



Educator Update - January, 2020

Keeping Huron County Educators Informed

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2. [Science Experiment to Show the Spread of Germs](#)
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4. [Countywide PD for 2020-21 \(It’s NOT opening week!\)](#)

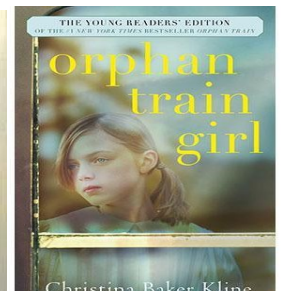
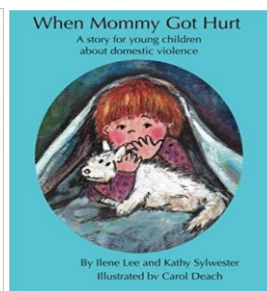
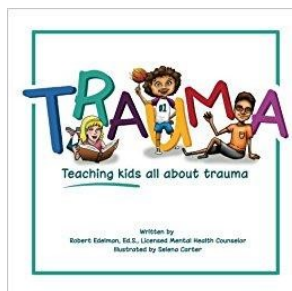
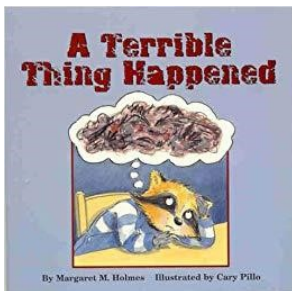
1. Grant to Benefit Local Schools – Trauma and Bibliotherapy

Bibliotherapy - noun

bib·lio·ther·a·py | \ ,bi-blē-ə- 'ther-ə-pē

the use of reading materials for help in solving personal problems or for therapy

Every school in our county has students who have experienced trauma and adverse childhood experiences that negatively impact their success in school. Recently the HISD received a \$10,000 grant to purchase special books for each school tied to topics such as dealing with an incarcerated parent, homelessness, mental illness, substance abuse, and more. There are books for children as young as preschool, up through high school. They may be loaned to students and/or their families for use at home or in the classroom.



While social workers, counselors, and psychologists have specialized training to help individuals, anyone can use books to help children who have experienced difficult times such as trauma or loss. Reading (or being read to) and talking with adults can help them understand and cope with their feelings in a developmentally appropriate way. Reading also offers a great way to spend time with a

child, reinforce a sense of normalcy and security, and connect with them, all of which are important to recovery from a traumatic experience.

Tips for Using Books to Engage with Children

Parents, caregivers, and educators who share books with children after a tragedy or loss should be prepared to do the following:

- Let the characters and story help children understand how to cope. Discuss ways to feel less anxious or nervous about what is happening.
- Be willing to answer questions simply, at their level of understanding.
- Let them know that it is normal to cry, feel scared, or want comfort during difficult times.
- Provide them with opportunities for that emotional closeness, as needed.
- Remind children that you are there for them and that you are always willing to help them when times are difficult.
- Encourage children to identify simple plans of action to take each day to reengage in normal activities with others.
- Help children develop simple ways to remember good things about those they have lost through death, incarceration, or separation. They might share a story, draw pictures, or remember occasions that they enjoyed with the person(s).
- Let children know that they are loved and cared for.
- Reach out to others (family members, close friends, service agencies) who could also provide support.

The books will be stored with each school's previously purchased Trusted Advisor resources and are expected to be delivered to local schools in late January. Looking for more information about using bibliotherapy with your students? Check out the articles from [American Counseling](#), [Social Work Today](#), [Behavior Advisor](#), and [Clinical Psychological Review](#).

2. A Hands-On Experiment on the Spread of Classroom Germs

In an article in *Today*, Scott Stump reports that two Idaho teachers were tired of nagging their elementary students to wash their hands. Surely the number of sick days people took were a direct result of the germs being spread around the classroom. The teachers, Dayna Robertson and Jaralee Metcalf, decided to make it into a science project. They put five different pieces of white bread in ziplock bags after having each one handled in a different way:

- Touched by students with unwashed hands;
- Touched by students whose hands were cleaned by a hand sanitizer;
- Touched by students' hands just rubbed on a classroom Chromebook;
- Touched by students' hands just washed with soap and warm water;
- Touched by a teacher's gloved hands.

The ziplock bags were sealed (so classroom air wouldn't get in) and tacked to a bulletin board. A month later, the results were dramatic ([see the photos in this video](#)):

- The Chromebook-touched bread was almost completely black with mold and disintegrating;
- The bread touched by dirty hands was almost as bad;
- The bread touched by hand-sanitized hands wasn't much better;
- The bread touched by washed hands was white;
- So was the one touched by gloved hands.

Students' reactions: *Ewwwww, gross!* Hand washing improved dramatically, and students and their families realized that hand sanitizers weren't an effective alternative.

One of the teachers posted a description of the experiment on Facebook, and it's been shared more than 60,000 times.

3. WIN Time – “What I Need”

Harbor Beach High School has created a new program called WIN Time. [WIN stands for What I Need. Check out this cool 5-minute video](#), created by Brooklyn Craven-Papp, a student in the Visual Communications Program at the Huron Area Technical Center. They have taken the concept of intervention and enrichment time and pushed it to a higher level. It's worth your time!

4. Countywide PD for 2020-21

Our county has committed to a multi-year focus on supporting students impacted by adverse childhood experiences. This fall, Sarah Ward provided actionable steps we could take to help students develop Executive Functioning skills. Feedback for her presentation was fantastic and many asked that we bring her back to share additional strategies. We are pleased to announce that next year's countywide professional learning will take place on [Friday, November 13, 2020](#) and Sarah Ward will be the keynote speaker, sharing additional content from her repertoire. Details to follow.

Check out our website at www.huronisd.org. Submit suggestions and feedback to curriekm@huronisd.org.