

January 16, 2014  
 Volume 1, Issue 2

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**Share Kindness**

The Random Acts of Kindness (RAK) Foundation was established in 1995 whose mission is to inspire people to practice kindness and to pass it on to others.

This year the Random Acts of Kindness week will be celebrated from February 10-16, 2014; there is still time to plan events for your school, organization or community.

The RAK Foundation provides a wide variety of materials on our website, including ideas for kind actions, ideas for educators and schools, activities and lesson plans, inspirational quotations, videos and workplace resources—all free of charge.

You can browse Kindness Ideas under the Educator section there are lesson plans plus many “Additional Classroom Materials,” Kindness.

In addition there is a 2 credit unit “Kindness in the Classroom Program,” online faculty program from the University of Colorado-Boulder, this program cost \$120 for the 10-week ; 30 hour program.

**To learn more** about Random Acts of Kindness Week and to access all the varied resources to help plan events visit:  
<http://bit.ly/1bXazKL>



**Youth Health Connection: Upcoming Meeting & Events**

**All listings will be at**  
 South Shore VNA,  
 30 Reservoir Park Dr.  
 Rockland MA.

**South Shore FACTS Meeting**

Tuesday Jan. 21, 2014 from 2:30-4 PM. Update from the recent DFC New Grantee Training.

**Parent Partner Advisory Meeting**, Wednesday Jan. 22, 2014 from 8:30-10:30 AM.

**Presentation by Jean Fahey, Ph.D., “Make Time for Reading.”** Attendees will receive a copy of the author’s new book!

Monday January 27, 2014 from 3:30-5:30 PM, **Typical or Troubled™** presented by Barbara J. Green, Ph.D., YHC Medical Director. This presentation is part of the Alvin Hollis Speakers Series.

**To learn more & to register visit:** <http://bit.ly/1acrOYg>

**Tips for Better Living:**

“Kindness is a language which the deaf can hear and the blind can see.”

**Mark Twain (Samuel Clemens) 1835-1910**  
 essayist, humorist, novelist

## Save the Date: Helping Families Cope with Death of a Loved One

Program flyer and registration information will be available in the near future.

**For any questions call:**  
781-624-8046

On March 30, 2014 from 1-5 pm at South Shore Conservatory, Hingham, MA; there will be a free program for families with children ages 6-12 who have experienced the death of a loved one. The program is entitled: *"Love, Loss & Hope."*

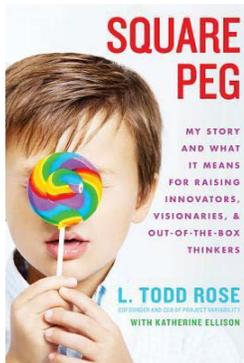
This program was created and is sponsored by Hospice of the South Shore, The Friends of South Shore

Hospital, and South Shore Conservatory.

At this program children and adults will begin with an engaging group activity; then the children will participate in various arts based presentations conducted by the South Shore Conservatory Healing Arts Specialists, along with volunteers from The Friends of South Shore Hospital program "Helping Children

Cope with a Loved Ones Cancer." The adults will meet with developmental specialists to gain a better understanding of the cycles and patterns of grief in both their children and themselves. The program will conclude with another group activity.

Each family leaves with new skills, tools and a fabulous resource booklet!



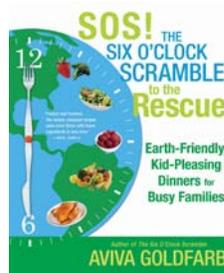
## Seeking Volunteer Readers

We have a few new books on our bookshelf seeking volunteer readers to review them for us.

If you are willing to preview one of them over the next 6-10 weeks and provide us with your feedback on the content we would greatly appreciate it!

The books we currently have are:

*"Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent and Lead,"* by Brené Brown, Ph.D., LMSW.



*"Square Peg: My story and What It Means for Raising Innovators, Visionaries and Out-Of-The-Box Thinkers,"* by L. Todd Rose .

*"SOS! The Six O'Clock Scramble to the Rescue: Earth-Friendly, Kid-Pleasing Dinners for Busy Families,"* by Aviva Goldfarb.

### Contact

[Karin\\_farrell@sshosp.org](mailto:Karin_farrell@sshosp.org) to request one of these titles.

## Youth Compliance Check Training: Local Opportunity

On January 30 2014, there will be a compliance check training for youth. A compliance check is when someone under the age of 18, supervised by an adult Compliance Officer, attempts to purchase tobacco to see whether stores are following the law. Youth Inspectors conduct "tobacco compliance checks" to make sure stores

are following the law and not selling tobacco to minors.

Following the training, a youth will be able to conduct checks for the FDA, a paid opportunity! Youth must be 16-17 years old or 15 years old if they will be turning 16 within the next few months.

This training for the South Shore will be held in Weymouth. Please see the attached flyer for more information.

If you have any questions, please contact Arielle Levy at Health Resources in Action: [alevy@hria.org](mailto:alevy@hria.org) or 617-279-2240 ext.262.

## What Will Make You Laugh?

Global Belly Laugh Day is Friday, January 24, 2014.

One way to celebrate the day is to:

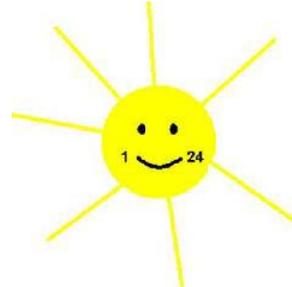
**Do the 3 Step Laugh** All the Way to and from School, Work or Errands: **Laugh out loud:** hee, hee, hee, hee, hee, then: ha, ha, ha, ha, ha; followed by: ho, ho, ho, ho, ho ; at every stop light.

**Smile:** at every stop sign.

Or **work your way through the alphabet**, everytime you see a car (you choose the color) sing out a word like, applause, belly, clown, dance, elephant.

Join this global event and at 1:24 PM on January 24, 2014- smile, throw your hands in the air and laugh out loud!

**Learn more** about this celebration, activities and research on laughter at: <http://bit.ly/1dNNnIl>



## Stability Balls in the Classroom

by Kim Noble RN, MBA; YHC Program Coordinator

I was recently in an Elementary School in which many classrooms have replaced the typical student desk chair with Stability Balls.

Someone I was with commented "What are those for and why?" Great question! Stability balls can help enhance posture and focus attention.

In addition, research conducted in Aroostook County, Maine; found that teachers said student handwriting improved, students were less "squirmy," and test scores improved or maintained in students.

There is also a recent student research paper from the Department of Educational Leadership, Northwest Missouri State University

that supports the improvement of math test scores in first grade students.

### **Want to learn more?**

To read the article about Aroostook County visit: <http://bit.ly/1grRgwg>

To read a 2012 research article on this topic visit: <http://bit.ly/1eliJyZ>



## Webinar: Online Communication Approaches for Suicide Prevention

Join the South by Southwest Injury Prevention Network for the second in their series of calls on suicide prevention.

This call will be January 22 from 2:00 - 3:00 p.m. eastern time, and is hosted with support from the Children's Safety Network.

**Learning Objectives** for Webinar Participants are: **Understand basic communication concepts** such as the importance of clarifying what you want to achieve, the three P's and what role promotion can play in prevention, and audience segmentation, also;

**Comprehend communication concepts** through a real-life example and understand what is involved in a large-scale communications program.

**To learn more and to register** for this webinar visit: <http://bit.ly/JEipi9>

## Youth Health Connection

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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 visit  
[www.southshorehospital.org/yhc](http://www.southshorehospital.org/yhc)



South Shore  
Hospital

## New Resource for Schools

**Volume 2 of Helping Traumatized Children Learn: *Creating and Advocating for Trauma-Sensitive Schools, safe, supportive learning environments that benefit all children*** offers a Guide to a process for creating trauma-sensitive schools and a policy agenda to provide the support schools need to achieve this goal.

Grounded in theory and practice in schools and with families, the Guide is intended to be a living document that will grow and change as more schools become trauma sensitive and add their ideas.

The policy agenda calls for changes in laws, policies, and funding streams to support schools in this work.

Together, the online learning community and the book are designed to complement each other, helping to build a growing and increasingly visible trauma-sensitive learning community.

Download for free at:  
<http://traumasensitiveschools.org/tlpi-publications/>

