



Building Safe, Supportive, & Challenging Learning Environments

KPBSD Worksession
December 6, 2021

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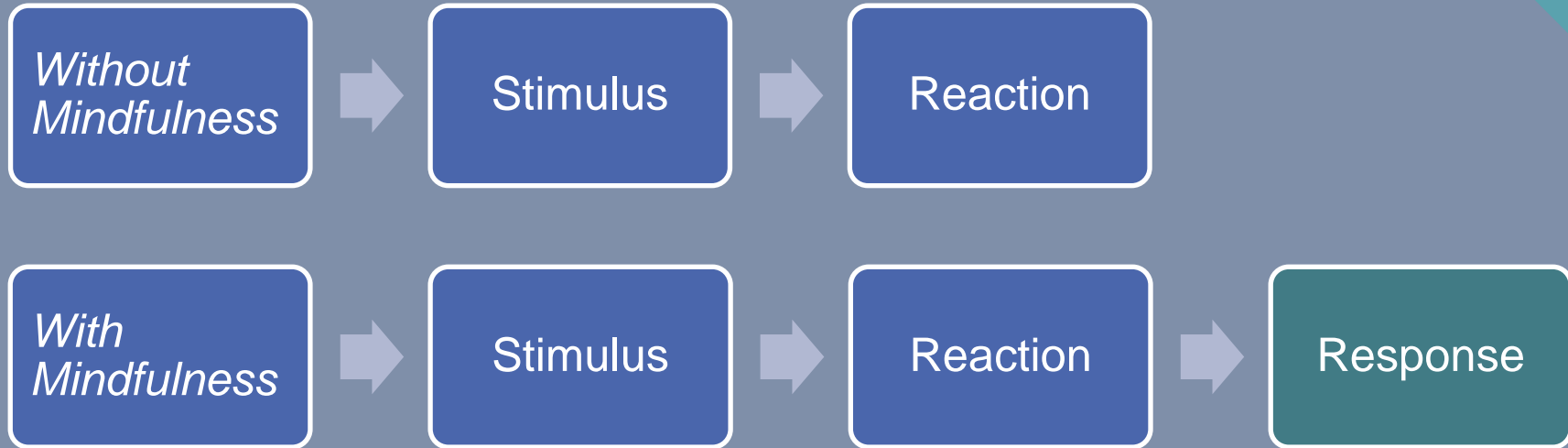
Mindfulness

What is mindfulness?


- **Attention:** Listening, watching, or considering what naturally exists (e.g. directing or sustaining attention on a selected object such as the sound of a chime or the sensation of one's breathing).
- **Intention:** Purposefully increasing awareness of experience
- **Presence:** Being in the moment, here and now
- **Openness:** Being curious, objective, and non-judgmental about experience (e.g. simply observing, without an explicit focus on particular objects, thoughts, emotions, and physical states).



Mindfulness creates space, changing impulsive reactions to thoughtful responses



Should schools teach students how to...

- Identify and manage one's emotions
 - Learn to make good judgements
 - Identify stress and work through it
 - Set and achieve personal goals
 - Demonstrate curiosity and open-mindedness
 - Communicate effectively
 - Work to together and collaborate
 - Resolve conflicts constructively
 - Demonstrate empathy and compassion
 - Recognize other's perspectives
 - Be honest and have integrity
 - Have a growth mind-set - "I can," "I will be able to..."
 - Stand up for one self and others respectfully
 - Take initiative
 - Identify solutions for personal and social problems
 - Plan and organize
 - Show leadership
- 

BUILDING BLOCKS FOR LEARNING



INDEPENDENCE
AND SUSTAINABILITY

Self-
Direction

Curiosity

Civic
Identity

PERSEVERANCE

Resilience

Agency

Academic
Tenacity

MINDSETS FOR
SELF AND SCHOOL

Growth
Mindset

Self-
Efficacy

Sense of
Belonging

Relevance
of School

SCHOOL
READINESS

Self-
Awareness

Social Awareness/
Relationship Skills

Executive
Functions

HEALTHY
DEVELOPMENT

Attachment

Stress
Management

Self-
Regulation

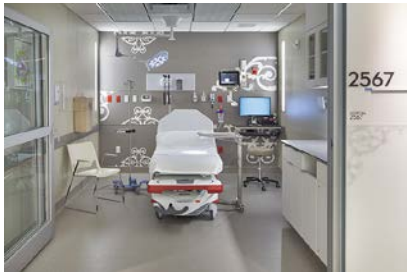
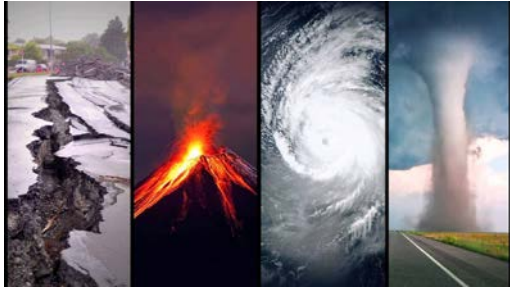
What is trauma?

A traumatic event is a frightening, dangerous, or violent event that poses a threat to a child's life or bodily integrity.

Witnessing a traumatic event that threatens life or physical security of a loved one can also be traumatic. This is particularly important for young children as their sense of safety depends on the perceived safety of their attachment figures.



Trauma: What is trauma?



Common Types of Childhood Trauma

- Abuse and neglect
- Family violence
- Community violence
- School violence
- Life-threatening accidents and injuries
- Frightening or painful medical procedures
- Serious and untreated parental mental illness
- Loss of or separation from a parent or other loved one
- Natural or manmade disasters
- War or terrorist attacks
- Forced displacement or refugee status
- Discrimination
- Extreme poverty

Trauma: How does trauma impact students?

Reduces the ability to respond, learn, or figure things out, which can result in problems in school.

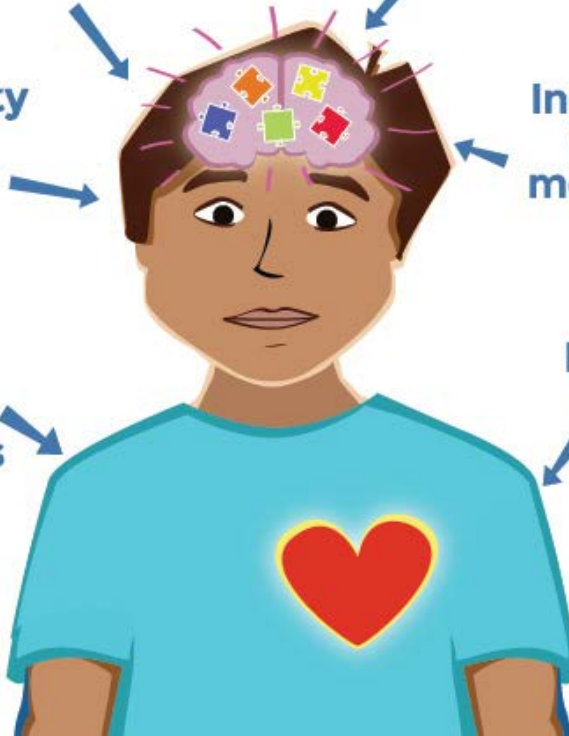
Lowers tolerance for stress, which can result in behaviors such as fighting, checking out or defiance.

Increases difficulty in making friends and maintaining relationships.

Increases problems with learning and memory, which can be permanent.

Increases stress hormones which affects the body's ability to fight infection.

May cause lasting health problems.



Trauma: How does trauma impact students?

Fight or Flight

Noticeable Effects

- Pupils dilate
- Mouth goes dry
- Neck and shoulder muscles tense
 - Heart pumps faster
 - Chest pains
 - Palpitations
 - Sweating
 - Muscles-tense for action
- Breathing fast and shallow - hyperventilation
- Oxygen needed for muscles



Hidden Effects

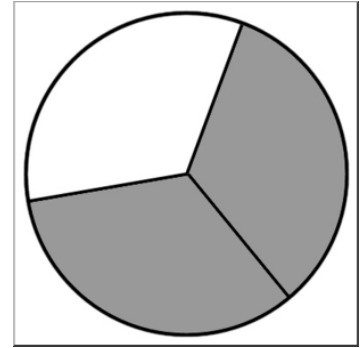
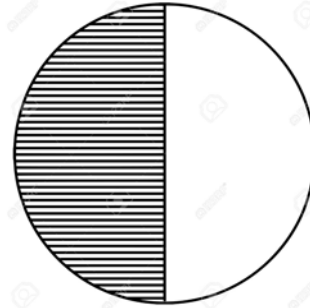
- Brain gets body ready for action
- Adrenaline released for flight/fight
- Blood pressure rises
- Liver releases glucose to provide energy for molecules
- Digestion slows - or ceases
- Sphincters close - then relax
- Cortisol released depresses the immune system

Trauma: Who experiences it?

Research suggests that

between half and two-thirds of all school-aged children experience trauma

as they are exposed to one or more adverse childhood experience that can be trauma-inducing.



Impact of Trauma on Parts of a Youth's Brain

Hippocampus

(responsible for learning and memory)

Affects the ability to learn and retain information

Affects the ability to distinguish between a dangerous and safe activity

Amygdala

(responsible for human reactions that are important for safety & survival)

Can lead a child to closely monitor their surroundings

Can lead a child to have strong and emotional reactions to anything that might remind them of trauma

This makes it hard for children to pay attention

Medial Prefrontal Cortex

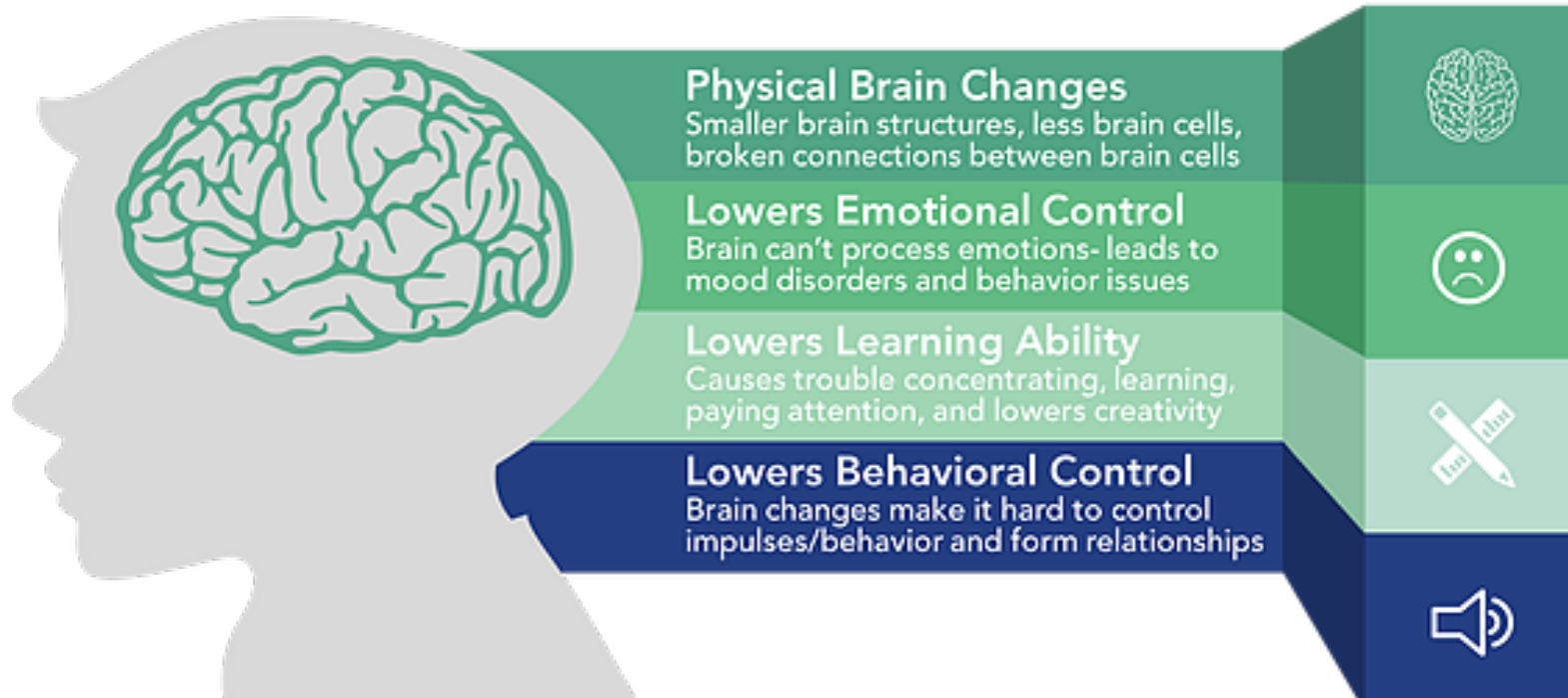
(helps control the activity in the amygdala)

Connection between the medial prefrontal cortex and the amygdala are not as strong in children who have experienced trauma

As a result, there are heightened elevations of fear and anxiety

Trauma: How does trauma impact learning?

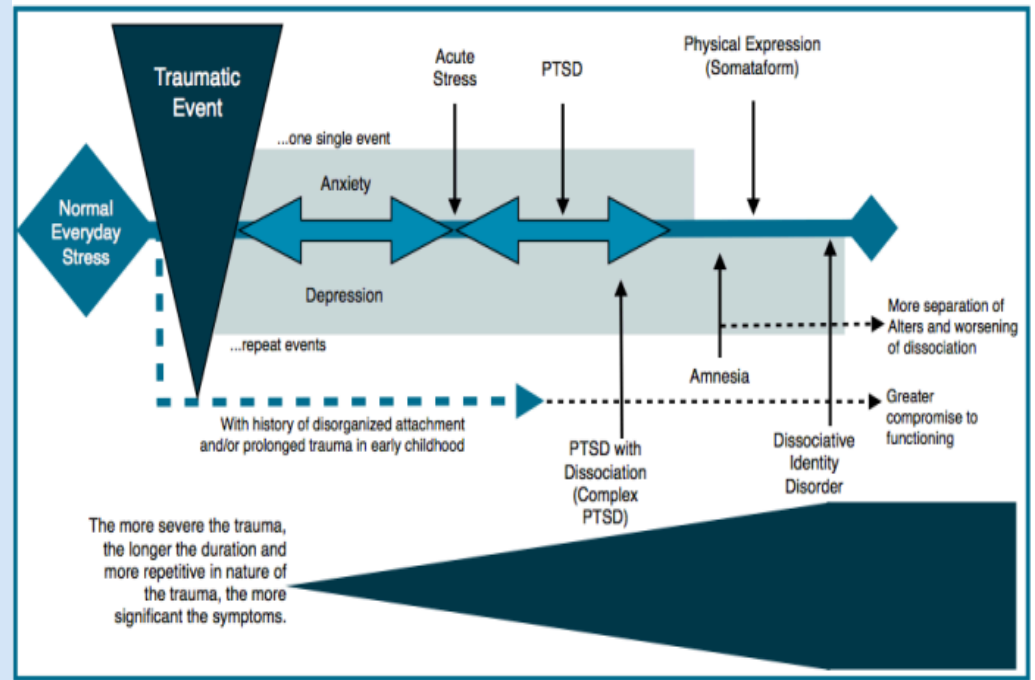
How Trauma Affects a Developing Brain



SYNTHESIS:

Trauma is a spectrum and there are various ways an individual experiences trauma, responds to it, and is impacted by it.

What role do schools play in supporting students through traumatic experiences?



Key to Trauma-Informed Practices



**Create
predictable
routines**



**Build strong
& supportive
relationships**



**Empower
students'
agency**



**Support the
development of
self-regulation
skills**

What is Social and Emotional Learning (SEL)?

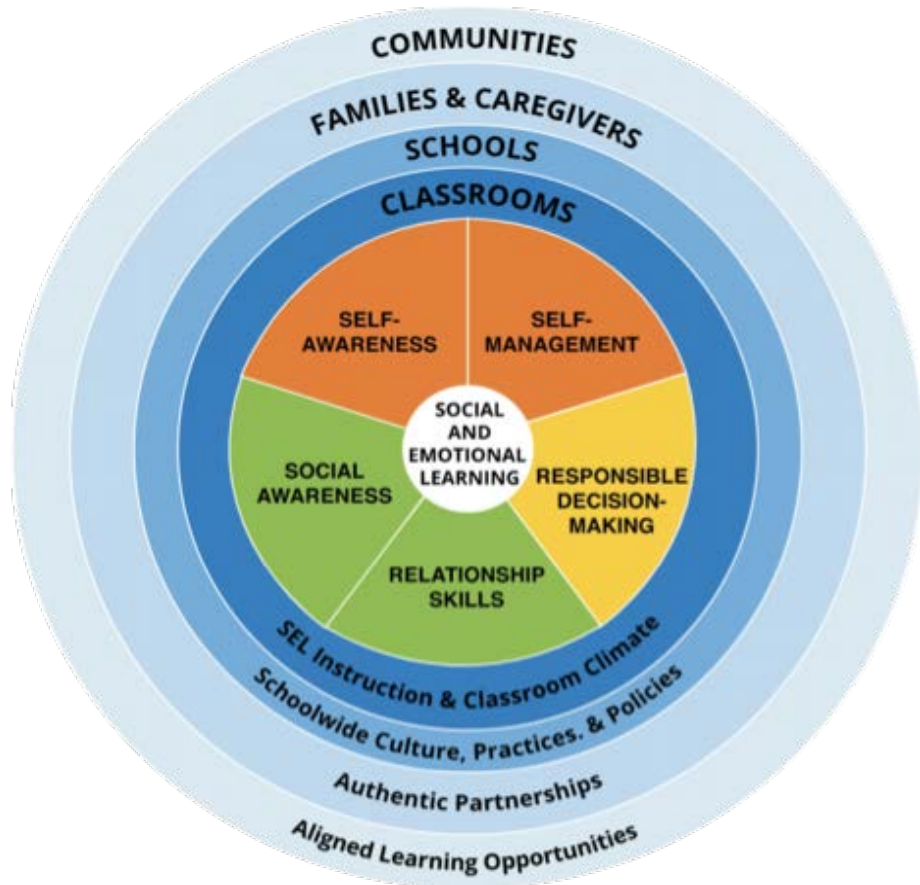
Social and emotional learning (SEL) is an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.



The CASEL 5...

Five broad and interrelated areas of competence:

- *Self-awareness*
- *Self-management*
- *Social awareness*
- *Relationship skills*
- *Responsible decision-making*



Indicators of District or Schoolwide SEL...



CLASSROOM		Explicit SEL instruction
		SEL integrated with academic instruction
		Youth voice and engagement
		Supportive school and classroom climates
SCHOOL		Focus on adult SEL
		Supportive discipline
		A continuum of integrated supports
		Authentic family partnerships
FAMILY		Aligned community partnerships
		Systems for continuous improvement
COMMUNITY		

Maslow's Hierarchy of Needs



How do SEL and trauma -informed practices align?

Self-awareness

- We support students' self-awareness and their ability to name emotions and ask for help when needed.

Self-management

- We help students develop and maintain self-motivation, stress management, positive outlooks, and growth-mindsets.

Social awareness

- We teach students to have empathy and respect for others from diverse races, cultures, environments, and situations.

Relationship skills

- We provide safe, consistent environments and routines. We instill teamwork, engagement, and communication. We model healthy student/teacher interactions.

Responsible decision-making

- We encourage student empowerment and student voice, and we provide opportunities to be their authentic selves without stringent rules or requirements.

KPBSD TIERED LEVEL OF SUPPORTS

Staff:


- Elementary and Secondary School Counselors
- School Psychologists
- School Nurses
- Interventionists
- Student Wellness Coaches (SOS schools)

Programs:

- Positive Behavioral Intervention Supports (PBIS)
- Special Education Behavioral Programs
- Stages, Foundations, and Frameworks
- Social Skills Training for Targeted Student Needs
- 1:1 meetings with students
- Co-Teaching relational aggression lessons



EXAMPLES OF KPBSD STAFF TRAINING & PROFESSIONAL DEVELOPMENT

- ❖ **KPBSD Core Curriculum Professional Development**
 - ❖ **Youth Mental Health First Aid**
 - ❖ **Sources of Strength**
 - ❖ **The Great Body Shop**
 - ❖ **Fourth R and Fourth R Plus**
 - ❖ **Mandt Training and Fetal Alcohol Syndrome Disorder (FASD)**
 - ❖ **Life Space Crisis Intervention Training**
 - ❖ **Mind Up Training**
 - ❖ **Restorative Practices**
 - ❖ **Truama Informed Strategies for Teachers and Paraprofessionals**
- 

EXAMPLES OF KPBSD CURRICULUM

Youth Mental Health First Aid

Fourth R and Fourth R Plus

Common Sense Media

Sources of Strength

Great Body Shop

Second Step

PBIS



GRANTS TO SUPPORT THE WORK



Alaska Childrens' Trust Community Grants

GCI Suicide Prevention Grants

Suicide Pre and Postvention Grants (SAPP)

Title IV Student Support and Academic Achievement

Substance Misuse and Prevention

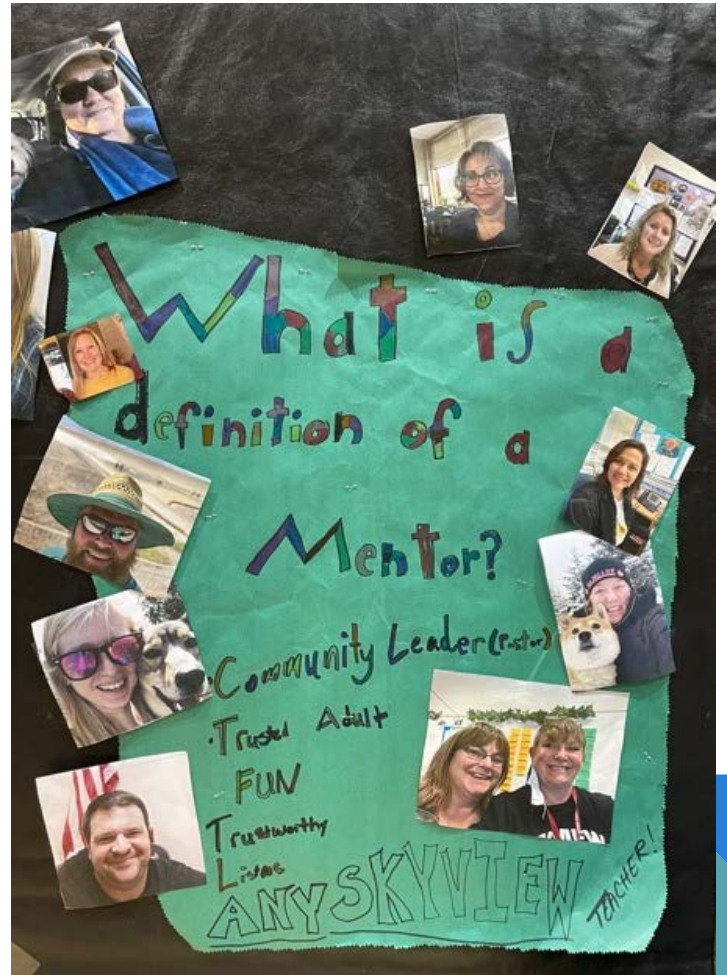
Novo Grant



Weekly Check In



Advisory Teachers do a weekly check in with students during Advisory class.



SOS Training Day



SEL @ Soldotna High School



- Suicide awareness presentations to all freshmen health classes.
- Wall of Hope
- Sources of Strength
- GSA club starting at Sohi
- Survey sent out schoolwide about needs for social emotional support. Got huge response so we are implementing multiple groups in January based on student needs.
- Working with CICADA to co-facilitate groups and present to classes.
- Students self refer for check-ins. Students feel like the Counseling office is a safe, trusting environment where they can be heard.
- Halloween Costume Competition Winners! Counseling department always likes to participate in spirit activities.

THE KCHS Fun Squad

- Established 2021
- **Goal: increase positive school climate & school spirit**
- Meets monthly + supports Student Council activities
- Team: admin, secretary, custodial staff, counselors, AD, SOS teacher & activity coordinator
- Events: October Hall Decorating Contest, Upcoming activities for the holiday season



Spirit Points



by class - traveling spirit trophy - celebration at the



PBIS in Action at Nikiski Northstar

Celebrating positive behaviors by recognizing kids doing great!

Goal - celebrate EVERY student at NNS as a Star Student by the end of the 2021/2022 school year.



SMALL SCHOOLS: Nanwalek, Port Graham, Seldovia, Flex, Voznesenka, Razdolna, K-Selo, Chapman, Nikolaevsk

PROFESSIONAL DEVELOPMENT:

- Quarterly Counselor Meetings
- Bi-Monthly Trauma Informed Group Collaboration
- Resiliency Coalition and All things Addiction

DEED ECHO Seminars

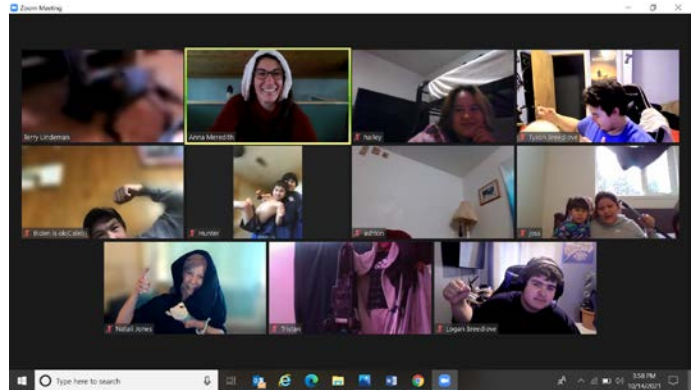
PARENT RESOURCES:

- Rec Room Adult Seminars
- Cook Inlet Council
- For that Parent Nights
- Project Grad

HOMER FLEX PRESENTS: FOR THE PARENTS

This is an opportunity for parents to share, support, and learn from each other. Also learn about community resources for you and/or your teen.

- JANUARY 20, 6PM - 7PM**
The Teenage Brain
Brian Partridge, Kachemak Bay Campus
- JANUARY 27, 6PM - 7PM**
Screen Time and your Teen
Claudia Haines, Homer Public Library
- FEBRUARY 3, 6PM - 7PM**
Life Skills and Wellness Wheel
Michelle Waclawski, Kachemak Bay Campus



BEHAVIORAL HEALTH PARTNERS



- ❖ Central Peninsula Hospital
- ❖ Peninsula Community Health Services
- ❖ Seaview Community Services
- ❖ Kenaitze Indian Tribe (Na'ini Family and Social Services)
- ❖ Niniichik Tribal Council Health Services/Community Outreach
- ❖ Chugachmiut Behavioral Health
- ❖ South Peninsula Behavioral Health Services (The Center)
- ❖ Seldovia Village Tribal Clinic
- ❖ University of Alaska, Anchorage Center for Human Development Office of Children's Services
- ❖ Boys and Girls Clubs
- ❖ Head Start and other Early Childhood Programs
- ❖ Frontier Community Services and Infant Learning Program
- ❖ Kenai Police Department
- ❖ Department of Juvenile Justice
- ❖ REC Room
- ❖ Sprout Family Services
- ❖ Project Grad
- ❖ And more....

OTHER KPBSD PARTNERS

- ❖ Office of Children's Services
- ❖ Boys and Girls Clubs
- ❖ Head Start and other Early Childhood Programs
- ❖ Frontier Community Services and Infant Learning Program
- ❖ Kenai Police Department
- ❖ Department of Juvenile Justice
- ❖ REC Room
- ❖ Sprout Family Services
- ❖ Project Grad
- ❖ Kenaitze



Community Collaboration - working together
to meet student wellness needs
(+ many more!)



BOYS & GIRLS CLUBS
OF THE KENAI PENINSULA



KENAI PENINSULA



COMMUNITY RESOURCES

- ❖ Lee Shore Center
- ❖ CICADA – Cook Inlet Council on Alcohol and Drug Abuse
- ❖ Love INC, of the Kenai Peninsula
- ❖ Mobilizing for Action through Planning and Partnership (MAPP Coalition)
- ❖ Kenai Peninsula Community Care Center
- ❖ The Food Bank
- ❖ Kenai Job Center and Public Assistance
- ❖ SAFR (South Central Alliance for Family Resilience)

Rose



Success

Thorn



Challenge

Bud



Potential





QUESTIONS?



The mission of the Kenai Peninsula Borough School District is to empower all learners to positively shape their futures.