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12-Week Challenge Starting January 25th, 2019

$10,000 SCHOOL DISTRICT WELLNESS CHALLENGE

- 12-week weight loss challenge
- Teams of 5
- $10,000 GRAND PRIZE!

WIN BIG FOR GETTING HEALTHY!

WHO?
Gather your coworkers, friends and family to create a team of 5. Don’t have a team? HealthyWage will match you up with one!

WHAT?
The $10,000 School District Wellness Challenge is a fun and effective 12-week weight loss challenge where teams from districts across the country compete to lose the highest percentage of weight.

WHY?
HUGE prizes: $10,000 for 1st place and $1,500 for the team team from each district (must have at least 50 participants; $10,000 winning district excluded). It’s a great way to lose weight through the support and accountability of team camaraderie.

WHEN?
The challenge starts January 25 and ends April 19, 2019. Join today!

HOW CAN I JOIN?
Sign up online (link below) and pay $25/month for 3 months ($75). Earn your registration back with an individual weight loss of 10% or more in 9 months!

REGISTER ONLINE:
www.healthywage.com/clients/sd27

QUESTIONS?
Call: 888-636-3832
Email: info@healthywage.com
2019 $10,000 School District Challenge

Make 2019 your healthiest year yet!

27J is partnering with @HealthyWage to bring you the $10,000 School District Wellness Challenge, starting January 25th.

Create a team of 5 coworkers, friends and family and compete to lose the highest percentage of #weight and #win $10,000!

Learn more at
https://healthywage.com/clients/sd27j/

Diet is key

"80% of everything that's happened to me happened in the kitchen; 20% happened while I was training," Al-Suwaidi said. "You can work out in the gym for many hours, but if you're not taking in the proper nutrition in the kitchen, there's not going to be any change whatsoever."
Self-care for a happier, healthier you

Practicing self-care is good for the mind, body, and spirit. Here are some simple things you can do to boost your mood, beat stress, and enjoy life more. Each one takes just a little bit of time and effort – and you’re worth it.

**Take up meditation**
Focus on your breath and being present in the moment. You might not experience instant inner peace, but a few minutes of quiet meditation can help clear your thoughts, calm your senses, and recharge your energy.

**Sleep well – and sleep enough**
Lack of sleep can affect the way you feel mentally and physically. Limit bedtime distractions if you have trouble sleeping – you can’t leave the day’s stresses at the door if you’re checking email, texting, or browsing online.

**Social network face-to-face**
Connecting with others can do wonders for your physical and emotional wellness. Calls, texts, and social networks are great for staying in touch, but quality time together is what really helps people – and relationships – thrive.

When YOUR well-being is a priority, you can’t help but feel great.
Upcoming “PERA Pre-Retirement” Presentation

Considering retirement?

PERA representative, Christie Quinn, will be holding a PERA Pre-Retirement Planning presentation for School District 27J employees on February 28, 2019. This is a great opportunity to learn about things to consider if you are within five years of retiring. Following this meeting, there will be an Information Table for anyone who would like further details on any PERA topics. Please mark your calendar and bring your questions.

Topics include:

- Qualifying for retirement
- Calculating your pension benefit
- Highest Average Salary
- Earning and purchasing service credit
- Benefit options
- Retirement Process
- PERACare retiree health insurance
- Annual increases in retirement
- Working after retirement
- Social Security
- PERAPlus 401(k)/457 options

Thursday, February 28th
Pre-Retirement Meeting
5:00 p.m. to 6:30 p.m.

Information Table
6:30 p.m. to 7:15 p.m.

District Office
18551 E. 160th Ave.
Brighton, CO 80601

To register, please contact:
Theresa Campbell
(303)655-2940
tcampbell@sd27j.net
Focus on the Bright Spots!

We can hone our attention to focus on our strengths, assets and skills. This helps us generally feel better and enables us to respond to challenges more effectively. Focusing on strengths also boosts our levels of self-efficacy, and we feel more empowered to influence our surroundings.

The brain’s negativity bias is exacerbated by fatigue and poor self-care, so the start of December is an optimal time of the year to focus on the bright spots as we are often dragging ourselves toward winter break. The brain perceives negative stimuli faster and more intently than positive stimuli. Within a tenth of a second we can store negative stimuli in our memories. In comparison, positive experiences are harder for us to spot and must be focused on for 12 seconds before we can retain them in our memories. Pause for a second and take that in: Danger lodges itself in your brain within a tenth of a second whereas a positive experience requires at least 12 seconds to be absorbed. That is a significant difference! (Count to 12 the next time something positive happens!)

The five practices that facilitate directing your mind and emotions to focus on the BRIGHT SPOTS are:
- setting intentions
- taking an inquiry stance
- engaging in appreciate inquiry
- dealing with emotions and practicing reflection.
Learn more about these practices in the book Onward by Elena Aguilar.

There’s more good going on than we think--look around and make a list every day! Once you begin looking for them--you will see BRIGHT SPOTS EVERYWHERE!
### Onsite Classes

**ALL CLASSES OFFERED BY 27J ARE FREE!!!**

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<tr>
<th>Monday</th>
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<td>December 6</td>
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<td>Swimming 27J Pool 5:00 am</td>
<td>Yoga @ ESC 11:30 a.m.</td>
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<td>Yoga @ Nutrition Services 2:30 pm</td>
<td>Yoga @ BLARC 4 p.m.</td>
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<th>December 10</th>
<th>December 11</th>
<th>December 12</th>
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<tbody>
<tr>
<td>Swimming 27J Pool 5:00 am</td>
<td>Yoga @ ESC 4:00 p.m.</td>
<td>Yoga @ BHS Library 4:50 p.m.</td>
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<td>Yoga @ ESC 11:30 a.m.</td>
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<tr>
<td>7:40 a.m. Mindfulness Practice @ PVHS (M103)</td>
<td>Yoga @ ESC 4:00 p.m.</td>
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<tr>
<td>Boot Camp – South Elementary 4:30 p.m.</td>
<td>Yoga @ ESC 4:00 p.m.</td>
<td>Yoga @ BHS Library 4:50 p.m.</td>
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**Check out Marie Faurie’s (PVHS World Language Teacher & Meditation Instructor)**

**Staff Meditation**

Listen here –
[https://www.sd27j.org/Page/7781](https://www.sd27j.org/Page/7781)
In this edition of Teaching Tips, we explore another strand of our work – mindfulness. We define mindfulness as the natural human capacity to pay attention to our experience as it is happening in real time. Unfortunately, our current way of life typically overrides this innate capacity—and we too often unwittingly train ourselves in distraction, inattention, stress and lack of awareness of ourselves and others.

There is another option. We don’t have to be completely beholden to busyness and the attractions of the digital universe. We can choose to intentionally cultivate our capacity to be present and to attend to inner and outer experiences through practices that strengthen awareness in the same way that physical exercise strengthens our natural capacities for strength, flexibility, and endurance. The growing body of brain research tells us that when we do practice mindfulness, we enhance our ability to focus, regulate challenging emotions, extend compassion and kindness to ourselves, and expand our capacity for joy and wonder.

The capacities cultivated by mindfulness are also deeply connected to our aspirations to positively transform classroom and school culture. When we can recognize and let go of habitual and unhelpful thoughts, work with and regulate difficult emotions, and consciously cultivate kindness, compassion and gratitude, we also:

- develop our social and emotional competencies
- become capable of recognizing and letting go of implicit biases
- learn to co-regulate with students, colleagues, parents who have histories of trauma
- and prepare to facilitate the successful implementation of restorative practices in discipline.

In short, when schools and educators commit to mindfulness practice, we are better able to create school and classroom cultures that support the healthy and successful development and learning of all our students.

Because of our daily and lifelong training in distraction, the core practice of mindfulness is simple but not always easy. In mindfulness practice we:

- stop and pause
- bring attention to our present moment experience with curiosity rather than judgement
- notice when attention has wandered from the present moment
- gently return attention to the present moment—over and over again.
As beginners, we typically practice mindfulness by paying attention to the physical sensations of the body breathing. This simple, single focus helps build the mindfulness “muscle” that over time we can extend to more and more elements of our experience.

When we practice mindfulness, we inevitably notice that despite our intention to pay attention to the present moment and body breathing, the mind incessantly wanders. The mind is a kind of thought-generating machine. And, yet, when the mind wanders, marvelously, without having to do anything consciously, we eventually become aware that our attention has moved from the breath. Our minds will always wander and our awareness will always notice. We can then take note of where the mind has gone, label it “thinking,” and gently return attention to the breath. We practice neither repressing the distraction of the thinking mind nor indulging it.

As thoughts, emotions or sensations inevitably arise, we can bring curiosity rather than judgment to our experience—and then simply and gently return to the breath. The cultivation of curiosity over judgment develops kindness, self-compassion, and even humor towards our habitual patterns. “There it is, again. And again. And again…”—we might say to ourselves. In this way, we create a new internal habit of curiosity that can be used in any situation in which we are learning something new but find ourselves slipping back into unwanted old habits. When we replace aggression toward our mistakes with gentleness and even amusement, everything gets a lot easier and more joyful.

In our school settings, we can take even a few moments before or between classes or at the beginning of a meeting to engage in the practice described above. Pausing in this way can support us to reset and refresh ourselves—and it might even shift the way we experience our day and show up for ourselves and our students.

If you would like to sample a version of this simple practice, please click here and scroll down to listen to the guided Pause practice in English or Spanish. Feel free to download it to your phone and share it with others. Enjoy this or other supports to build mindfulness into every day.
For the last couple of years either in the Spring or Fall semester, 27J has offered SMART in Education™ – an evidenced-based personal renewal program designed especially for faculty and staff working in ECE-12 settings and staff who want to attend the program. We are working on our schedule for Spring 2019 and will have a live registration site by December. Stay tuned!!

Notice of Non-Discrimination
https://www.sd27j.org/Page/2176

Title IX District Compliance Officer: Michael Clow. In compliance with Titles VI & VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination in Employment Act of 1967, the Americans with Disabilities Act, the Genetic Information Nondiscrimination Act of 2008, and Colorado law, School District 27J does not unlawfully discriminate on the basis of race, color, sex, religion, national origin, ancestry, creed, age, marital status, sexual orientation, genetic information, disability or need for special education services in admissions, access to, treatment, or employment in educational programs or activities which it operates and provides equal access to the Boy Scouts and other designated youth groups. A lack of English language skills will not be a barrier to participation or admission.