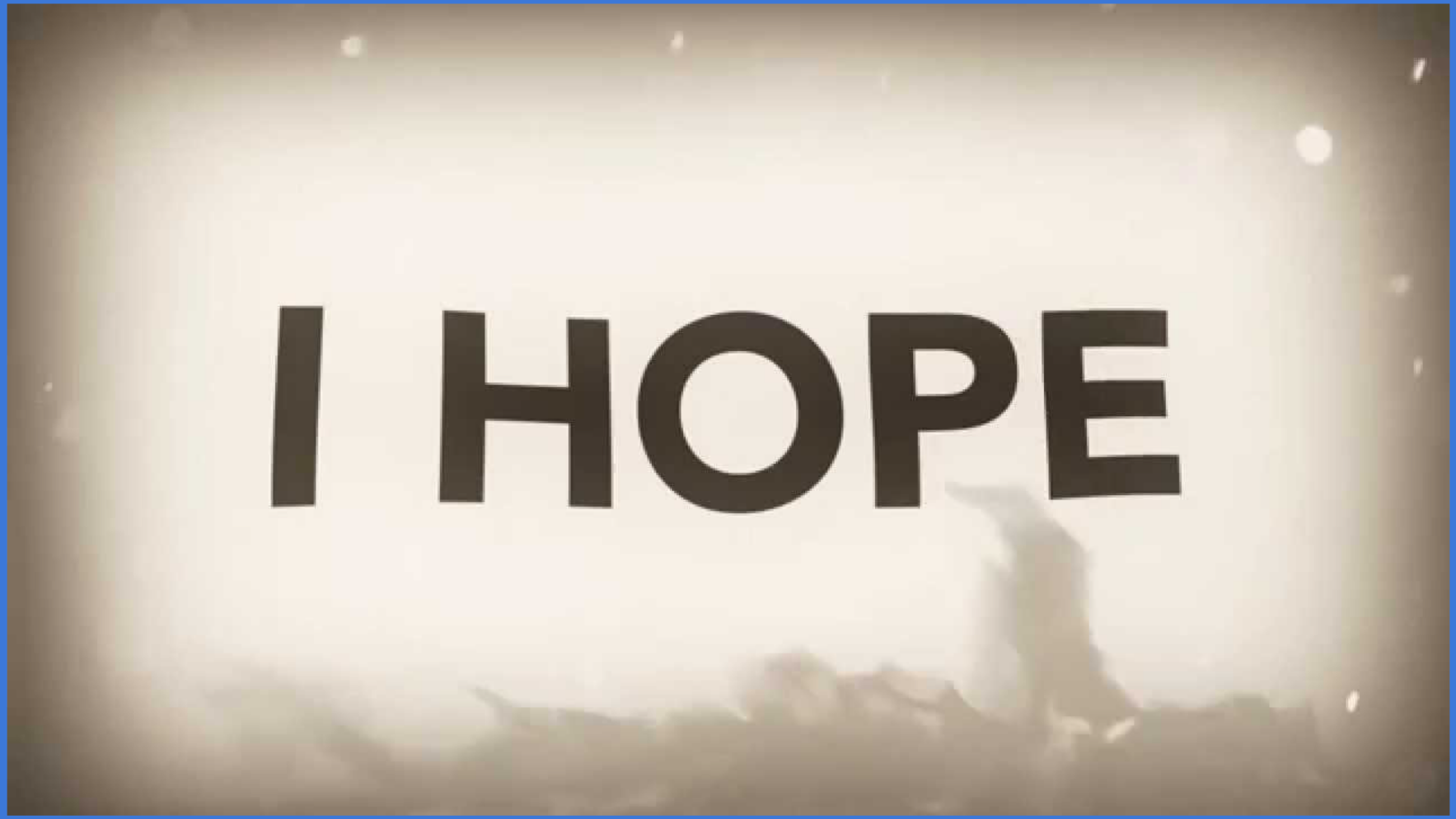
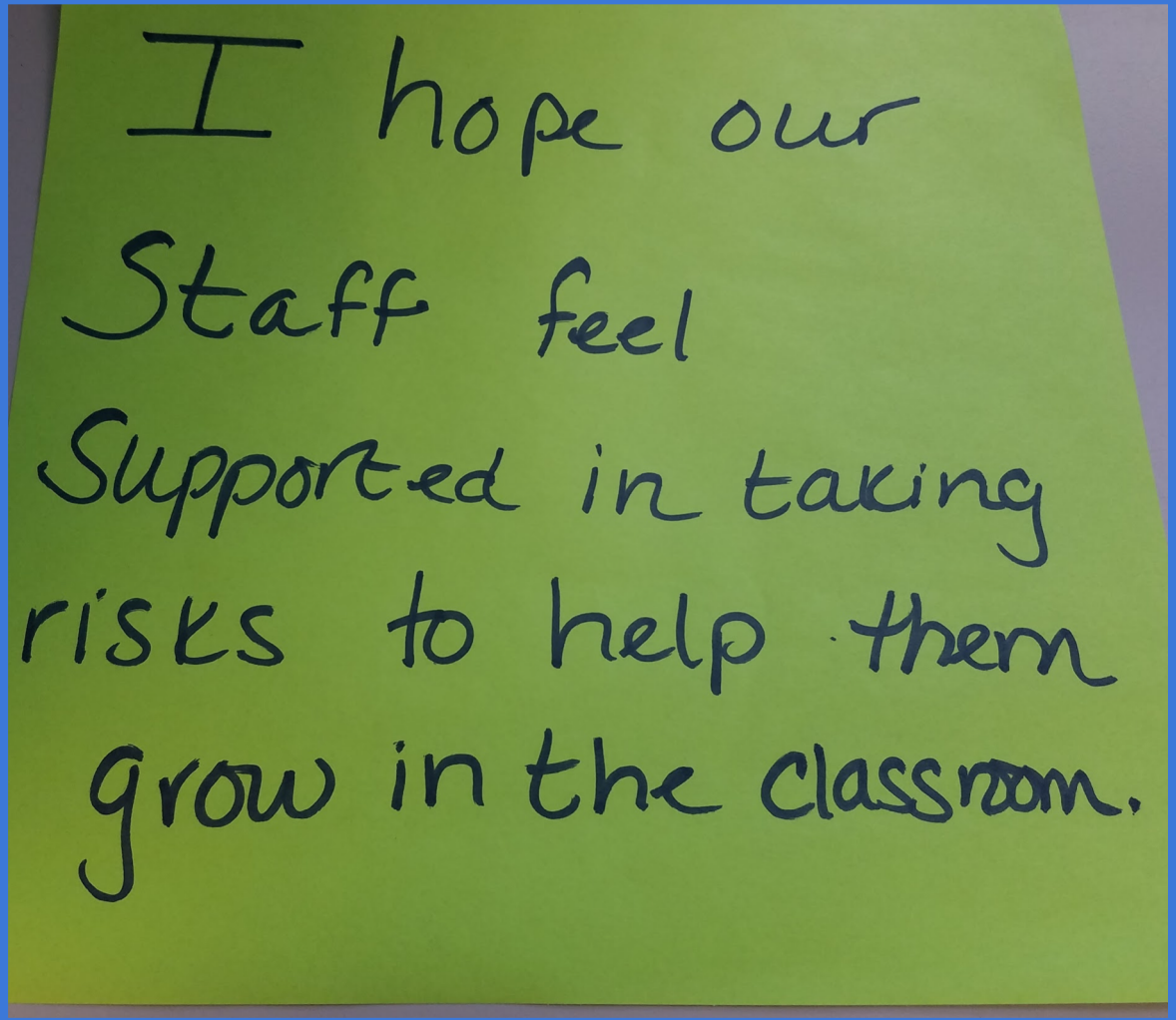
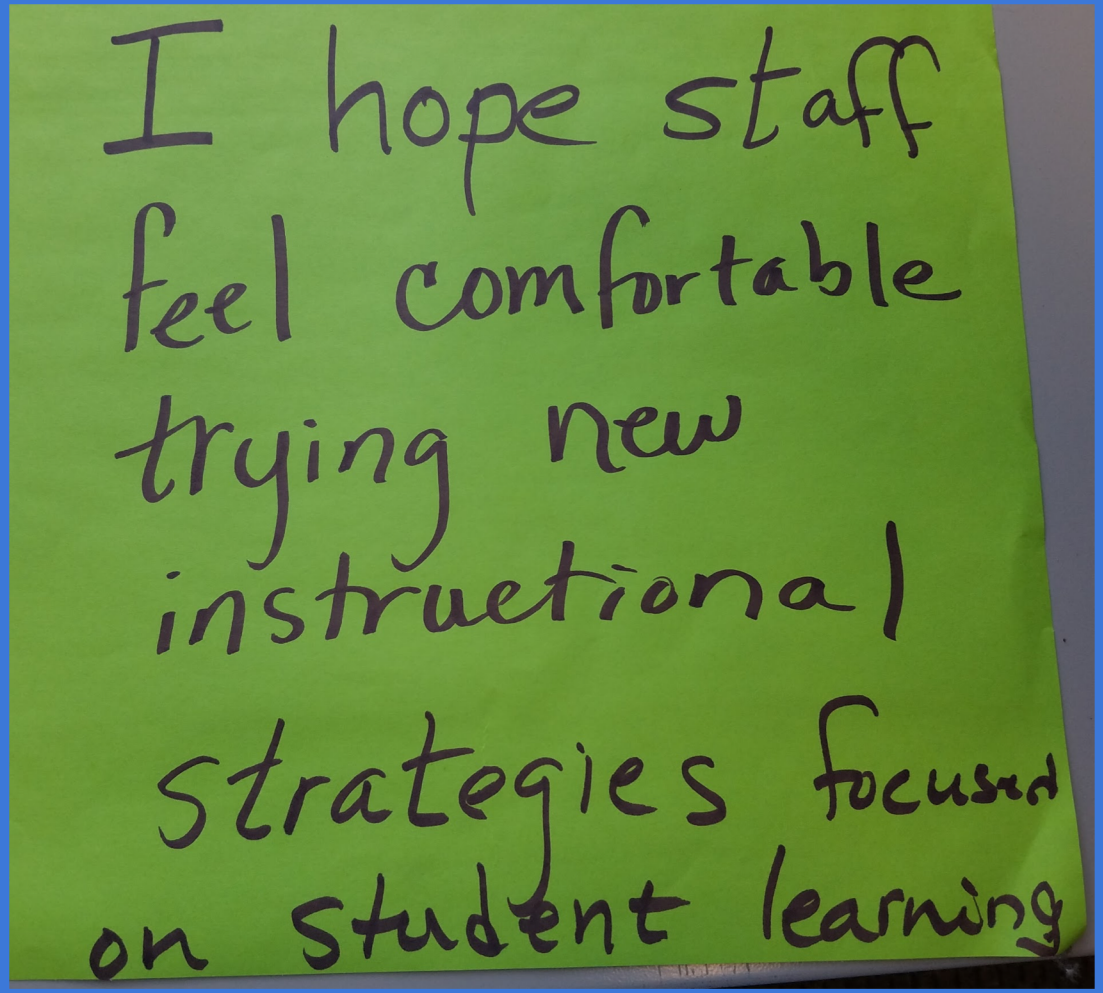
Cohasset Safe Schools Night

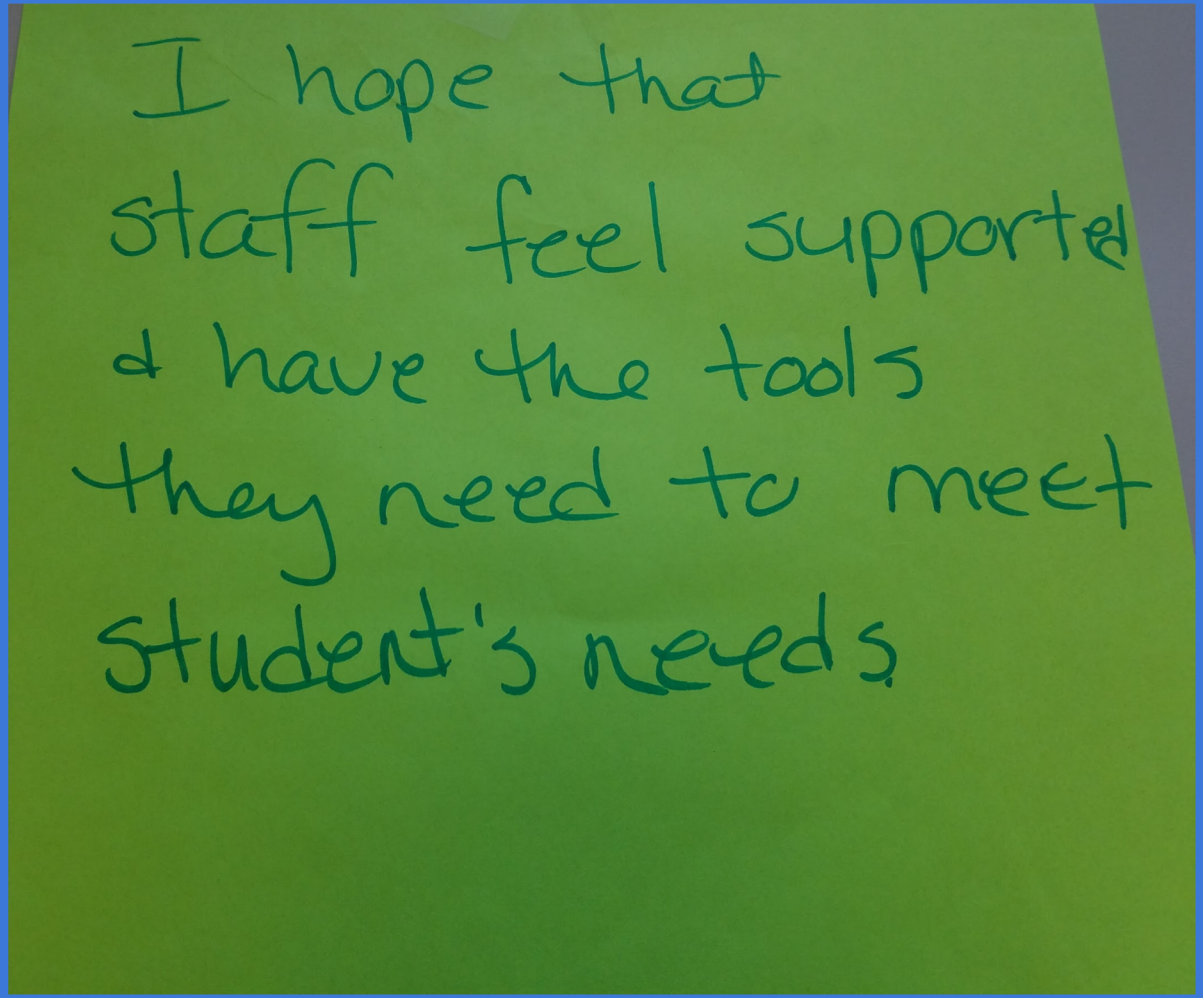


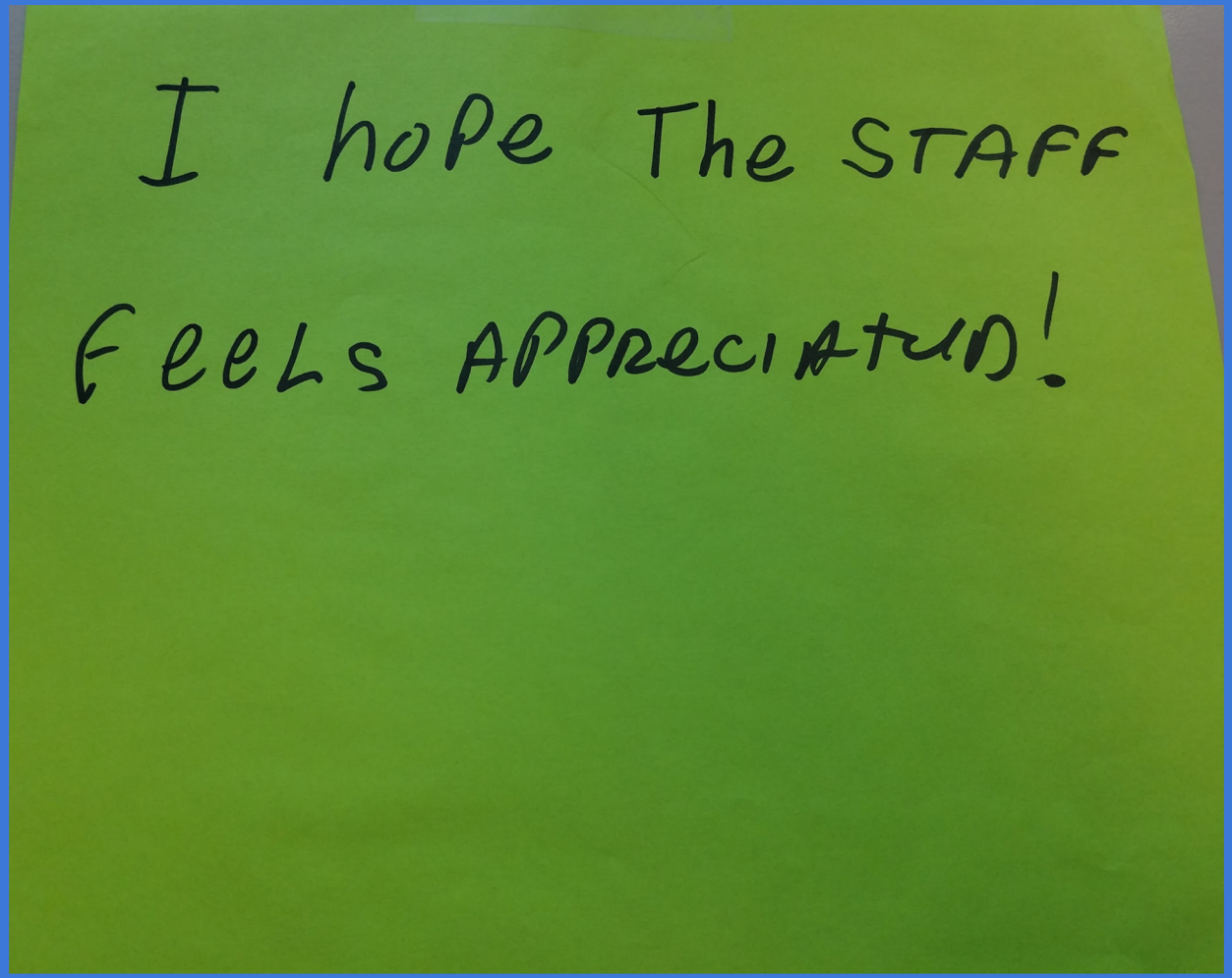
October 15, 2019

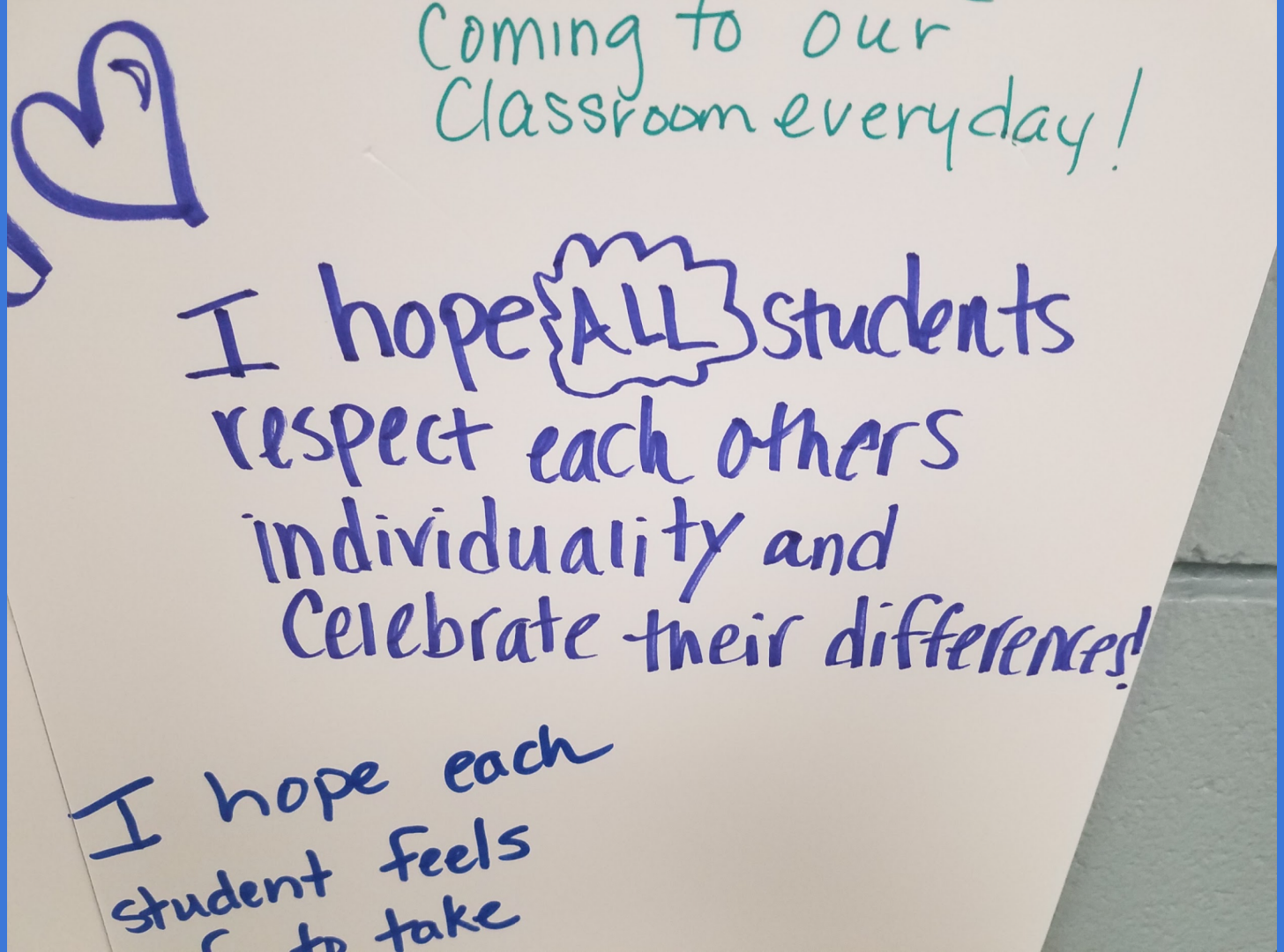

I HOPE


I hope our
Staff feel
Supported in taking
risks to help them
grow in the classroom.

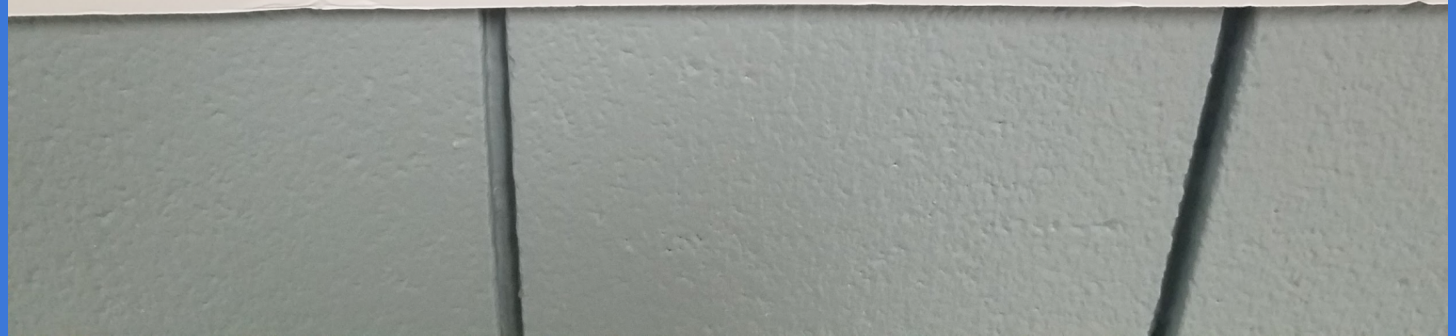

I hope staff
feel comfortable
trying new
instructional
strategies focused
on student learning


I hope that
staff feel supported
& have the tools
they need to meet
student's needs.


I hope The STAFF
FEELS APPRECIATED!


coming to our
Classroom everyday!
I hope ALL students
respect each others
individuality and
Celebrate their differences!
I hope each
student feels

I hope our classroom is a place that makes you smile and feel proud!



I hope kids know kindness does matter. Everyone needs to feel valued, and you can make that happen by doing simple acts of kindness.

I
stu
value
learn

I hope you feel
welcomed + loved...
because you are ♡

I hope to be happy.

I hope that I make good connections with my teachers and fellow students

I Hope That I meet New people.

I hope I make new friends.

I hope...

to avoid stress

I hope to feel comfortable enough with others to be who I am.

THEME FOR SCHOOL YEAR 2019 - 2020
“THROUGH THE EYES OF A STUDENT”















Adaptive Change

Adaptive vs. Technical Change:

- Technical Change = change that can be solved by the knowledge of experts

- Adaptive Change = change that must come from the collective intelligence of the group. It requires new learning. Together we will learn our way toward a solution (Heifetz, Grashow & Linsky, 2009).

Why Did We Form the Committee?

- To support our students, staff, and families
- To promote home to school partnerships
- To create a collaborative “Cohasset School Community Voice” regarding safety
- To examine our processes, practices, and policies regarding safety

Mission of the Cohasset Safe Schools Committee:

The Mission of the Cohasset Safe Schools Committee is to ensure that best practices are being implemented related to school safety structures (practices, protocols, and communication) and to advise on policy to support the physical and social-emotional safety of all members of the Cohasset School Community.

Core Values of the Committee

- Respecting differences and diversity
- Striving for safety, academic achievement, creative expression, empathy, accountability and responsibility
- Prioritizing students in all of our work
- Encouraging open-mindedness, helping those in need, forgiving those who are trying, defending those who need defending, adaptability, resilience, flexibility and transparency
- Maintaining transparency and positive communication with the school community

Overarching Goals of the Committee

- To ensure we establish transparent, open, and honest communication throughout the Cohasset School Community
- To ensure we are providing support for all students, including those who are in the margins and who have experienced trauma
- To help provide resources to promote Social-Emotional Learning, student wellness, an inclusive culture and bullying prevention

Sub-Committees

Building Security and Protective Measures Subcommittee

Social-Emotional Learning and Wellness Subcommittee

Promoting a Safe and Inclusive Culture Subcommittee

Safe Schools Bullying Procedure Review Subcommittee

Communication and Action Planning Subcommittee

A.L.I.C.E

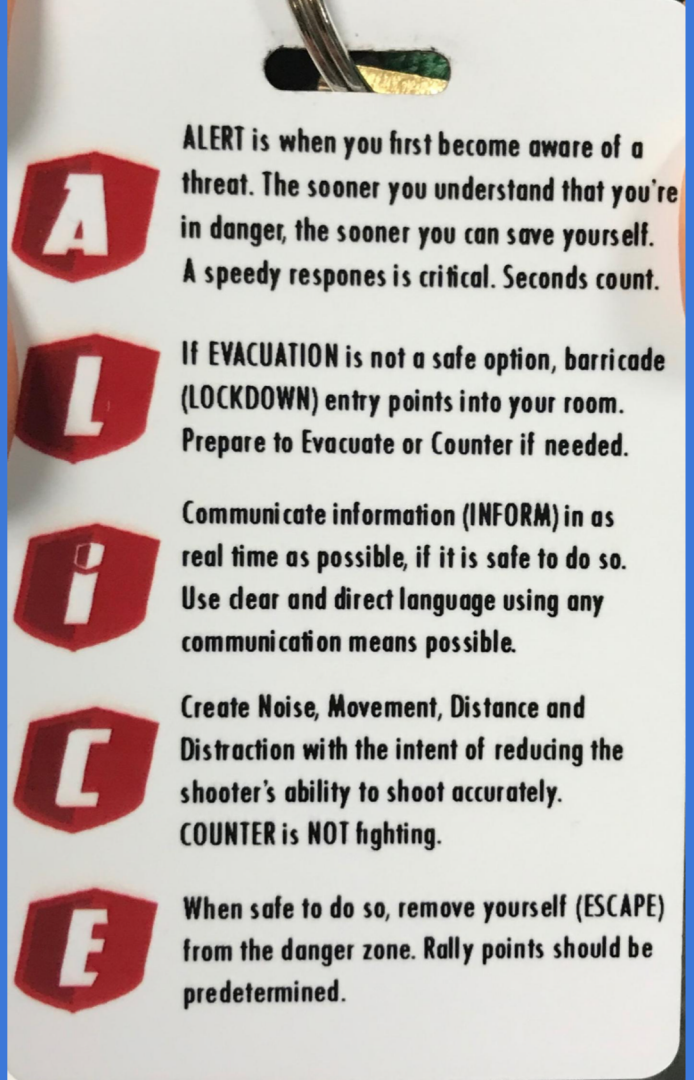
ALiCE®
TRAINING INSTITUTE

Alert
Lockdown
Inform
Counter
Evacuate

COHASSET POLICE
DISCOVERED - 1614 PRECINCT - 1717
MASS
TOWN - 1770



COHASSET PUBLIC SCHOOLS



COHASSET
DISCOVERED - 1614
PRECINCT - 1717
MASS
TOWN - 1770
POLICE

BUILDING SECURITY AND PROTECTIVE MEASURES IN OUR SCHOOLS



Building Security and Protective Measures Subcommittee: Members

Torin Sweeney: Health/Wellness/Guidance Department Head at CMS & CHS
Brett Youmans: Physical Education Teacher, Deer Hill School (2018 - 2019)
Courtney Ness: Osgood and Deer Hill Parent
Craig MacLellan: School Committee Member and Osgood Parent
Lisa Cooper: CHS Parent (2018 - 2019)
Ron Ford: Health and Physical Education Teacher at CMHS, High School Parent
Steve Rotondi: Athletic Director, Cohasset Public Schools
Officer Greg Taylor: SRO, Cohasset Public Schools
Sandra Crough: District Nurse Leader, Cohasset Public Schools

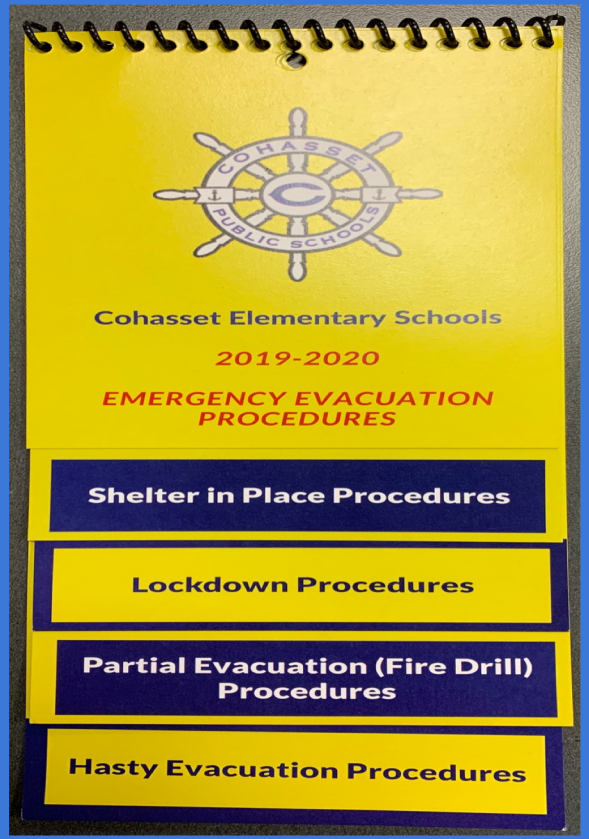
Building Security and Protective Measures Subcommittee: Mission

This subcommittee will review our building safety protocols and our procedures for handling a crisis, threat, or critical incident. This committee will collaborate with police, fire, and emergency service providers when needed during the review of these protocols and procedures.

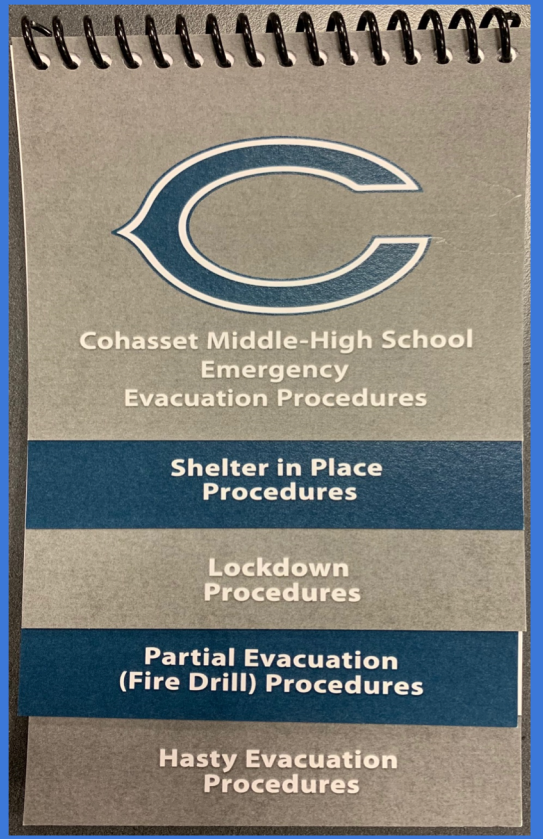
Building Security and Protective Measures Subcommittee: Accomplishments for 2018 - 2019

- Analyzed safety procedures and protocols
- Reviewed the High School Emergency Evacuation Procedures booklet
- Updated the Emergency Evacuation procedure booklet for Osgood and Deer Hill with a complimentary slide deck for staff training

Cohasset Public School Emergency Evacuation Procedure Booklets







Building Security and Protective Measures Subcommittee: Focus for 2019 - 2020

- Sponsor Substitute teacher training for emergency responses
- Help to identify possible future breaches of security
- Research and find funding for a Grab and GO bag for each classroom.

Building Securities/Protective Measures Initiatives by School

JOS

- A.L.I.C.E staff training with CPS, including question and answer session.
- Staff/student participate in fire, medical shelter in place, and lock down drills
- 2 district wide walkie talkies: easier communication to all emergency first responders
- Updated Emergency Evacuation Procedures flipbooks
- Dismissal and arrival protocols tightened to ensure students safety.

DHS

- Newly updated Emergency Evacuation Procedures flipbooks
- Staff training on A.L.I.C.E with CPS
- Student/staff drills on fire, medical shelter-in-place, and hasty evacuation
- 2 sets of walkie talkies: in-house communication and district/town wide
- Clear protocols regarding staff/visitor identification and entrance to the building

CMS

- Design and construct new middle school entrance featuring internal security doors, Lobbyguard system, and enhanced surveillance/communication capability
- A.L.I.C.E. Instruction and Drills with Staff and Students including 10/11/19 incl. CPD assembly & drill
- Revamped Flipbooks and Emergency Scenario Resources, including new Walkie Talkies

CHS

- **A.L.I.C.E. Instruction and Drills with Staff and Students with CPD: 8/28, 9/27, 9/12, 10/11 (with CPD)**
- Revamped Flipbooks and Emergency Scenario Resources, including new Walkie Talkies
- Unique A.L.I.C.E. video by the AV department
- Updated Signage around Chemical Storage and Fire Safety Measures

WELLNESS SURVEY RESULTS



WELLNESS SURVEY RESULTS
Administered April 2019

Positive Trends

- Alcohol use –
  - All students that report drinking down from 33% to 29%
  - Binge drinking (5+ drinks in a row) is down from 21% to 17%.

- Marijuana use –
  - Despite legalization of recreational marijuana, current reported use declined from 20% to 19% (and is 5 percentage points below the statewide 24% in 2017).

- Cigarette smoking, use of prescription drugs without a prescription, use of inhalants, and use of injection drugs – Reported use of all these substance remains at 5% of students or less.

WELLNESS SURVEY RESULTS
Administered April 2019

Mixed Results

- Bullying –
  - Students who reported bullying at school increased from 11% to 13%
  - Cyber-bullying declined from 13% to 10%.

- Sexual experience and birth control –
  - Students who reported having ever had sexual intercourse decreased from 26% to 22% (well below the statewide figure of 35% in 2017);
  - Of those who did report sexual intercourse, the percentage of students who reported using alcohol or drugs before their last sexual encounter increased slightly from 26% to 27% (both figures well above the statewide figure of 18% in 2017).

WELLNESS SURVEY RESULTS

Areas of Further Exploration

- Vaping –
  - Increased from 18% to 26%
  - Frequent vaping (20+ days in past 30) and vaping on school property both increased from 0% to 7%.
  - 19% report having difficulty stopping vaping.

- Depression/suicide –
  - Increases in significant depression (20% to 25%); seriously considering suicide (10% to 13%); making a plan to commit suicide (4% to 6%); telling someone that they were considering suicide (6% to 9%); and being told by someone else that they were considering suicide (21% to 31%).

WELLNESS SURVEY RESULTS

Areas of Further Exploration

- Stress at school and outside school –
  - Fairly often or very often stressed at school increased from 54% to 60%
  - Fairly often or very often stressed outside school increased from 29% to 39%.

- Texting when driving –
  - Increase from 51% to 59% in students who reported ever texting when driving.

Safe Harbor Cohasset Coalition

MISSION: To foster a strong and inclusive ***community*** that encourages healthy, educated and responsible choices about drug and alcohol use by promoting communication and collaboration.

GOAL: Prevent/Reduce underage substance use = Prevent adulthood addiction

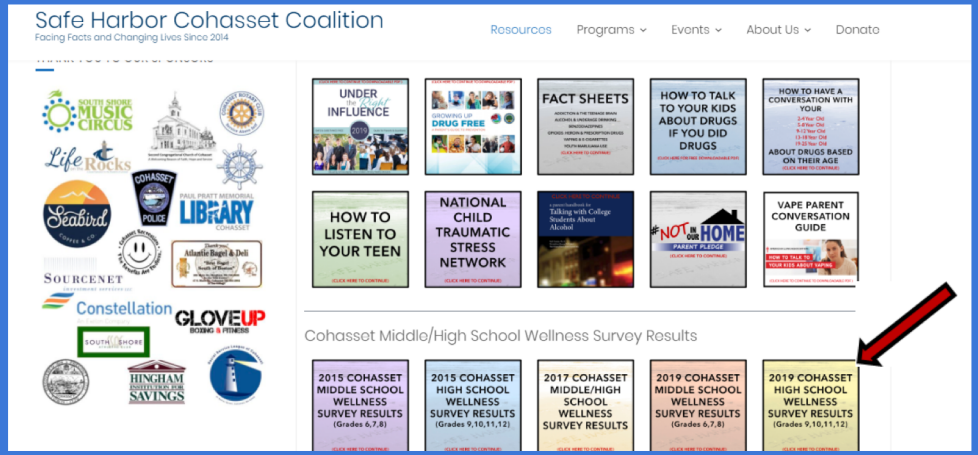
Parents
Youth
Law Enforcement
Local political figures
Schools
Faith Based Organizations
Volunteers/Sponsors



Role Modeling/Discussion
Voice
Accountability
Policy Change
Awareness
Community
Man Power/Funding

www.safeharborcohasset.org





Data Collection

Adult Programs/Events

- Awareness Campaign
- Weekly Newsletter
- Guiding Good Choices
- Informational Presentations (Ex: Vaping)
- Adolescent Mental Health (10/16 630PM)
- Monthly Parent Coffee Hour (10/23 930AM)
- Drug Take Back Day (10/26 10-2PM)
- Parenting Strategies (11/12 630PM)
- Family Fun-Sign Making (11/19 630PM)

Youth Programs/Events

- Free Monthly Movie Nights (10/25 645PM)
- Free Monthly Glove Up Nights (11/1 7PM)
- Free Monthly Ground Level Cafes (11/15 7PM
- After School Hangout Mon & Tues (330-5PM)
- **Youth Ambassador Program**

Youth Ambassadors



- 28 youth ambassadors
- Substance use prevention/education
  - Drug take back day
  - Samantha Skunk
  - Red ribbon week
- Mental Health
  - Our Minds Matter
  - RainWorks

SOCIAL EMOTIONAL LEARNING AND WELLNESS IN OUR SCHOOLS



Social-Emotional Learning (SEL) and Wellness Subcommittee: Members

Chris Colleran: Safe Harbor Cohasset Coalition (chair)

John Mills: CMS Principal

Lisa Farrell: Principal, Joseph Osgood Elementary School

Stephanie Moriarty: Department Head of Visual and Performing Arts at CMS & CHS

Catherine Nelligan: Guidance Counselor at CMS

Paul Kearney: School Committee Member and CMS Parent

Sarah Williams: Deer Hill and MS Parent

Amanda Mathieu: SEPAC Representative

Social-Emotional Learning and Wellness Subcommittee: Mission

This subcommittee will address the Social-Emotional Learning (SEL) and wellness needs of our school community. The work of this group will include advising our practices/programs at the school level concerning SEL and advising our efforts to help address the wellness needs of students, staff, and families. This subcommittee will include work on creating or strengthening structures that help to prevent addiction.

Social-Emotional Learning and Wellness Subcommittee: Accomplishments for 2018 - 2019

- Organized a screening of “Angst” for CPS community and for middle and high school teachers.

- Created a social-emotional and wellness resource list for students, teachers and families.

Resource list for students, teachers & families

Recreational/Extracurricular Activities

Athletic Activities

- Cohasset Fitness Club – www.cohassetfitnessclub.com/
- CrossFit Sci/Coh - www.crossfitscicoh.com/
- My Gym - www.mygym.com/cohasset
- South Shore Athletic Club – www.southshoreathleticclub.com/
- Sports Specific Fitness – www.gossf.com/

Extracurricular Activities

- Cohasset Recreation – www.cohassetrec.com/info/activities/default.aspx?type=activities
- Cohasset Youth Ambassador Program *(grades 6—12)* - Youth Ambassadors is a youth led program that helps young people build leadership skills, while raising awareness about various issues affecting young people in the community. To learn more, visit: www.safeharborcohasset.org/volunteer/cohasset-youth-ambassador-program/
- South Shore Community Center *(activities for all ages)* – www.southshorecommunitycenter.com/

Mindfulness/Meditation/Yoga

- Balance Studio - www.balancestudiocohasset.com/
- Open Doors Yoga Studio – www.opendoorsyogastudios.com/hingham
- Be Well Studios *(yoga, meditation, etc.)* – https://www.bewellstudios.net/

Please note that the SEL & Wellness subcommittee is a subsidiary of the Cohasset Public Schools Safe Schools Committee, an organization committed to improving the safety of the Cohasset Public School system for all members CPS community. Resources are provided for informational purposes only. The list is not comprehensive and does not constitute an endorsement by the Cohasset Public School system.

Didn't find what you were looking for?
Visit the CPS website for more resources.
www.cohassetk12.org/SELresources

COHASSET COMMUNITY RESOURCE GUIDE



DRAFT

SEL and Wellness Subcommittee: Focus for 2019 - 2020

1. Vet the services included in the resource list, & update as needed (yearly).
2. Have resources listed on the CPS Website.
3. Engage students in an effort to help spread the word (yearly).
4. Work with a vendor to create gear that will help relay information to students.
5. Create an acronym for dealing with stress and/or other mental-health issues.

SEL and Wellness Subcommittee:





Mindful Moments with Students and Staff

SEL and Wellness Initiatives by School

JOS

- Responsive classroom training (phase 2) and implementation
- Teaching students the Zones (blue, green, and red) these Zones help students talk about how we are feeling
- Embedded SEL in curriculum,
- Use of Social Thinking Curriculum
- Adjustment counselors for grade level student support and for staff resource guidance
- Community partnership: Stuff a Truck Toy Drive, Food Pantry Drive, High Five Friday,

DHS

- Responsive Classroom training and implementation
- Weekly Reading Rovers w/ Cohasset Working Dogs
- Embedded SEL in curriculum
- 5th grade Red Ribbon Week activities sponsored by Safe Harbor youth ambassadors
- Gas Stations: movement break guidance spots
- Access to adjustment counselors
- Health curriculum grounded on the Wellness Wheel
- Community Service projects: Stuff a Truck toy drive, Cohasset Food pantry drive, partnership with middle school Project 351 ambassador for clothing drive

CMS

- Wonder Fair event to promote empathy
- Tiered system of student support
- Embedded SEL in Curriculum
- Collaborative teacher teaming for student support and culture building
- Mindful Moment
- Integrated Wellness/PE instruction in all grades to promote healthy lifestyle choices
- Positive Behavioral Interventions & Support (PBIS programming)

CHS

- Restorative Justice Practices
- Embedded SEL in Curriculum
- **Wellness instruction in all grades**
- Mindfulness Opportunities for Students and Staff
- Safe Harbor Coalition Joint Ventures
- Encouraging Empathy and Gratitude (First Responders' Night and High Five Friday, Teacher Appreciation Night, Toy Wrapping, Food Drive, Shot for Life, Challenge Day)
- **Gosnold Partnership**

PROMOTING A SAFE AND INCLUSIVE CULTURE IN OUR SCHOOLS



Promoting a Safe and Inclusive Culture Subcommittee: Members

Brian Scott: Principal, CMHS (chair)

Sam Kefallinos: CHS Student

Tara Noyes: Assistant Principal, CHS

Margaret Curley: CHS Student

Alex Sullivan: Principal, Deer Hill School

Sarah Cucinatto: Special Education Teacher, Osgood School

Promoting a Safe and Inclusive Culture: Mission

This subcommittee will look to promote ways to ensure stakeholders collaborate to create a culture that is sensitive to the diverse needs of the members of our school community (including the needs of those students who have experienced trauma). This subcommittee will ensure that the culture of each school is inclusive and that our structures and practices are representative of the diverse needs of the school community.

Promoting a Safe and Inclusive Culture Subcommittee: Accomplishments for 2018-2019

- Established a calendar review team, which would ensure, in collaboration with the PSO, district administration and school committee, that there are no cultural or religious conflicts with scheduled events when it can be avoided

- Connected with both the Cohasset Diversity Committee and CMHS Diversity Club to establish at least one multicultural event throughout the year

Promoting a Safe and Inclusive Culture Subcommittee: Accomplishments for 2018 - 2019 (continued)

- Intentional and progressive approach to diversity and inclusion in the curriculum and co-curriculum
- Screening of “The Hate U Give” and “Period: End of Story” for students (from the Diversity Club); screening of “Angst” for CPS community
- WaterFirst partnership (from the Green Team)
- Asian Culture Club interactive presentation to Deer Hill 3rd graders
- District calendar created with respect for multicultural observances

Promoting a Safe and Inclusive Culture Subcommittee: Future Focus

- Incorporate cultural competence into the school improvement plans, in alignment with the CPSD Strategic Plan. Specifically increase cultural awareness of all students, teachers, administrators, and staff.

- Work with the Diversity Club and other student groups to create authentic experiences where students can engage in deep and honest discourse about cultural competence.

Promoting a Safe and Inclusive Culture Subcommittee: Future Focus (continued)

- Create opportunities whereby Middle and High School students can act as ambassadors for students in the primary schools around issues of cultural competency.

- Review the school and district's governing documents and structures (i.e.The Program of Studies, Handbooks, Strategic Plan) for sufficient language and guidance related to diversity, equity and inclusion.

Safe and Inclusive Culture Initiatives by School

JOS

- Responsive Classroom -training and implementation with a lead teacher
- School moto: It is who we are and what we do….
- Cohasset host families for students from Boston
- Co-teaching in grades 1 and 2
- Children's Literature that supports diversity and inclusion generated by the school librarian

DHS

- Responsive Classroom
- Embodiment of the Skipper Creed
- Restorative Justice practices
- CHS Asian Culture Club sponsored learning rotations with 3rd grade classes
- 4th grade immigration panel discussions
- Cohasset host families for METCO students
- Co-teaching model
- Diverse and inclusive children's literature/authors
- Access to adjustment counselors

CMS

- Co-teaching and inclusion classes in all grades
- Relationship building through teacher teaming and collaborative instructional opportunities
- Wonder Day
- Student Voice opportunities (focus groups, surveys)
- Skipper Creed programming
- Curricular opportunities to explore inclusiveness (e.g., *Hidden Figures* PBL unit)

CHS

- **Institutional Climate and Inclusion Assessment**
- ASA Anti-Bullying Campaign
- Challenge Day
- Credit for Life Fair
- Homecoming and Safe Harbor Tailgate
- Putting for Patients
- A Shot for Life
- Revision of Core Values and Beliefs
- Training on Cultural Competence
- Revision of Some Structures (Pronoun Revision in Handbook, Homecoming Court, Spirit Week, Graduation Robes, Curriculum Review, Calendar Revision)
- Independent Study Opportunities

BULLYING PROCEDURE REVIEW



Safe Schools Bullying Procedure Review Subcommittee: Members

Dr. Leslie Scollins: Assistant Superintendent, Cohasset Public Schools (co-chair)

Dr. Kate Salas: Assistant Principal, Cohasset Middle School

Mohamad Omran: CHS Parent (co-chair 2018-2019)

Ally Forrester: CHS Student

Stephanie Gertz: BRYT Coordinator and ESP at CMS & CHS

Safe Schools Bullying Procedure Review Subcommittee: Mission

This subcommittee reviewed our current policy and procedures regarding the reporting, intervention and prevention of bullying.

Safe Schools Bullying Procedure Review Subcommittee: Accomplishments for 2018 - 2019

- Utilized the DESE checklist to track if all legislatively required elements are included in the Cohasset Bullying Prevention Plan

Findings:

•Of the sixteen (16) elements of the DESE Checklist, twelve (12) were found to be included, satisfactory in meeting understanding, and thorough

•Of the sixteen (16) elements of the DESE Checklist, four (4) elements were found to be included, but in need of clarity, understanding, or/and thoroughness

Safe Schools Bullying Procedure Review Subcommittee: Focus for 2019 - 2020

Element ii: “Clear procedures for students, staff, parents, guardians and others to report bullying or retaliation.” **Recommendation:** Flow Chart

Element v: “The range of disciplinary actions may be taken against an aggressor for bullying.” **Recommendation:** Inclusion of students in the process; individualized teaching/learning opportunities for students; privacy of students is respected

Safe Schools Bullying Procedure Review Subcommittee: Focus for 2019 - 2020 (continued)

Element vi. “Clear procedures for restoring a sense of safety for a target and assessing that target’s need for protection.”
Recommendation: School counseling and resources list provided

Element xii. “Provision for ongoing professional development.
Recommendation: Annual training for staff that reviews bullying reporting process, and professional development - examples: Look Fors, appropriate responses,when to report, cyberbullying behaviors, developmental factors connected to bullying

Bullying Prevention Initiatives by School

JOS

- District Bullying Investigation Protocol
- School motto: It is who we are and what we do… making good choices
- Talk about understanding and empathy, with adjustment counselors
- Responsive Classroom language and opening exercises
- Having students express their problems using the framework of Little Problem/ Big Problem
- Lunch Bunch

DHS

- Restorative Justice practices
- District Bullying Investigation Protocol
- Embodiment of the Skipper Creed
- Responsive Classroom
- WITT (Walk away, Ignore, Talk it out, Tell an adult)
- Lunch Bunch
- Access to adjustment counselors
- Anti-Bullying assemblies such as Kaleidoscope Theatre B.U.L.L.Y Level 1

CMS

- District Bullying Investigation Protocol
- Analysis of Culture and Climate Data (i.e. YRBS, VOCAL, and ICIA)
- Restorative Justice practices
- ASA Anti-Bullying Campaign
- Positive “Thought for the Day” and mindful “Moment of Silence” in daily announcements
- PBIS--Skipper Creed
- Peer Leaders from High School working with Sixth Graders

CHS

- **Anti-bullying Curricular Programming**
- **Restorative Justice Discipline Practices**
- ASA Anti-Bullying Campaign
- Challenge Day
- Homecoming and Safe Harbor Tailgate
- Putting for Patients
- A Shot for Life Partnership

COMMUNICATION AND ACTION PLANNING



Communication and Action Planning Subcommittee: Members

Jamey Kupsc: CMS Parent and Recording Secretary for the Safe Schools Committee (chair)
Jessica Duncanson (2018-2019): CMS Parent
Kelly Dunn: Joseph Osgood Parent
Jay Cataudella: Joseph Osgood Parent
Ed Savage: Science Dept. Chair at CHS
Dr. Patrick Sullivan: Superintendent, Cohasset Public Schools
Michael MacMillan: Director of Finance & Operations, Cohasset Public Schools

Communication and Action Planning Subcommittee: Mission

This subcommittee will create structures to communicate the work of all subcommittees to the stakeholders in the Cohasset School Community (providing one collective voice for the team). This subcommittee will also create structures to gather input from the community. Finally, this team will work to create a Safe Schools Action Plan (detailing the work of all of the subcommittees) that will be shared with the Cohasset School Community.

Communication and Action Planning Subcommittee: Accomplishments 2018 - 2019

- Helped to create School Committee Presentation
- Created Safe Schools Committee action plan
- Issued survey to all stakeholders in the CPS school community to set a baseline for our work going forward (after this year) as a committee
- Composed articles for local media describing and celebrating the work of the Safe Schools Committee

Communication and Action Planning Subcommittee: Focus for 2019-2020

- Building community awareness of the actions of the subcommittees.
- Expanding the use of the district website to support the Committee's objectives
- Create a series of featured topics to highlight in "The Navigator" newsletter.
- Identify additional publications and resources to communicate Safe School Committee's progress.

Communication and Action Planning Subcommittee: Focus for 2019 -2020

- Monthly topics for “The Navigator” newsletter:
  - November: Bullying
  - December: Diversity and Inclusivity
  - January: Building Safety
  - February: Social Emotional Learning
  - March: Newsletter Recap

Questions?



INFORMATION SESSIONS & PARTNERS

Please feel free to visit the Hidden in Plain Sight display in the lobby (Thank you, Safe Harbors)




THANK YOU
THANK YOU !
THANK YOU !
THANK YOU !
THANK YOU
THANKS