

# Self-Care in the Orange Public School District “Good to Great”



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# District Goals

## School Year 2020-2021

- **Goal #4: Social and Emotional Supports:** The Orange Public Schools will continue to ensure that all students will receive social and emotional support to become adaptable, confident citizens who embody self-awareness and strong interpersonal skills, and who are capable of responsible decision-making and managing their emotions and behaviors.
  - 1) **Provide research-based curriculum to strengthen students' social/emotional relationships**
    - Provide additional supports in Restorative Practices to ensure that the whole child is developed through reflective yet informative social and emotional practices. This will be captured by a decrease of Administrative Hearings at the district level by 15% as well as a districtwide decrease in suspension rates by 15% from 2018-2019 (as 2019-2020 was impacted by COVID-19 emergency school.)
    - Increase the involvement of guidance counselors and social workers in the effort of understanding student triggers and needs for support by 15%
  - 2) **Enhance community-based partnerships in order to assist students and families**
    - Utilize the District's community engagement officer to assist school-based staff with establishing partnerships to support families and students
    - Provide self-care supports for families based on surveys as well as discussion with support staff members

# Staying Connected in the Orange Public Schools

- How can students stay connected with their counselors and peers?
- Is stay connected aligned to the development of the whole child?
- The benefits of staying connected during remote learning and beyond....

# What is Self-Care? What is the Impact?

- The practice of taking action to preserve or improve one's own health.
- The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.
- How is self-care impactful in the school district? What has the district done to promote self-care?

# Importance of Self-Care

- **The Importance of Self-Care**
- While you are supporting and helping someone who may be in crisis, it is especially important for you to also take care of yourself. Practicing self-care does not mean you are choosing yourself over your loved one. It means that you are simply being mindful of your own needs, so you are better able to support the people you care about. When you take care of yourself and are not stressed, you are better able to meet the needs of others.
- Self-care comes in a variety of forms. It does not require an elaborate plan; self-care can be as simple as taking a deep breath when you notice you are becoming stressed. By maintaining your physical and mental health, you will likely be better equipped to handle the stressors that come along with supporting someone you care about.

# 4 Dimensions of Self-Care

- **Physical (the body) – to live, move, and breath**
- *Physical self-care* involves ensuring an overall healthy lifestyle that includes eating healthy, drinking lots of water, and getting plenty of exercise. Consider decluttering your home and office so that you have a feeling of spaciousness and manageability. Take time away from computers, TV, and your smartpone (sedentary lifestyles are a health issue). Enjoy moments to rest and replenish.

# 4 Dimensions of Self-Care

- **Emotional (heart) – to love, care, and be in relationship with yourself and others**
- *Emotional self-care* might include setting clear boundaries on your time and energy. Engage emotional boundaries within helping relationships, surrounding yourself with positive people and affirmative and inspiring messages. Address any issues or problems so that they don't build up. Give and receive love, kindness, and support. Spend time with people you care about and who care about you.

# 4 Dimensions of Self-Care

- **Spiritual (the spirit) – to connect with essence, purpose, and meaning**
- *Spiritual self-care* might include meditation. You may want to visualize, practice gratitude, spend time in nature, and be aware of the non-material aspects of your life. Identify what is meaningful to you in your work and life. Practice mindfulness and being present in the moment.

# 4 Dimensions of Self-Care

- **Psychological (the mind) – to learn, think, and grow**
- *Psychological self-care* activities might include personal and professional development. Give attention to things that are in your control (your sphere of influence). Take time for personal reflection. Notice your inner experiences, thoughts, and feelings. Cultivate self-awareness through things such as journaling, getting feedback from others, meditation, coaching/counseling, and consultation or supervision – places where you have the opportunity to grow, learn, and reflect.

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