



# CROSSROADS

A CCCSIG Health & Safety Publication for CCC Member School Districts

• October 2016 •

CCCSIG promotes a safe and healthy working environment for Contra Costa County school district employees.

## New Health & Safety Trainings 2016/17!

CCCSIG offers a variety of health and safety workshops for employees of our 19 member school districts that can be presented on staff development days, as part of staff meetings and/or as brown bag “lunch n’ learns”. We offer many customizable and interactive trainings on safety, wellness, stress management and communication topics.

Here are a few new trainings in 2016/17:

### **Adopting Mindfulness as a Lifestyle**

**Choice:** This training is to help participants manage stress, improve focus and create more happiness in life! In this 1-2 hour training, we define “Mindfulness”, review the benefits of practicing mindfulness and unplugging from technology, try different “Mindfulness” activities/techniques, such as creative visualization/guided imagery, progressive muscular relaxation and meditation.

**Conflict Theater:** At the heart of any good story is conflict, a problem to be solved or dispute to be settled. In this session we look at examples of conflict in film as a starting point to discuss ways to better manage conflict. In this 1-2 hour training we explore how to better identify the needs of all parties with conflict mapping, and how to better communicate those needs in an effort to achieve a mutually beneficial resolution.

**Print Crossroads and post it  
on your Health & Safety  
Bulletin Board!**

**High Blood Pressure: Awareness, Management & Prevention:** 1 in 3 Americans have high blood pressure; and awareness and management of this disease remains suboptimal. Participants will learn the causes, effects on the body and what they can do to prevent high blood pressure. Optional blood pressure screenings provided at the end of the session.

**Kick Start Your Health:** This training covers key components to achieve a high level of wellness (sleep, nutrition, fitness, resilience, etc.) and includes a brief demonstration on how to use our year-round, online wellness tracker.

To schedule, contact [Denise Schreiner](#).

*the balancing act is overrated*

Use a footstool or a step ladder to hang materials

Wear slip-resistant footwear

Clean up spills immediately

Have Students move backpacks out of walkways

Do not stand on chairs, counters, or desks for any reason

**be safe.be stable**

**2011/12 Student Poster Entry**  
by Holly Fleischmann, Acalanes High/AUHSD

## Using Microfiber to Clean Provides Safe Alternative to Disinfectant!

Under the updated California Healthy Schools Act, beginning in July 2016 any school staff member using disinfectants will be required to take a Department of Pesticide Regulation-approved training. This includes teachers who use any type of disinfectant, including disinfecting wipes. The California Department of Public Health’s Work-Related Asthma Prevention Program (WRAPP) has identified over 250 cases of work-related asthma due to disinfectant use. Disinfectants can contain harmful chemicals that can cause or trigger asthma. Also, because it is easy to use disinfectants incorrectly, people may be exposed to them without using them effectively.

WRAPP wants to provide an alternative that can safely clean a surface and remove germs, by recommending using a microfiber towel. By cleaning with microfiber, teachers can maintain healthier classrooms and remove microbes without exposure to the chemicals in disinfectants. Additionally, if they’re not using disinfectants or other pesticides, they won’t need to take the Healthy Schools Act training.



Source: [Work-Related Asthma Prevention Program, CDPH](#). Re-Printed with permission.



## Wellness Tip of the Month: Go to Bed Ten Minutes Earlier!

By the end of the week, you'll get 70 extra minutes of sleep! If you keep it going year-round, you'll have slept 60 hours more. Imagine how terrific you'll feel! For some sleeptime tips, click [here](#).

Source: *Health Advocate Health and Wellness Blog*

## Peppered Tilapia with Caramelized Onions & Wilted Spinach

### Ingredients

- 4 tsp. whole black peppercorns
- 1 lb. tilapia, 4 fillets
- 1/2 tsp. salt
- 10 oz. baby spinach
- 3 Tbsp. extra virgin olive oil, divided
- 1 large Spanish onion, very thinly sliced
- Olive oil cooking spray



### Directions

- Put peppercorns in re-sealable plastic bag. Lay bag on cutting board and pound peppercorns until coarsely crushed.
- Sprinkle both sides of fillets lightly with salt. Sprinkle and press peppercorns on both sides of fillets. Set aside.
- In large bowl, toss spinach with 1 tablespoon oil until leaves glisten.
- Heat large skillet over medium-high heat. Add spinach and cook until leaves collapse, stirring often, about 2 minutes. Transfer spinach to large plate, cover to keep warm and set aside. Wipe out pan and set aside.
- Using same bowl, toss onions with 1 tablespoon oil.
- Return skillet to medium-high heat and cook onions, stirring occasionally, until softened and lightly browned, about 10 minutes. Add onions to plate with spinach.
- Wipe out skillet and coat with cooking spray. Add remaining 1 tablespoon oil and return to medium-high heat. Add fillets and cook until browned and crusty on bottom, 3-4 minutes. Using spatula, turn fish and cook until white in center at thickest part and flakes easily with fork, 3-4 minutes.
- Arrange spinach in bed on each plate. Place fish, then onions on top.

Source: [www.aicr.org](http://www.aicr.org). Reprinted with permission.

## An Energizing 10-Minute Workout to Wake You Up!

When it comes to exercise, caffeine has its benefits, but it also has some drawbacks (like possibly feeling more jittery than energized). So if a cup of coffee is pretty much the only thing that can drag you out of bed in the morning, you'll want to give this quick bodyweight workout a try.

Get your blood flowing and shake off that groggy feeling with some gentle dynamic stretching to start. Then move on to bodyweight exercises, like squats and lunges, that'll instantly boost your energy and mood. Trust us, we know it's hard to leave a cozy bed, but you'll never regret a morning workout, especially when you can get it done in just ten minutes. It'll set you up for a productive day, and who knows, it might even help you cut back on all that coffee. You'll need an exercise mat and a chair or stool. Get up, get set, and hit play!

### Energizing Morning Workout with John Godfrey

**To recap:** Perform a 3-minute warm-up and then the 10-minute workout.

#### Warm-Up

- Head Roll
- Shoulder Roll
- Arm Swing
- Swimmer
- Hip Swing
- Knee Roll

#### Workout

- Mountain Runner—10 reps
- Air Squat—10 reps
- Single Leg Squat—12 reps
- Side Crunch—10 reps
- Side V-Sit—10 reps
- Cradle Rock—10 reps
- V-Sit—10 reps
- Sprinting—20 seconds
- Jumping Jack—10 reps
- Multi-Plane Lunge—10 reps
- Burpee—10 reps

***Get up, get out and enjoy the rest of your day!***

Source: [www.greatist.com](http://www.greatist.com). Reprinted with permission.

