

OASSA Online meeting 05/14  
Emotional Well-Being of Staff and Students  
Chat Transcript

16:06:55 From 2A RRSB Morgan Cottle : Look forward to a link to this recording, Also, a link to the slides?  
16:15:17 From Chloe' Ruffin Minch : LCSD Crew- we should commit to do this all together!  
16:15:34 From TolanM : Love it!  
16:15:41 From Sara Nilles OASC/COSA : They have an app - you earn badges / points. It's fun!  
16:15:55 From Chloe' Ruffin Minch : YES!  
16:16:06 From John Norlin : The android version of the app just dropped today!  
16:16:27 From Sara Nilles OASC/COSA : That's great John!  
16:16:32 From 2A RRSB Morgan Cottle : signed up for the character dares! Thank you for the download  
16:16:40 From Sara Nilles OASC/COSA : I just earned a new badge last week!  
16:17:09 From TolanM : When I taught Leadership we would start classes with Character Dares from the app.  
16:17:11 From Chloe' Ruffin Minch : John- what is the name of the app in the Google Play Store?  
16:17:15 From 4A - COSA - Lynn Jackson : Name of the app? Character Strong?  
  
16:17:30 From Sara Nilles OASC/COSA : Yes Character Strong App  
16:17:52 From John Norlin : <https://play.google.com/store/apps/details?id=com.houstonkraft.characterstrong>  
16:18:27 From Chloe' Ruffin Minch : Just purchased it! Thank you!  
16:18:31 From John Norlin : Apple: <https://apps.apple.com/us/app/characterstrong/id720832005>  
16:21:07 From Sara Nilles OASC/COSA : I missed the student sessions but have the recap on my list to review - I want to do this with our student board!  
16:24:17 From Sara Nilles OASC/COSA : "When we avoid stress we actually spend longer time in stress"  
16:29:38 From Sara Nilles OASC/COSA : Incredible amount of resources! THANK YOU!  
16:29:59 From TolanM : This is awesome! Thank you!  
16:30:13 From 4A - COSA - Lynn Jackson : Yes! So great to have them available.  
16:30:29 From Rilke Klingsporn : awesome!  
16:30:30 From Mark Brown - Newberg 6A : These have been great! We have used it and incorporated it into our Google classrooms. Each Friday, we have our students participate with these activities as their SEL activity for the week. It's been amazing!  
16:30:45 From TolanM : Mark, that's a great idea!  
16:32:25 From Mark Brown - Newberg 6A : And not gonna lie... I probably use the resources just as much for me and taking care of my wellness!

16:33:44 From Cecile Enright : Just downloaded it.

16:34:21 From Sara Nilles OASC/COSA : So Important Mark – You can't pour from an empty bucket! You are better to all of us with self-care!

16:34:54 From Amy Fast : such great stuff! Thank you!

16:35:41 From TolanM : Always important content – but I love how you have worked to make it virtual to support students, staff, and families. Thank you!

16:35:47 From Houston Kraft : <https://characterstrong.com/bundles/et/cs/pdf/OASSA.pdf>

16:36:34 From Amy Fast : We can't leave the work to specialists...it has to be all of us. And that means we have to keep it in the forefront of our work as admin

16:36:36 From Sara Nilles OASC/COSA : Yay Chloe – Congrats! You will be an amazing administrator!

16:36:47 From Chloe' Ruffin Minch : Thanks, Sara!

16:37:09 From Sara Nilles OASC/COSA : YES Amy!

16:42:01 From Mark Brown – Newberg 6A : YES!

16:42:16 From Houston Kraft : <https://www.facebook.com/groups/CharacterStrongEducators>

16:42:19 From 2A RRSB Morgan Cottle : We are already cross teaching for next year.

16:42:22 From Houston Kraft : <https://www.characterstrong.com/trainings/educator-training>

16:42:41 From 2A RRSB Morgan Cottle : This year's teachers introducing next year's teachers to students

16:44:14 From Sara Nilles OASC/COSA : Measure 98 \$\$\$. Social emotional and drop out prevention

16:44:45 From Houston Kraft : <https://www.characterstrong.com/past-webinars>

16:45:06 From Houston Kraft : <https://www.characterstrong.com/webinar/51/relaunching-schools-after-covid-19>

16:45:44 From Amy Fast : This experience has been AMAZING for our learning as staff. Especially at the secondary level I think

16:46:04 From Amy Fast : ...when it comes to partnering with families and building relationships

16:46:12 From Mark Brown – Newberg 6A : Yes, Amy! Absolutely!

16:46:53 From 4A – COSA – Lynn Jackson : Best outreach I have witnessed for our staff. I agree.

16:47:16 From Sara Nilles OASC/COSA : Family REUNION! YAY

16:47:20 From Amy Fast : Totally, Mark!

16:47:41 From 4A – COSA – Lynn Jackson : Yes! Mark.

16:47:43 From Chloe' Ruffin Minch : :) Family reunion is a GREAT way to say it!

16:47:50 From TolanM : YES!!!!

16:49:35 From Sara Nilles OASC/COSA : Best train ride ever :)

16:49:48 From Houston Kraft : Thanks Sara :) Grateful for that insight Jared!

16:50:56 From JennesDG : I am very excited about this work. We really need this when we return in the fall.

16:51:14 From Chloe' Ruffin Minch : YES!

16:51:22 From lisa.birk : It would be great to have staff introduce a lot of this- particularly those that do these types of things well. It is nice to highlight school staff as "doing it right" even while we are advancing it rather than having the interpretation that people "aren't doing this". It's a hard balance when introducing anything new.

16:52:04 From Houston Kraft : <https://www.characterstrong.com/trainings/educator-training>

16:53:07 From John Norlin : <https://calendly.com/characterstrong/characterstrong-advisory-questions?month=2020-05&date=2020-05-18>

16:53:45 From Mark Brown - Newberg 6A : Love the podcasts!

16:53:48 From Houston Kraft : <https://podcasts.apple.com/us/podcast/the-characterstrong-podcast/id1454582540>

16:54:39 From Rilke Klingsporn : @Chloe - where is your new admin position?

16:55:07 From Sara Nilles OASC/COSA : Amen! Preach it! LOL!

16:56:26 From Houston Kraft : SLIDES HERE: <https://characterstrong.com/bundles/et/cs/pdf/OASSA.pdf>

16:56:54 From Amy Fast : Yes thank you all! Character Strong is the real deal

16:57:07 From Jacob Pence : Thank you, great info! Love it

16:57:13 From Ryan : great information. thanks

16:57:30 From 4A - COSA - Lynn Jackson : Great resources!

16:57:37 From John Norlin : Thank you everyone for the opportunity to join your call today. Grateful for the work you are doing to serve your students, staff, and families. 5 year old is calling! Got to run :)

16:57:44 From TolanM : Thank you all for attending! Thank you to John, Houston, and Sara! Don't forget to check out the OASC website for even more great ideas.

16:58:07 From Mark Brown - Newberg 6A : This was great! Thanks!

16:58:08 From Chloe' Ruffin Minch : Thank you! I can't wait to start the challenges on the app!

16:58:14 From Rilke Klingsporn : Thanks all!