

# THRIVE Grant and Counseling

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April 2022

## Counseling

The **Scheduling Team** is deep in the process of 2022-2023 scheduling needs for our high school students. We are developing a curriculum rotation to support consistent course delivery to students. SISD used to follow one but it has not been followed in the past few years and creates a bit of confusion on the curriculum side. It will be an adjustment period for teachers but in the end, will be helpful to students and staff alike.

Our counselor through SERRC, Leslie Scranton, will be traveling to POW the week of April 18th. It will be great for her to have some in-person contact with our students that she meets with virtually on a regular basis. This partnership with SERRC continues to be a great opportunity for SISD students, staff, and families.

It is that time of year when staff and students are feeling a bit overwhelmed. We know that supporting one another is one of the best ways to combat this feeling. One of the most effective ways of supporting one another is to show **specific gratitude**. Reflect on something you are grateful for everyday and when you see an opportunity to show gratitude to others, take it!

## THRIVE Grant

On March 10 and 11, Craig City School District, Community Connections and the POW Health Network partnered to offer 2 days of professional development for their staff, the **Craig Resiliency Summit**. The training focused on educator resiliency, neuroscience, adult-youth connection, and culturally responsive strategies. It was an honor to facilitate portions of this training and is something that I believe would be good to pursue for other school districts on POW.

This year, through the REWARD (Tlingit & Haida) and THRIVE (SISD) grants we are able to offer two **post-secondary exploration** activities for students in grades 11 and 12. The first exploration will take place next week when students visit the University of Alaska Fairbanks, Alaska Pacific University, and the University of Anchorage. A big thank you to Laura Anania for being willing and able to travel with the students on this exploration. The second opportunity will be the week of April 25th and include visits to University of Washington Seattle, Western Washington University, Northwest Indian College, and South Seattle University (career and technical ed).

Thorne Bay will be hosting our first true **PHlight Club** since the beginning of COVID! Students in grades 7 through 12 have been invited to join us on May 6 & 7 for two days of fun, learning, connecting, and planning (see info below). This event will be facilitated by Dante' Huffine and myself. The key to PHlight Club is increasing youth-adult relationships, if you are able, please join us for some or all of the event!

The THRIVE grant (and other POW grants) will be offering two **resilient educator professional development opportunities** in June (see info below). The first is Resilient Educators: Back to the Future - K-12 Educators! Re-fuel your Resilience!, hosted in Anchorage on June 10 & 11. The second is The Educator's Confluence 2022: Are you a K-12 educator feeling a little Inside-Out? hosted in Missoula, Montana on June 14 & 15. I'm excited to say we have people from SISD, Klawock City

School District and Craig City School District attending these trainings. We'd love to see school board members at these events. If you are interested in attending, please let me know.

This is, technically, the **last year of the THRIVE and SELECT** grants on POW. There is a possibility of being awarded a no-cost extension to these grants based on the fact that a bit of the money was not spent due to COVID restrictions. I am in the process of grant reporting to the US DOE and will be pursuing no-cost extensions this summer.

Since it is the last year of these grants, in partnership with Klawock City School District and Brightways Learning, we will be submitting three new grant applications this month. The first two will be submitted by Klawock City School District:

- **SOAR** - the SOAR is a career and technical education grant that would provide opportunities for POW students to pursue certifications while still in high school
- **SELECT II** - the SELECT II grant would continue PHlight Camp events for youth and adults, educator and community member professional development, and culturally responsive training and activities.

The third grant will be submitted by SISD:

- **Succeed** - the Succeed grant would continue PHlight Club events for youth and adults, educator and community member professional development, post-secondary explorations, dual credit/credit recovery courses, and a partnership with the University of Alaska Southeast.

The writing and coordination of these grants is no simple task, they are very competitive grants, and they benefit our island greatly!

# Phlight Club

***POW Youth & Adults will have a blast – Sign-up Now!***

Students of Craig, Klawock, Hydaburg, and Southeast Island SDs are working to make their school and community a place where all youth feel connected, respected, and successful.

**Join Phlight Club to make the world a better place for yourself, your families, and your friends!**



- Fun & challenging activities
- Healthy meals included

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**Friday, May 6 at 10am until  
Saturday, May 7 at 7pm.  
At the Thorne Bay School.**

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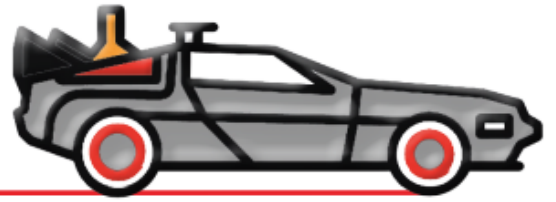


Contact Amy McDonald for more information and to get the Phlight Club Application!

**Adults are encouraged to join us!**

**Call Amy Tel: 907-254-8862 or  
Email: [amcdonald@sisd.org](mailto:amcdonald@sisd.org)**





## K-12 Educators! Re-fuel Your Resilience!

Join us to reel in, review, and process SY 2021-22...  
Head into the summer with renewed balance & readiness to recharge!

*"There's that word again. 'Heavy.'  
Why are things so heavy in the future?"*

**Has the pandemic been weighing you down?**

Unpack and sort through the heaviness from the school year.

*"Great Scott!"*

**Is your brain full? Confused? Rattled?**

Are you wondering what is happening in the brains of your students? Let's talk brain science.

*"Roads? Where we're going, we don't need roads."*

**What's *your* fuel source?**

Are you stuck using plutonium when you could be using banana peels? Innovate and get energized for the future!

► **June 10-11, 2022**

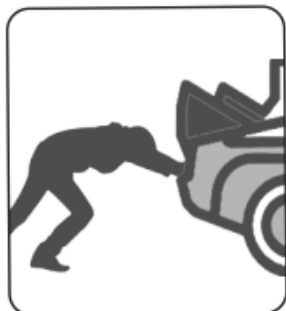
► **Crowne Plaza  
Anchorage, AK**







During this highly engaging, interactive PD experience, we'll mix purposeful play with meaningful reflection and discussion. You'll head out for the summer with renewed balance and re-connection readiness to recharge all aspects of our lives as educators.



### **Unpack... How are you feeling about Fall 2022?**

It's vital to your health and to those around you that you get support to unpack and sort through all that heaviness. Let's do it together! We'll look back to plan forward and rejuvenate for the year ahead.



### **Are some recent experiences with students & colleagues not making sense?**

For instance, are they communicating differently than typical or maybe older students have reverted to childhood games? Why are these things happening? Restore balance with neuroscience!



### **Are the roads you are following taking you in circles?**

What will help you navigate from where you are to where you want to be? How can you do more with less? Let's re-discover the pathways that led us to love teaching — and add new routes that bring us joy!

### **You will leave with:**

- Jumpstarting your love of teaching so you move forward with a clear vision for the future
- Connection with others who are experiencing similar situations
- Understanding neuroscience to help make sense of what's happening with your students & colleagues
- Strategies and activities to use in your classroom and with your colleagues
- ...And have fun doing it!

### **► Hop in!**

#### **Cost — \$275**

Teams of 3-5 from same district get 20% discount;

6+ get 25% discount & admin attend for free!

#### **Earn Credits**

One 500-level University of Alaska credit will be available as a separate course registration on your own.

#### **Register**

[bit.ly/back-to-the-future2022](https://bit.ly/back-to-the-future2022)



This is a  
Brightways Learning  
**Resilient Educators**  
annual experiential event,  
hosted in Anchorage, Alaska.

Each year's specific content and engaging activities are crafted to best serve what educators crave and need. Educators leave refreshed and more resilient!

# Are you a K-12 Educator

## feeling a little

# INSIDE OUT?

Since early 2020, schools and communities have had to constantly juggle ever-shifting expectations, conditions, and capacities.

### What are we going to do about it?

How do I help mitigate sadness and sense of loss?

How can I not lose myself or be perpetually exhausted?

How do I stay in control, when I'm not in control, and I'm supposed to be in control?

How can I better co-regulate emotions and behaviors?

How can I revitalize joy in teaching & learning?



### Get to the Educators' Confluence!

Anyone who serves K-12 students and their families — teachers, paraprofessionals, specialists, administrators, counselors (working inside or outside of schools), or supporting stakeholders — won't want to miss this highly engaging and valuable professional development event!

## June 14-15, 2022

## Missoula, Montana

DoubleTree by Hilton Missoula - Edgewater

**LET'S JUST SAY IT:** The pandemic has driven us on a perpetual roller coaster. Human systems — internal and external — are feeling frayed and disconnected. Some just want to bottle up emotions that are perceived as negative and put them on a shelf labeled, **Leave Me Alone**. As adults often tell kids, bottling up these emotions doesn't make them go away. It merely prevents us from connecting.

**INSTEAD, JOIN BRIGHTWAYS** at the 2022 Educators' Confluence, where we'll blend purpose with play. You'll get to actively reflect on and strengthen the connection with your emotional and neural systems that support healthy relationships. Gain insights from our facilitators and each other into how you can apply neuroscience and healthy, supportive relationship strategies in life. **Regulation plus a strong support system adds up to wellbeing!**

### YOU WILL LEAVE:

- Feeling refreshed and more resilient
- Having built new — and grown existing — connections
- Better equipped to manage emotions in a healthy way
- With a fresh perspective on neuroscience and how it connects to relationships
- Understanding how to grow healthy support systems

*... And have fun doing it!*



### What is the Educators' Confluence?

**Together, we play, learn, and grow!** This annual experiential event hosted in Missoula, Montana, is all about connection. Connection is about self, students, colleagues, and families within our communities. We come together from a variety of backgrounds, experiences, and roles. The knowledge in the room, our

engaging activities, and the Confluence content inspire us to reflect on how all these backgrounds, experiences, and roles ignite connection and foster wellbeing. We craft year's event to best serve what educators crave and need as they put the school year behind them and get excited for next year!



*"There's always a pull to regulate, to seek comfort, to fill that reward bucket. But it turns out that the most powerful form of reward is relational. Positive interactions with people are rewarding and regulating. Without connection to the people who care for you, spend time with you, and support you, it is impossible to step away from any form of unhealthy reward and regulation."*

— Dr. Bruce Perry

**Cost:** \$275 — Teams of 3-5 from same district get 20% discount; 6+ get 25% discount & admin attends for free!

#### Earn Credits:

15 Montana OPI Renewal Units

**Register:** [bit.ly/inside-out-2022](https://bit.ly/inside-out-2022)

Content complements and amplifies Montana's Health Enhancement Standards and CASEL's five Core Competencies, along with Zones of Regulation and the PAX Good Behavior Game.



Brightways Learning