



Upcoming TRAINING OPPORTUNITY



"Understanding Evolving Legal Obligations for Schools and Law Enforcement"

Thursday, February 13, 2025
10:00 a.m. to 12:00 p.m.

Presenters:

LEGAL ONE: David Nash & Rebecca Gold
NJDOE: Jeff Gale, Officer of School Preparedness and Emergency Planning

The relationship between schools and law enforcement plays an increasingly important role in our society, as schools grapple with a wide range of issues, including threat assessment, student substance use, bias-related acts and other potential crimes. This workshop will include an overview of major changes to the Memorandum of Agreement between Education and Law Enforcement that must be implemented in all school districts, strategies for promoting positive collaboration and information sharing, and parameters for avoiding potential discrimination claims related to law enforcement involvement.

QPA: 2 Ethics
Course Code: 17272

School Safety Specialists will receive two hours credit for attending this workshop. Questions can be directed to the Office of School Preparedness and Emergency Planning at school.security@doe.nj.gov.

[Click here to register for this training](#)



"From Conflict to Collaboration: Strategies for School Success"

Thursday, February 27, at 2:00 PM

Participants will learn specific strategies for turning conflict into cooperation, including:

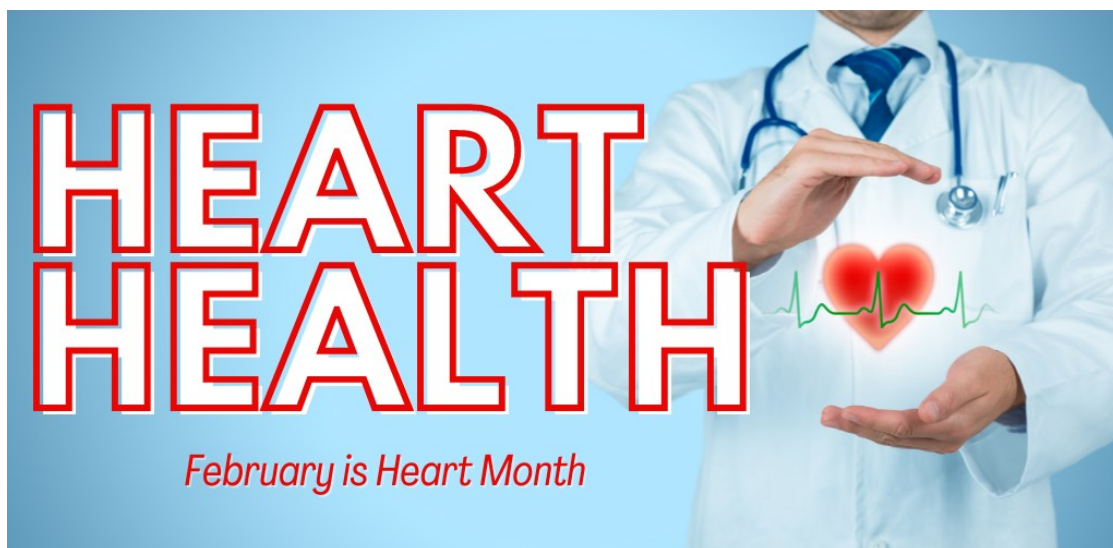
- The keys to effective communication, as well as probing for interests.
- Looking beyond the mask of anger to the primary feelings behind it.
- Four specific steps for turning conflict into cooperation.

[Click here to register](#)

NJSIG offers more than 300 online courses through Vector Solutions at no cost to members. This includes, but it is not limited to, all courses that the New Jersey Department of Education requires. Real-time results are recorded and administrative reports are delivered to the members to facilitate easy compliance.

[Click here](#) for a full library of Vector Solutions K-12 staff trainings.

To learn more about VectorSolutions, please call [800-434-0154](tel:800-434-0154), email support.education@vectorsolutions.com, or visit www.VectorSolutions.com.



February is Heart Month—a time dedicated to prioritizing and safeguarding our cardiovascular health. According to the **Center for Disease Control and Prevention**, heart disease is the leading cause of death, attributing to one out of five deaths, in the United States. Although heart disease is largely preventable, research shows that many American will likely develop some form of heart disease. You can avoid being a statistic by making changes to your lifestyle that will reduce your risk and boost your well-being.

The **National Heart, Lung, and Blood Institute (NHLBI)** suggests making the following small changes to support a more heart-healthy lifestyle:

- **Eat better.** Choose nutritious snacks like fruits, yogurts, raw vegetables and use herbs and spices instead of salt.
- **Add more movement to your day.** Try moving more and sitting less, taking the stairs, or parking further away.
- **Stop (or don't start) smoking.** Seek support from professionals, if needed.
- **Get enough quality sleep.** Aim for 7 to 9 hours each night and maintain a consistent sleep schedule.
- **Manage stress.** Try using relaxation techniques and positive thinking.
- **Maintain a healthy weight.** Discuss with your healthcare provider what is your recommended healthy weight range.
- **Control cholesterol.** Limit saturated fats and make healthier food choices.
- **Manage blood sugar.** Monitor carbohydrate intake and choose complex carbs, like legumes and wheat.
- **Control blood pressure.** Ensure your levels are within a healthy range by regular monitoring.

Other Ways to Take Action: Train to Save a Life



American Red Cross

Heart Month is the ideal time, according to the **American Red Cross**, to take a course on what to do if someone is having a heart attack, how to perform CPR, and how to properly use an automated external defibrillator (AED) to save lives

[Click here to find a Red Cross lifesaving training](#)



The **National Safety Council** is a leader in workplace first aid and CPR training. NSC can prepare your staff for medical emergencies through various training options: in-person, e-learning, blended, or private on-site sessions. Courses can be customized to meet organizational needs.

[Click here to learn more about NSC Safety trainings](#)

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