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Story Walk™: Truly Active Reading

By Kim Noble RN, MBA; Program Coordinator, Youth Health Connection

Inside this issue:

StoryWalk™ (continued)	2
MDPH Suicide Prevention Programs	2
Scholarship Opportunity	2
Lynne Griffin Speaking	3
Parent Café	3
Two Free Events!	3
MA Regulations- Education in Home or Hospital	4

Are you a parent, teacher or librarian looking for a "new take" on story time? Consider planning a StoryWalk™! The StoryWalk™ Project was created by Anne Ferguson of Montpelier, VT and developed in collaboration with the Vermont Bicycle & Pedestrian Coalition and the Kellogg Hubbard Library. The program currently is being used by 53 towns in Vermont and 113 towns in 22 States beyond Vermont. What is StoryWalk™? Take a picture book, laminate the pages, post them on sturdy stakes along a walking route and off you go! Think of it as an outdoor, walking story time. What a fabulous idea! This combines literature, activity and time spent outside-truly something that we can all benefit from!

How do you create a StoryWalk™? Purchase 3 copies of one book (2 for mounting, one for damage repair/replacement, laminate each page (suggested that you use 10 ml. lamination sheets), obtain sturdy stakes that do not splinter, are not heavy and won't break easily then use sticky backed industrial strength Velcro to attach the pages to the stakes. The estimated cost to set up a StoryWalk™; is about \$100-\$150 per book. Once you have created one StoryWalk™ you can share with others to reduce cost for future books. This is an amazing project that can be done at school, at the library or even in your own neighborhood; how exciting.

(continued on page 2)



A Fun Way to Read and Be Active Together!

Youth Health Connection Upcoming Meetings and Events:

March 12, 2012 from 3:30-5:30 PM School Nurse Advisory Meeting at Linden Ponds, Oakleaf Clubhouse, 2nd Floor Music Room, Hingham MA.

March 14, 2012 from 8-9:30 AM School Mental Health Advisory Meeting at Hingham High School in the Guidance Office.

March 27, 2012 SAVE THE DATE: Dr. Robert Brooks will present from 3:30-5:30 PM to school personnel and from 7-8:30 PM to Parents at Notre Dame Academy-Hingham. For more information contact:
kimberly_noble@sshosp.org

Tip for Better Living:

"The greatest oak was once a little nut that held its ground"

Unknown

Story Walk™ (continued)

By Kim Noble RN, MBA; Program Coordinator, Youth Health Connection

A StoryWalk™ currently being used by one school features the book “Just Me” by Marie Hall Ets. At each page along the route youth will read (or have read to them) the posted page and then perform an associated activity, so in addition to the walk the students complete additional movement.

For young children it is recommended that the total route length is about one, half mile, so for most books the

pages should be spaced out about 40 paces.

To obtain feedback from visitors to a StoryWalk™, you can place a 3-ring binder and pencils (pens can freeze) in a weatherproof box. These boxes can be the ones like the real estate information boxes for housing sales.



To learn more about this project, read specifics on how to begin one of your own and also for a list of suggested book titles visit:

http://www.vtbikeped.org/index.php?option=com_content&view=article&id=83:the-storywalk-project-faq-&catid=17:current-from-the-coalition&Itemid=89#required

(information for this article taken from the above website)

Massachusetts Suicide Prevention Training Calendar Available



The Massachusetts Department of Public Health Suicide Prevention program has just released their spring 2012 professional training calendar.

Between March and June there will be eight educational programs sponsored by this organization.

Topics include:

-Assessing and Managing Suicide Risk: Core

Competencies for Mental Health Professionals (4 opportunities for this program,)

-Suicide Prevention: QPR Certification Training

-Suicide Prevention/ Intervention in Transgender Communities: A Training for Clinicians, Providers, Case Managers, Clergy and Advocates

-Lonely at the Top: Why

Men Are the Lonely Sex

-Using Cognitive Restructuring for PTSD to Reduce Self-Harm Behavior.

There is a small fee for most programs.

To register for an event or to learn more please visit:

<http://www.cvent.com/EVENTS/Calendar/Calendar.aspx?cal=09c0c137-816f-4931-99c1-ebc4e6cda259>

Scholarship Opportunity for Student with Asthma/Allergies

High School Seniors from the six New England States are eligible to enter the “2012 Growing Up with Asthma and Allergies Scholarship Competition.” **The deadline for submission is rapidly approaching, February 29, 2012.**

This is a \$500 scholarship. The application and instructions are available on the Asthma and Allergy-New England Chapter website. Applicants are encouraged to view the application soon as they will need to obtain signatures

from school personnel in addition to personal information and a one page essay.

To **learn more** about this opportunity visit:

<http://www.asthmaandallergies.org/>

Lynne Griffin Speaking in Duxbury (information from The Parent Connection Website)

Are you tired of power struggles, back talk or negotiating with your children and teens? Have you been caught in a parenting moment where you just wish there was someone to tell you how to handle the situation?

The Parent Connection is offering workshops to help parents and caregivers learn tactics, strategies and language that will turn family conflicts into healthy discussions. Parenting expert, book author and FOX Morning News contributor Lynne Griffin will be the speaker at

a total of four workshops: two workshops geared toward elementary aged children and two workshops toward adolescents. In all sessions, Griffin will give concrete advice that you can take home and use, talk about general strategies that help you influence your child's behavior (without controlling it), and take your questions and give specific, clear answers. With 20 years of experience in family counseling, Griffin has real-life answers to real-life challenges.

Come to one, two or all four sessions. Attending all will provide the consistency you need to make your family life work, but one or two will get you on the right path as well.

The cost is \$15.00 to attend one, \$25.00 for two, \$30.00 for three or \$50.00 for four. Space is limited to 40 participants each session. This program is co-sponsored by Berrybrook School.

To register visit:
www.theparentconnection.org

Old Colony Y: Parent Café by Lauren Paiva, MS, CCLS; Family Support Program Director, Old Colony Y

Parent cafés are an opportunity for parents to have meaningful conversations about what it means to keep their families strong.

The goal of Parent Café is to directly engage parents in building and strengthening protective factors. Protective factors are conditions in families that, when robust and strong, increase the health and overall well-being

of children and families.

Parent Cafés often spark conversation about who parents lean on for support, and coping strategies that allow them to parent effectively, even under stress.

Parent Cafés are for parents, grandparents, expecting parents or anyone who plays a parenting role.

The Old Colony Y invites you to come share a meal,

and examine what it means to be a parent.

Our next Parent Café will be held on February 28th, 6:15 PM at our Youth Location, 465 Main Street in Brockton.

Dinner will be provided to all participants. Activities for children will be available as well! If interested, **please RSVP** to Lauren Paiva at 508-326-7195.



Two Free Events for Parents or Anyone Working with Youth

On Tuesday, February 28, 2012 from 7-9 PM the PBS documentary "ADD and Loving It" will be shown at The Hallowell Center, 144 North Rd, Suite 2450, Sudbury, MA. At the conclusion of the documentary there will be a question and answer session with Dr. Edward Hallowell and Hallowell Center Staff.

Registration is necessary and seating is limited! **To attend this event contact: Rebecca at 978-287-0810 x117.**



On Wednesday, February 29, 2012 at 7 PM the Plymouth Community Intermediate School, 117 Long Pond Rd., Plymouth, MA, will host an evening event with **Jennifer Lippincott** the author of the book "The 7 Things Your Teenage Won't Tell You, And How to Talk About Them Anyway." This is a free event and is open to anyone in the local region.

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**Health Knowledge
and Risk Prevention
through Collaboration,
Respect, Connectedness
and Coalition Building**

Youth Health Connection is a community benefits program of South Shore Hospital dedicated to the positive mental health and physical well-being of youth. Our programs collaborate with schools, community health providers, law enforcement officers, state agencies, religious leaders, parents and peer leaders to help young people deal with the various challenges they face and the decisions they must make as they grow and mature. By combining efforts, we can ensure that local youth have access to the health-related knowledge, skills and resources they need to make healthy decisions throughout their lifetime.

Youth Health Connection is a community benefits program of South Shore

To subscribe or unsubscribe from this electronic newsletter please
www.southshorehospital.org/vhc

There will be no YHC weekly Update next week, due to public school vacation week.

The next edition will be published on 3/1/2012.



Understanding Massachusetts Regulations on Educational Services in the Home or Hospital By Dympna M. Thomas, Ph.D., Assistant Superintendent for Pupil Personnel Services Abington Public Schools

Parents/Guardians of children with medical or special needs often avail themselves of interdisciplinary services, seeking the counsel of educational and medical professionals regarding how to address their child's learning and medical problems. The *partnership* between these professionals is crucial to the success of the child.

The intent of the Massachusetts regulations on educational services in the home or hospital is to provide a student with the opportunity to make

educational progress even when a physician determines that the student is physically unable to attend school. Upon that determination the physician notifies the school district and completes the Department of Elementary and Secondary Education form 28R/3. Once documentation is received the school district must provide the instruction necessary to enable the student to minimize the educational loss that might occur during the period the student is confined at home or in a hospital for medical reasons and for a period of

not less than fourteen school days in any school year. Given that it is impossible to replicate the total school experience through the provision of home and hospital instruction the *collaboration* between the professionals on the educational reentry plan is critical.

The key to successful outcomes is *communication* so that all have the full range of knowledge in order to provide the best supports to each individual child. Children and their families will be the ultimate beneficiaries of such efforts.