

SPECIAL
POINTS OF
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- Horticulture—A Class for Everyone
- I SPY... SOP Staff!
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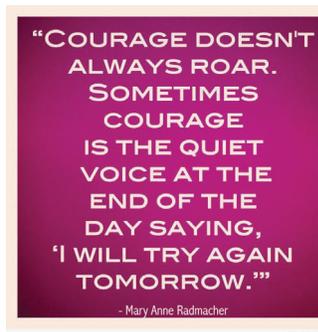
Sharing Our Progress

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OCTOBER 2014

New Public Speaking Partnership at Loudoun

At the Loudoun County Juvenile Detention Center, students competed for ribbons and trophies in a public speaking competition held on August 8. The competition was a combined effort of LCJDC teachers and Loudoun's 4-H group, who partnered to offer summer enrichment programming to detainees throughout the months of July and August. LCJDC teachers Jeff Davis and Kristin Andersen, working in conjunction with 4-H representatives, focused on three key focus areas during their team effort: career studies, financial planning, and public speaking. Public speaking—listed as one of the top fears of most Americans—proved by far the most successful, with fifteen detainees taking part in the competition. Two students



earned trophies, nine students earned blue ribbons, and four students earned red ribbons. The speeches, scored by volunteers from the community, focused on biographies of notable people. The students learned the basics of public speaking, and, using research and summary, created memorable speeches with powerful introductions and conclusions as well as informative body

sections. The target length for the speeches was 2.5 to 5 minutes. In the end, students were scored not only on the content of their speeches but also on their verbal and non-verbal skills. “The kids were reluctant at first but were proud of themselves for overcoming their fears of public speaking,” says Jeff Davis, the math, history, and special education teacher at the LCJDC.

-Kristin Weaver,
Loudoun JDC



Merilee's Message

In August 2014, Dr. John Almarode traveled around the state to four SOP regional events that focused on embedding social emotional learning into our classrooms. We learned how to change the chemistry of the brain through the techniques that were

demonstrated throughout the day. He showed us how to attend to both the emotional and cognitive needs of our students. We found ourselves interacting with each other, sharing knowledge, moving around the room and thanking those around us that

contributed to our learning. As we begin to weave Dr. Almarode's ideas into our teaching, remember that through one very small act we can change brain chemistry- SMILE!





BRJD Hosts UVA Medical Students

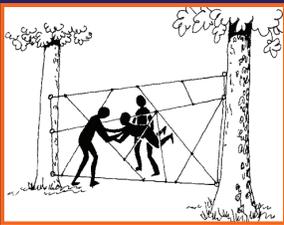
On Tuesday, September 9th, Dr. Diane Pappas and her senior level medical students, who are currently studying at-risk populations, visited BRJD to learn more about services offered to students who are court ordered to detention. The students' specialties included: pediatrics, psychiatry, and emergency medicine. After a short presentation about the Academic Programs offered in SOP's, the students

toured the facility and participated in a BRJD student-led tour of the greenhouse program. (Only one was brave enough to try the infamous BRJD hot pepper challenge!) Before leaving, the students broke into small groups and talked to BRJD residents in small groups. Those discussions covered careers in the medical field, safe sexual health and practices, the effect of legal and illegal drugs, and sports medicine.

Dr. Pappas later sent feedback that included:

"Thank you so much for hosting us. It was an impactful experience and the students were truly struck by what they saw and experienced. It inspires us all to work even harder for children and families in need that we care for in the community."

-Laurie Cooper, Blue Ridge JDC



Learning the Ropes in Newport News

On Wednesday, August 27, 2014, the education staff from the Newport News Juvenile Detention School teamed up with Newport News Park to participate in a day of team-building challenges at the park's Ropes and Initiatives Course. Juvenile Detention PE teacher, Todd Barker, served as the group's Lead Instructor and Brittany Patterson, Adaptive PE teacher with NNPS, backed him up as the Second Instructor. The group enjoyed a full, exciting day of discovering more about themselves, each other and their environment.

Laguna Foster, Newport News JDC



Three Cheers for Detention

Hip! Hip! Hooray! You might think the atmosphere at Piedmont Juvenile Detention started off a little on the gloomy side this year, and you'd be right. In keeping with John Almarode's lessons in August, however, the education staff began implementing his suggestions to bring a cheerier tone to our place of work. For example,

we practice smiling at students every day, we provide them with choices, and praise them for their efforts in class. Our education group also decided to add a little zest to the PRJDC Detention Staff meeting and bring our detention counselors some surprise refreshments! After all, who can stop smiling when they are treated to chicken biscuits and

scrumptious strawberries? The education staff at Piedmont Juvenile Detention Center challenges you to show your appreciation to students and staff in some unique way this school year. Everyone will reap the rewards!

- Nancy Walker, Piedmont JDC



Co-Teaching at Highlands



Last year at HJDC we had our first year of co-teaching. I was paired with the art teacher, Ms. Kestner, who has many years of previous experience teaching English and is a special education teacher. The way we facilitate co-teaching is one teacher acts as the expert on the content area and its pacing; while the other teacher is a special education teacher who devises instructional strategies to improve learning. This year we have revamped our system of lesson

planning and instructional strategies. Co-teaching strategies such as parallel, stations, and one teach one assist instruction, has enabled us to make substantial strides in progress among student learning. In a setting such as ours, where students are in several different grade levels and classes makes co-teaching the ideal strategy to tackle the obstacles we face.

- Ryan Mayer, Highlands JDC



“What does your fortune cookie say?”

James River JDC explored a different new way to express the character traits of Perseverance and Kindness recently through an in-house fortune cookie-making service project. Following our new Arts & Music Curriculum, students first identified some personal strengths, weaknesses, and ideas for building resiliency; then, they each chose four thought-provoking quotes on perseverance and determination to share ways to build those resiliencies, and cut or wrote them on tiny slips of paper. Using a one-ounce packet of white Model Magic they created four simple two-folded “fortune cookies,” inserted their quotes inside them, then the next day decorated the outside of their dried creations with shapes and colors using permanent markers. All the “Perseverance Cookies” were then

collected in one large bowl, every student chose one for themselves, along with a “real” rice flour one to eat, and then divided the remainder of our cookies to kindly share among teachers, detention staff, and even the local Detention Center commissioners! We processed how their own perseverance on this week-long project allowed them to have something really cool to then give to others.

- Hope Montgomery, James River and Henrico JDC



Horticulture-A Class for Everyone

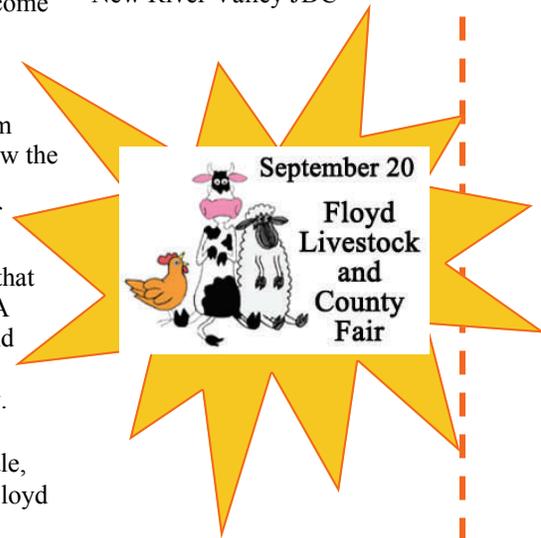
The New River Valley Juvenile Detention Home is teaching Horticulture Science to all students for the 2014-2015 school year. The Horticulture program was originally a PD activity assisted by the New River Valley Master Gardeners and the PD Coordinator. Wendy Silverman is using an approved curriculum by the VDOE, and is teaching mini stand-alone units so that as new students arrive, they will not feel lost. The course focuses on hands-on learning, and we try to get the students outside as much as possible. Students receive bi-monthly certificates that label the curriculum competencies that were covered. These certificates show potential employers the skills our students acquired in class. In addition to certificates, a course Competency chart of their accomplishments is given to them to bring back to their home schools. The biggest challenge is to design lessons that will teach

the concepts and follow the restrictions the detention home has on materials that can be used. Some modifications already in use include using craft foam for plant markers and using flour scoops instead of trowels. We also use large cow troughs as raised beds, as they are easier to work with when you cannot use shovels. We also properly secure greenhouse tools and fertilizer so that all students can work in the greenhouse.

One of Wendy's goals is to get as many guest speakers to come in to talk to the students throughout the year. She wants the students to hear what employers expect from their employees, and to show the students the diversity of opportunities in the field of Horticulture. There have already been two speakers that have come into her class: A local pumpkin producer, and the Virginia Tech Department of Entomology. Fall activities include a houseplant and fall mum sale, submitting exhibits to the Floyd

Livestock and County Fair, making fall pumpkin arrangements, and producing and harvesting vegetables from our raised bed vegetable garden. Future activities include making Christmas wreaths and arrangements, doing landscape design using computer design programs, and having a spring hanging basket and vegetable plant sale.

-Wendy Silverman,
New River Valley JDC



CHECK THIS OUT!!
New River Valley has a brand new horticulture science program!

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From fall exhibits at the local fair to Christmas wreaths for the holidays—our kids will be staying busy and learning so many new skills!



## New Sensory Room at CCCA

As adults we all hopefully have our own ways of dealing with stress and ways we self-monitor to help maintain focus, relax and cope. Our students often need help to develop those self-monitoring skills and to find out what works for them. For the 2014-1015 school year, CCCA has a new sensory room as part of the education program to help address those needs. We were able to purchase items such as a glider chair, bean bag chair, small weighted “blanket”, two small pressure

activated vibrating pillows, a nature sound machine, liquid visual timers, kinetic sand and theraputty. Some students are scheduled to have a sensory break during their day when teachers and staff have noticed a pattern of distress at a particular time, while some come in as needed if activities in a room are over-stimulating for some reason. We are really excited to have this to offer as another way to help students engage in the educational

environment and offer sensory strategies to help them with self-regulation. The glider and pillow have been a huge hit among some of our most challenging students, it has enabled them to calm down and return to their classroom.

-Tina Capuano, CCCA

## Damsels in Defense

Domestic Violence and Sexual Assault are common concerns in the lives of teens. Students at James River Juvenile Detention Center recently welcomed Tam Smith as a guest presenter for “**Damsels in Defense**” *empowerment for girls through education*. She discusses the “self-help” and awareness aspects of self-defense and smart decision-making especially for young females. Through her information, girls become aware of their power to deter assault and to avoid becoming easy targets for predators.

Sponsored by Domestic Violence and Sexual Assault Resource agencies, “Damsels in Defense” offers an

educational component to State Operated Programs’ centers which allows for better awareness and confidence in young women facing fear from attacks, violence and unhealthy relationships.

Here are more resources related to Sexual Assault and violence: National Sexual Assault Hotline-1-800-656-HOPE (4673) [www.rainn.org](http://www.rainn.org), [www.womenslaw.org](http://www.womenslaw.org). Online support groups and resources,

-Bonnie Connor-Gray, James River JDC

To contact Bonnie Conner-Gray, Health & Physical Education, JRJDC: (804)556-4214 or [bcgray@henrico.k12.va.us](mailto:bcgray@henrico.k12.va.us).

To contact Tam Smith: “Damsels in Defense” (804)605-0113



Helper  
SAFETY TIPS

EDUCATE  
YOURSELF & OTHERS

## Going ‘Under’ the Hood

On one specific Friday in August, the RJDC Social Studies classes took a dramatic turn. Instead of heading to Social Studies after gym, they headed out to the recreation yard where they eyed a GMC Suburban with the hood raised; their teacher and a stranger stood by. As the students gathered around the vehicle, the teacher announced that this enrichment class was entitled Auto Mechanics 101.

The Social Studies teacher’s father-

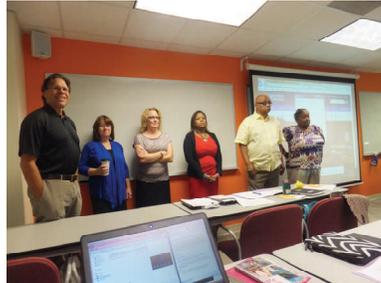
in-law was the *teacher for the day* and instructed the students about checking the six fluids in an engine, discussed with them various automobile filters, and even taught them how to change a flat tire. This “hands-on” learning experience allowed students to check and restore fluid levels as well as learn why each fluid is important. For many, it was the first time they learned where to place a jack, and they now appreciate the

force it takes to loosen a lug nut. The awesome 45-minute class ended with excited and engaged students—and teachers who are hopeful that at least one student’s interest was piqued enough that he will pursue learning more about auto mechanics in the future.

-Chris Meek,  
Rappahannock JDC



I SPY... SOP Staff!





I SPY... SOP Staff!

# Rondack-Therapy Dog Extraordinaire



CCCA welcomes a new furry addition to their center, Rondack!

Back to school has been a busy time for everyone across SOPs and the education staff at CCCA is excited to have a new addition to the hospital, Rondack, a seven year old Bernese Mountain Dog. Rondack has joined CCCA as our therapy dog, putting in a 40 hour work week with his owner, Lead Activities Therapist Cindy Austin.

Rondack's primary role is to provide comfort and affection to the patients and the goal is to utilize Rondack as another therapeutic tool to decrease restrictive interventions. Most of the patients have gravitated towards Rondack and have asked to lead him, pet him, and groom him. There have been a few patients (and staff members) that have some significant fears of dogs and it has created some challenges for both Rondack and Cindy.

Therapy dogs have been incorporated into some educational settings with great success. Students who have difficulties reading tend to find it less threatening to read aloud to therapy dogs. We are hoping to incorporate Rondack as a regular visitor in our elementary reading, art, and music class. Rondack has already helped with some students' school attendance because they are able to lead Rondack down the hall to the classroom giving them incentive to attend. Rondack has also helped students with sensory needs by providing soothing comfort for some students.

Rondack provides joy, comfort, and comic relief to everyone at the hospital. Cindy can't make it down the halls with him without being stopped by teachers, students, and staff. Everyone loves to pet and love on the big dog. His

presence has certainly added a little extra joy to the hospital. We are looking forward to a great year with him!

- Jennifer Whorral, CCCA



# Unity at Blue Ridge

During enrichment, students at Blue Ridge used sidewalk chalk and the blacktop outside to create a collaborative artwork centered around the word unity. The students learned about mandalas and how the circular shape represents wholeness beginning with a

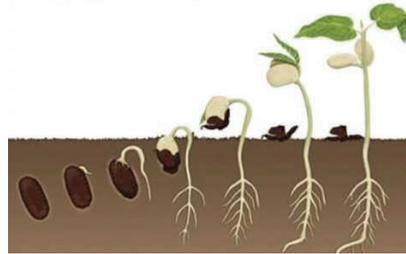
unified center. They also discussed examples of mandalas in nature such as the sun and moon and examples of mandalas in everyday life such as communities and families. The students created their own group mandala. Each student

represented themselves individually by decorating their own section, and when all the sections came together the mandala was complete and the whole group was unified.

-Marcelle Van Yahres, Blue Ridge JDC



# HJDC Learns about Landscaping



Students at Highlands Juvenile Detention Center learned all about landscaping during part of their Summer Enrichment curriculum. Students discussed the following: jobs in the landscaping field, work and personality traits of a landscaper, and how plants/flowers grow. In addition to these discussions, students were allowed to grow flowers in pots that they hand painted. Students selected their flowers from a variety of seeds. Marigolds, cherry rose, and moss

rose were the seeds of choice of many students due to short germination time. Students were also in charge of watering the seeds and flowers. Students appreciated the hands on learning activity and were enthusiastic about watching their flowers grow!

-Adam Smith, Highlands JDC

## Dad's are Special People!

Most of us depend on our dads for all sorts of things: changing the oil in our car, repairing the lawn mower, fixing the drippy faucet. Our HPE instructor, John Lesniak, recently asked his dad to help him make a corn hole game for the students at Piedmont Detention. What a great story to share with them! Many of our students have never enjoyed the support and love of their dads, but perhaps a story like this will help them become better fathers in the future.

Engaging in a new activity like Corn Hole was an exciting event for our students. Although we used this time as a PE activity, the possibilities abound. Scoring requires mental math skills including addition of negative numbers. Teams could answer a Health or PE question to win a corn hole bag to toss. The game could offer academic rehearsal and the opportunity for movement for kinesthetic learners. Of course, this review strategy would work for any subject if your classroom is

large enough to accommodate a corn hole game or if you are willing to move the lesson to the gym.

Special thanks to Mr. Larry Lesniak and all our dads. Remember to thank your dad and remember to offer your students a fresh and new way of learning whenever you can.

-Nancy Walker, Piedmont JDC



## Loving Service Learning

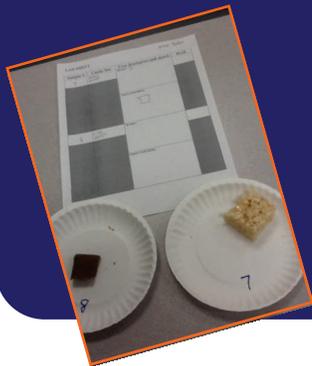


The Post-D residents at James River Detention Center participated in a full day service learning project to benefit the residents at a local skilled nursing facility. The experience began with learning about helping others in the community and the benefits of service, and by listening to pre-selected music that was inspirational from the 1930s-1950s. The residents selected a line from a song that was motivating to them, and used it in the art

project. Up-cycled book covers and old student art work were used to make picture frames for the residents at the center. Then, the students brainstormed and role played what to say to the adults at the facility. Selected students were able to give the gifts to the residents, have conversation, dance, and sing to the older adults. After the visit, our residents said things like, “my face hurts from smiling so

much!” and “They really liked us coming and that made my day!” and “can we go back next week?” and “Next time can we sing more songs with them?” Even weeks later, our students are talking about it. We hope to collaborate quarterly, bringing together service learning, character education, art therapy, music therapy, and life skills!

-Anna McChesney and Hope Montgomery,  
James River JDC.



## Science Is Incredible When It's Edible

Coming from a science teacher, almost everything is “incredible” when learning about science. Sometimes, trying to find ways to have your students become as excited about science is another, especially if your students are spending time in a juvenile detention center. More often than not, students entering the science classroom at Shenandoah Valley Juvenile Center (SVJC) are a little reluctant to learn when they first arrive. Many have not experienced success in school and would prefer to remain invisible in class.

I am very grateful that the administration at SVJC recognizes the importance of education while a student is in detention. Because of

their support, I am able to implement creative activities and labs in class, which makes for an enriched learning environment. You can feel the excitement in the room when students find out we will be having an edible activity. Even the reluctant learners are attentive and ready to see what we are going to learn or review. Some favorite activities have been brownie volcanoes, ice cream in a bag, candy bar rock lab and animal cracker classification.

Of course, we can't have something to eat every week but when implemented periodically, the students begin to ask questions which opens up the door for me to inquire what they learned. The

novelty of the lessons stick with them and the majority of students can recall the science behind the activities. This has proven to be true when students have (unfortunately) returned to my class after a period of time away from the detention center. Several returning students have asked if we will be doing a certain activity during the time he/she is here. I typically respond, “Do you remember what we learned from the activity?” They do! What a great feeling for a teacher. Science IS incredible.

-Mary Ann Plogger,  
Shenandoah Valley JDC

# Slam Dunk on Perseverance!

The UVA Men’s Basketball team, 2014 ACC Champions, inspired the students of CCCA with tales of perseverance, hard work, and dedication. It seems that this has become an annual visit and new tradition for CCCA as the team and Coach Bennett have made a visit across the mountain for the second year in a row. The entire team came to visit with the students providing them with words of wisdom and encouragement. Some players shared personal stories of difficult times and working through it. Others enjoyed playing basketball with the students and showing them how to dunk a ball. Coach Bennett explained the pillars of his basketball program which focuses on character,

dedication, and humility. Prior to the visit, students spent time in classes discussing perseverance and how it relates to their own lives. In activities therapy they created welcoming posters and t-shirts supporting the team. You could feel the excitement and joy in the air as the children were able to play basketball with a team full of “giants”— one young man was 7 feet tall! The students and UVA teammates were also able to have dinner together and participate in conversations at a more personal level. The players provided the students with stories and encouragement. Everyone was able to enjoy a pizza party, thanks to the local Little Caesars who graciously donated all of the food. It was an incredible

evening for everyone. It was a great kick off to an exciting year of character education.

-Jennifer Whorral, CCCA



## Read and Ride...

The beginning of the school year is a very busy time for both teachers and students at the Fairfax JDC School Program. The students are engaged and enriched through the rigorous curriculum and activities provided in all of their classes. One particular activity that offers stimulation for the body and the mind in a fun and unexpected format taking place in Mr. Sam Angelo’s P.E. classes is called “Ride and Read!”.

Through a professional collaboration between Mr. Angelo and Ms. Nancy Simpson, JDC School Literacy Coach, students are learning about the importance of keeping both the mind and the body healthy and fit to maximize learning. Once a week students grab a book and grab a bike (a stationary exercise bike) and ride while they read! Students usually ride for an average of 20 minutes per week in P.E. class, but are encouraged to

add more minutes when time allows. The students choose books from a variety of genres but some of their favorites are *Guinness World Records*, *Ripley’s Believe It or Not!*, and realistic fiction stories. Spanish versions of many of the books are also available.

At the end of the week the student who earns the most number of minutes in each class receives the honor of choosing the Friday game or activity the

class will participate in. Student-earned minutes are recorded on wall charts for all to see. It is quite impressive to observe the students’ minutes add up week-by-week for both riding and reading.

Mr. Angelo and Ms. Simpson try to set a good example by riding and reading on the bikes right along with the students. In addition, it is not unusual to see the principal, Mr. Eric Shaver, or the JDC School Administrative Assistant, Ms. Rosa Caldera, hop on and take a turn with the students!

“Ride and Read!” hopes to promote a vital message to students that fitness of the mind is related to fitness of the body and that they BOTH need constant care and exercise.

-Nancy Simpson, Fairfax JDC



## Outstanding Achievement in Teaching Nomination Form

In appreciation for the dedication and accomplishments of our educators and leaders, the State Conference Committee has established Outstanding Achievement Awards. The purpose of these awards is to reward and recognize those who have demonstrated excellence in Instruction, Technology, Student Achievement, Testing and Professionalism in accordance to the mission of State Operated Programs.

### State Conference Committee

The State Conference Committee is responsible for reading applications and selecting the recipients of the State Operated Programs Outstanding Faculty Achievement Awards. The committee is comprised of 14 members of diverse faculty from across the state. The current committee members are ineligible for nomination.

### Criteria for Recipients:

- Must have impacted *multiple* State Operated Programs for a period of *more than one year*.
- Must have exhibited a high degree of professionalism
- Be endorsed by their site leader and another SOP leader. If a leader is nominated they must be endorsed by Merilee Fox and another site leader.

### Eligibility:

THIS AWARD IS SELECTED THROUGH A NOMINATION PROCESS. A TEACHER, LEADER, OR STAFF MEMBER MAY NOMINATE ANY OTHER STATE OPERATED PROGRAM MEMBER FOR THIS AWARD. THE APPLICATION MATERIALS MUST BE COLLECTED AND THE FORM SUBMITTED BY THE NOMINATOR.

### Selection process:

Majority vote by the SOP State Conference Committee

### Application deadline:

Nominations will be accepted through May 1, 2014.

Recipients will be announced August 20, 2015

Submitted completed applications to [tmcneil@bvps.org](mailto:tmcneil@bvps.org)

**Outstanding Achievement Award**  
**Nomination Form**

*Nominee Information:*

Name \_\_\_\_\_

Position \_\_\_\_\_

Facility \_\_\_\_\_

Category \_\_\_\_\_

When making your nomination please provide short statements describing how the nominee meets the award criteria. When possible provide examples to support the statements.

1. Embodied the State Operated Program mission.

2. Impacted students and/or SOP staff.

3. List specific contributions and facilities the nominee has impacted.

\*\*Attach 2 letters of endorsement



**Submit articles in MSWord**

**format to:**

**sharingourprogress@gmail.com**

**A few guidelines for articles:**

### **State Operated Programs**

Thanks to everyone who submitted articles for the Sharing Our Progress newsletter this year!

Articles must be submitted the **15th day of the month before the publication.**  
**Newsletters will be published on the 1st of October, December, March, and June.**

1. Provide articles that are **75-200** words in length. If you have more information to offer the field, include your email so that you may be contacted.
2. Provide author's name at the end of the article.
3. Submit graphics as JPGs or GIFs.
4. Submitted articles written by you or your staff.

**Thanks for all your support and contributions to our newsletter!!  
We look forward to hearing from you all again this winter!!**

