

Using Mindfulness, Trauma Awareness, and Restorative Practices to Create a Positive Community

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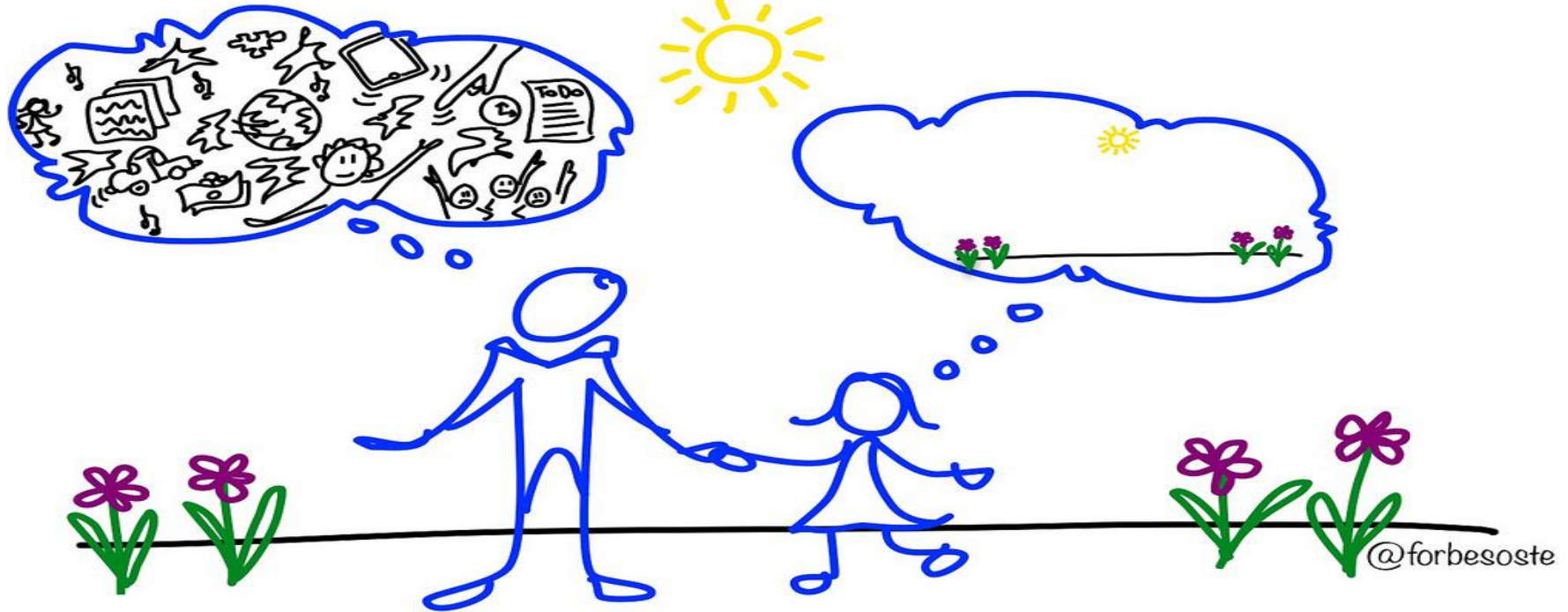




Paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.

- Jon Kabat Zinn

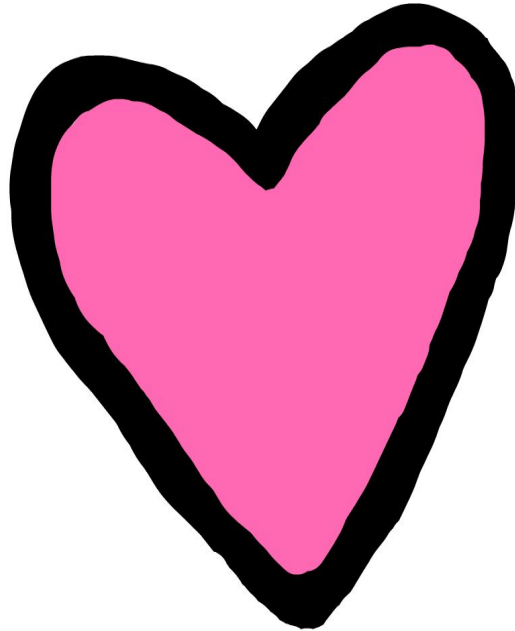
Mind Full, or Mindful?



@forbesoste



Loving Kindness Meditation



Trauma Awareness....



...is understanding and responding to the symptoms of situational or chronic interpersonal trauma and traumatic stress across the lifespan.



Event
Experience
Effects



What happened?


Vs.

What's wrong?



Empathy





“During this time, educators across our community must return to the most basic, and important, part of their jobs: connecting with students and recognizing the power of the relationships we build. Like always, the work begins with taking care of yourself.”

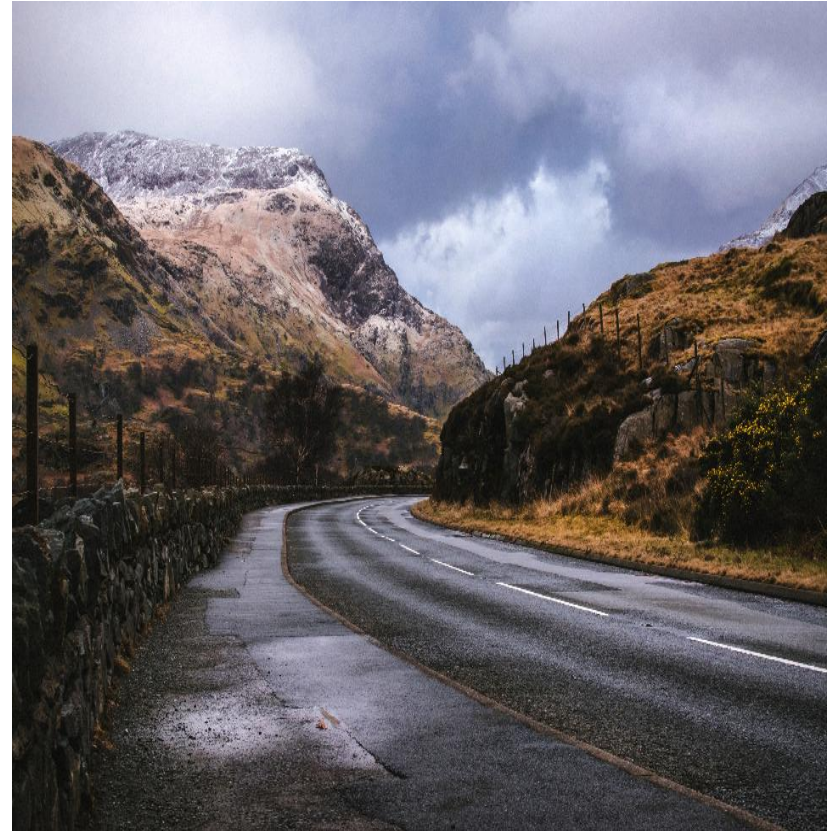
Alive and Well STL



Restorative Practices



**Restorative
Justice
Vs.
Restorative
Practices**



Restorative Practices

“Restorative practices are a relational approach to **building school climate and addressing student behavior that fosters belonging over exclusion, social engagement over control, and meaningful accountability over punishment.”**

Dr. Marilyn Armour, University of Texas at Austin

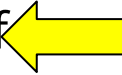
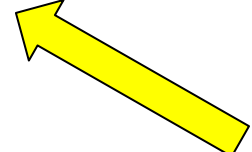
Restorative Practices

building school climate

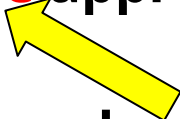
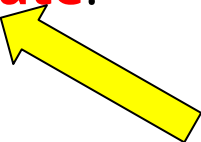
- **belonging over exclusion**
- **social engagement over control**
- **meaningful accountability over punishment**

Mission and Vision

The mission of the Parkway School District is to ensure all students are capable, curious, **caring** and confident learners who understand and respond to the challenges of an ever-changing world.

- able to transfer their prior learning to new demands, in and out of school. 
- creative, thoughtful and effective problem solvers.
- articulate speakers and effective listeners.
- always seeking to understand the views, values and cultures of others.
- working skillfully with others to achieve common goals. 

Character Education Commitments

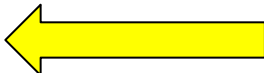
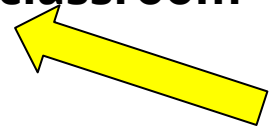
- promotes **core ethical and performance values**.
- comprehensive, intentional, and **proactive** approach to character education and development. 
- opportunities to transfer the core ethical and performance values into **real-world settings**.
- fosters students' **intrinsic motivation** to exemplify the core ethical and performance values.
- creates a **positive school climate**. 

Character Education Guide

Commitment 5:

The school community fosters students' intrinsic motivation to exemplify the core ethical and performance values.

- developmentally appropriate forms of classroom management
- natural and logical consequences
- students have a developmentally appropriate role in classroom management
- repairing harm
- social engagement



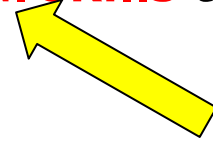
Character Competencies

Character Competency Area 1:

- Develop **self-awareness and self-management skills** to achieve school and life success.

Character Competency Area 2:

- Use **social-awareness and interpersonal skills** to establish and maintain positive relationships.



Character Competency Area 3:


- Demonstrate **decision-making skills and responsible behaviors** in personal, school, and community contexts.

Changing your perspective



vulnerability + courage + empathy





“We didn’t get any empathy, we didn’t get anything to acknowledge the pain that we were going through as black students. Who’s really going to empathize with the way we feel in our community?”

Sha’diay, High School honors student



Opportunities for student leadership

Seeing it in action



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