

# ...and go back to school for the day



Boston Area Rape Counseling Director Casey Corcoran teaches the teachers.

(Photos by Elaine Cushman Carroll)



Glover Assistant Principal Sara MacNeill, left, and Bernadette Butler, assistant principal at Cunningham, check answers at a workshop.



Kelly Dearing, Pierce adjustment counselor, confers on challenging situations.

*continued from previous page*

can I do for you?"

"It's our own framing, the thoughts we have," said Corcoran, adding that the change takes a process, not just the adoption of a program.

Trauma can take a toll overtime as well.

"What happens to that child if the door opens to a bear over and over again?" Corcoran asked.

Corcoran said the effects of persistent trauma are being felt on the physical health of students who are showing increased levels of anxiety, depression, at-

tempted suicides, asthma and diabetes.

In another workshop down the hall at Milton High School, the mood was lighter but still focused as Noel Vigue talked about strategies to help prepare students to learn.

Vigue, a health and physical education head, demonstrated several activities that give students brief "brain breaks."

The game was rock, paper, lose, a variation on the traditional game of rock, paper, scissors.

In this case, Vigue said, the goal was the lose to your opponent.

Then, he had his group of teachers practice another game called "Gotcha" in which three more people get in a circle. They present a flat palm with their left hands and with their right hands touch their pointer finger to the flat palm on the person to their right. When a sign is given they try to capture the fingers of the person on their left while preventing the person on the right from capturing their pointer fingers.

Vigue said providing these brief breaks have been shown to improve classroom energies and have improved student performance in some cases.

Milton High School Principal James Jette said the "Raising the Bar" full-day professional day was organized by a group of "go-getters" in Milton Public Schools including: AJ Melanson, educational technology director; Ellen Lohan, science coordinator; Amy Tom, science department head; Cat DesRoche, literacy director for Grades K-8; Sara MacNeil, Glover curriculum coordinator; Maura Middleton and Mary Shapiro, math coaches; Melissa Augstyn of Pierce Middle School; and, MHS vice principals Ben Kelly and Brian Mackinaw.