you are interested in a copy of the book, please email me your request no later than May 20th, 2022.</p> 

<p><b><u>Is there a new three digit number to call for suicide or any other emotional distress?</u></b></p>	<p>Yes, in 2020 Congress designated the new <b>988</b> dialing code to operate through the existing National Suicide Prevention Lifeline. 988 is more than just an easy-to-remember number—it is a direct connection to compassionate, accessible care and support for anyone experiencing mental health related distress – whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress.</p> <p>Beginning July 16, 2022, people can access the Lifeline via 988 or by the 10-digit number 1-800-273-8255 for the National Suicide Hotline.</p> <p>For more information view the <a href="#">988 Fact Sheet</a></p>
<p><b><u>Are students responsible for their choices, grades, words, actions?</u></b></p>	<p>We all have seen the bulletin board that states “Meet the person responsible for....Choices, Grades, Actions and Words”.</p> <p>Do you agree with other teachers who believe we are placing the blame on our students, when other factors might be the reason? Could trauma, barriers, and other challenges also be a factor which the students cannot control?</p> 
<p><b><u>Is there a school wide presentation on mental health?</u></b></p>	<p>Sound of Silence (SOS) is a large group school presentation offered to our secondary schools, and community on the topics of mental health disorders, how to prevent self-medicating through substance misuse, suicide prevention, how to maintain healthy relationships and more. The panel consists of professionals from the Crisis Response Team, Health Department, SADD and leading Prevention Coalitions from the county.</p> <p>The SOS team can come to your school to present (after principal approval) and create an event to fit your school's current needs around mental health.</p>



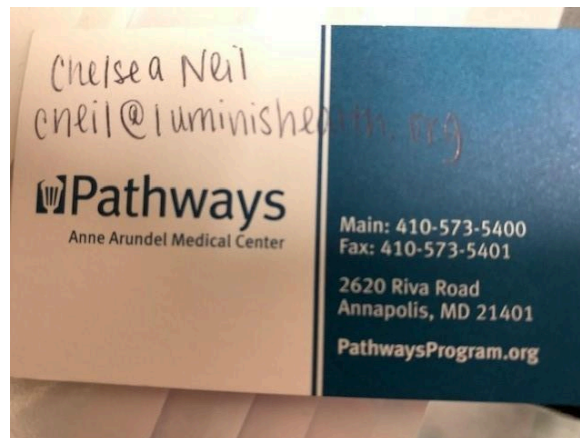
For more information, click [HERE](#) for the flier, or contact Michele Fenner, Northeast Middle School Health and Physical Education teacher, at [mlfenner@aacps.org](mailto:mlfenner@aacps.org).

Thank you Michele for creating this opportunity!!

**Is there a new person taking over Keisha Brooks' school presentation from Pathways?**

Chelsea Neil is the new Pathways presenter on substance abuse prevention.

If you are interested in Chelsea presenting to your health education class, first receive principal approval, and then contact Chelsea at [cneil@luminishealth.org](mailto:cneil@luminishealth.org) or 410-573-5401



**Any self paced professional development available for health education teachers?**

**Consent, Sexting and Maryland Laws (Course #31857)**

Consent, Sexting and Maryland Laws is a self paced course for Health Education teachers. Participants of the course are required to view a 45 min. video titled “Consent and Sexting: An Essential Conversation with Young People” by Maddy LaCure, MPA and Rececca Berkowitz, Esq.

After viewing the video, participants will complete a reflection on the video.

Courses must be completed before May 31, 2022.

APC Credit 0.1

Hours 1.5

Stipend \$45.00

**Eating Disorder in Teenagers (Opening mid March)**

In this session, secondary health education teachers will learn about eating disorders in teenagers. Recent research shows eating disorders are on the rise since COVID and over 28 million Americans will have an eating disorder during their lifetime. Learn about eating disorders with a pre-recorded webinar from Dr. Karen Swatz, Director of Clinical Programs at Johns Hopkins. From this webinar you will be able to identify the signs that an adolescent is suffering with an eating disorder, how an eating disorder is developed, and how the disorder continues.

Courses must be completed before May 31, 2022.

APC Credit 0.1

Hours 1.5

Stipend \$45.00

Will there be a state convention next year?

## SHAPE MARYLAND CONVENTION

“OCEANS OF OPPORTUNITY”

The SHAPE Maryland Convention will be held in person at the Ocean City Fontainebleau Resort in Ocean City, MD on November 12th, 2022!



No better time to join SHAPE Maryland than now.

**It's free!**

Join at [SHAPE MD](#). SHAPE MD provides professional development for health education and plans to hold the state convention this fall.



**SHAPE MARYLAND  
MEMBERSHIP SY 21-22**

\$0.00

PURCHASE

