LEARN • GROW • MAKE AN IMPACT

Pathways to Success: Building Resilient Students

Parent Coffee September 2023

Ollie's Lesson

The caterpillar/cocoon analogy: the caterpillar's struggle enables the strengthening of muscles necessary in the butterfly cycle.

Allowing for boredom and other uncomfortable feelings, allows for growth in developing coping strategies.

Haycock's Efforts to Support Resiliency

- Responsive Classroom
- Kindness (Bucketfilling)
- Conflict resolution
- Problem-solving
- Growth mindset
- Emotional Regulation
- Cooperation/teamwork
- Restorative Justice

How to Empower Your Child

- Listen without judgment and recognize that perceptions don't always match reality; be a cheerleader from the sidelines
- Encourage your child to talk with his/her teacher if the problem persists
- Follow up with your child the next day
- Ask for help from the teacher, counselors, administrators

Problem-Solving Model for Parents:

1. What is the problem?

2. What have you done so far to solve it?

3. What else can you try?

4. What is the best solution?

5. Choose a solution, and check back to see if it worked. If not, try something else.

Remember that there are many perspectives in any given situation.

Problem-solving expectations for students at school:

1.   The student talks with the teacher.

2.   The student talks with the counselor.

3.   Only if necessary, the parent becomes directly involved in problem-solving. Parents act as coaches or cheerleaders while allowing students to self-advocate.

Navigating Your Child's Peer Interactions

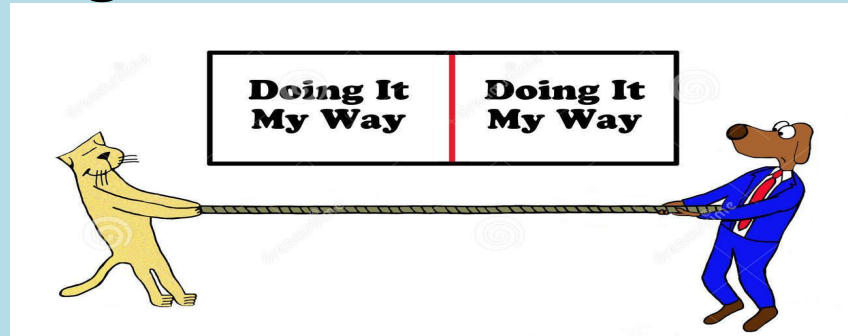| FRIENDLY TEASING	CONFLICT
• **Everyone is having fun** • **No one is getting hurt** • **Everyone is participating**	• **No one is having fun** • **There is a possible solution to the disagreement** • **Equal balance of power**
MEAN MOMENT	BULLYING
• **Someone is being hurt on purpose** • **Reaction to a strong feeling** • **An isolated event**	• Aggression physically, socially, and/or emotionally • Happens more than once over time • Someone is being hurt on purpose

What is Conflict?

- A disagreement between 2 or more people

- Conflict usually happens when you don't get what you want

- Developmentally normal to have conflict and is needed for growth when it can be resolved positively

Bullying, as defined by VDOE
and in FCPS *Students Rights and Responsibilities*:

"Any aggressive and unwanted behavior that is intended to harm, intimidate, or humiliate the victim; involves a real or perceived power imbalance between the aggressor or aggressors and victim; and is repeated over time or causes severe emotional trauma.
Bullying includes cyberbullying. Bullying does not include ordinary teasing, horseplay, argument, or peer conflict."

Key Elements of Bullying

- Intentionally aggressive behavior designed to inflict harm

- Repetitive behavior planned into the future

- Interpersonal relationship marked by an imbalance of power

Situation #1

Suzy says to Johnny, "Ha! I got a better grade than you did on the test."

Situation #2

Johnny says to Suzy, "I hate you!"

Situation #3

Every day for the past week, Taiga has been calling Khalid mean names. Khalid has asked Taiga not to call him those names, but Taiga persists and laughs about it. Khalid is a year younger than Taiga and is starting to feel a bit fearful.

Situation #4

Kim says to Debbie, "Are you wearing that shirt again? Didn't you just wear it last week? So not cool…"
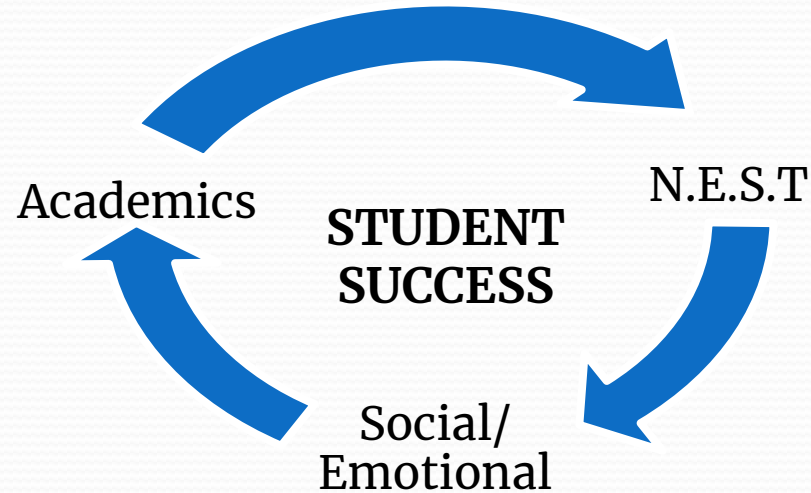
Situation #5

Jing bumps into Alejandro as they are both walking down the hall.

Situation #6

Pete grabs Jim's hat and runs around the playground trying to keep it away from Jim.

PATHWAYS TO SUCCESS

Key Components

- N.E.S.T.
  Nutrition
  Exercise
  Sleep
  Time Management
- Social/Emotional
  - Allow Failure
  - Play
  - Problem Solving
- Academic
  - Affinities
  - Growth Mindset
  - Reading

N.E.S.T.: Healthy Body=Healthy Mind

- Nutrition – healthy snacks and lunches

- Exercise

N.E.S.T Cont…

- Sleep

"When adults are tired, we act tired. But when children are tired, they don't always act tired. They often act hyperactive."

-Ariana Huffington, author of <u>Sleep Revolution</u>

Adequate sleep has been linked to improved school performance, mental health, and stronger social skills.

At what time should your child go to bed?

Age	Wake-up time						
	6:00 AM	6:15 AM	6:30 AM	6:45 AM	7:00 AM	7:15 AM	7:30 AM
	Sleeping time						
5	6:45 PM	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:00 PM	8:15 PM
6	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM
7	7:15 PM	7:15 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM
8	19:30	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM
9	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM
10	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM
11	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM
12	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM

SOCIAL/EMOTIONAL

In PLAY:
children engage in problem solving, test out ideas, ask questions, and build new understandings.

Creative and Critical Thinker

Collaborator

Cooperation not Competition

A flower doesn't think of competing with the flower next to it, it just blooms!

Collaborator

Problem-Solving

- Be A Consultant Not a Manager:
  Acknowledge their feelings and ask how they intend to solve the problem

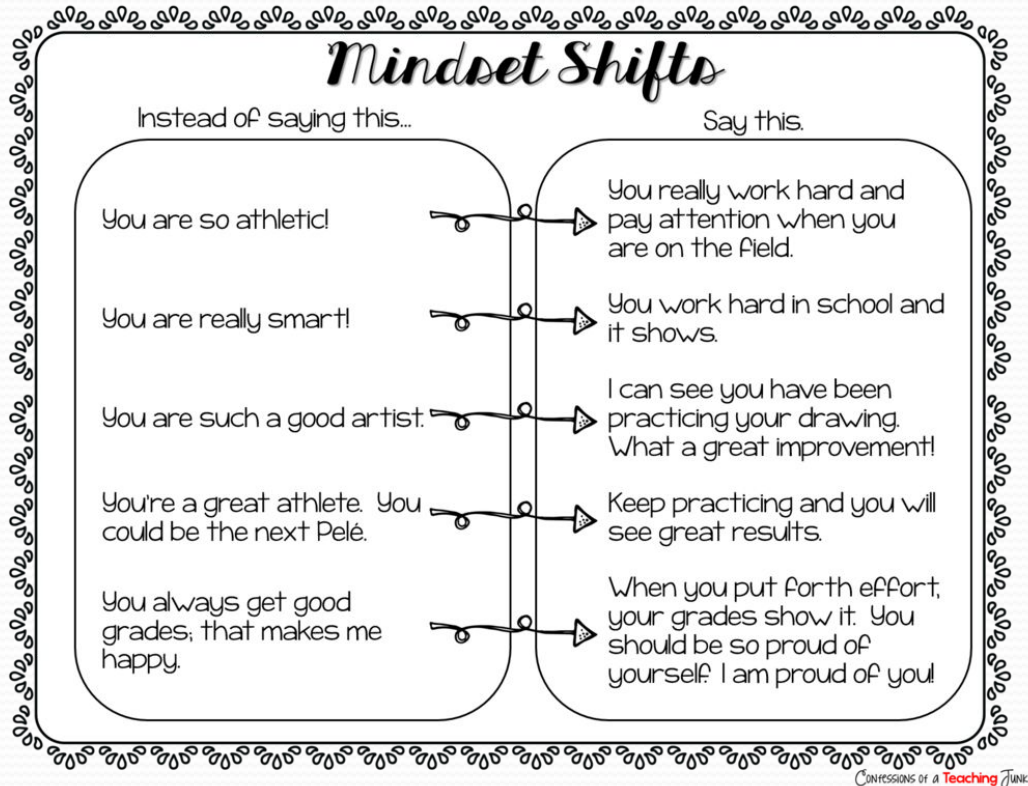- Allow for struggle and time for developmental growth

Collaborator

Goal-Directed and Resilient Individual

Academic: Growth Mindset

Mindset Shifts

Instead of saying this...

Say this.

You are so athletic! → You really work hard and pay attention when you are on the field.

You are really smart! → You work hard in school and it shows.

You are such a good artist. → I can see you have been practicing your drawing. What a great improvement!

You're a great athlete. You could be the next Pelé. → Keep practicing and you will see great results.

You always get good grades; that makes me happy. → When you put forth effort, your grades show it. You should be so proud of yourself! I am proud of you!

Confessions of a Teaching Junkie

Perseverance/ Hard work
+
Learning from mistakes

= Success

Goal-Directed and
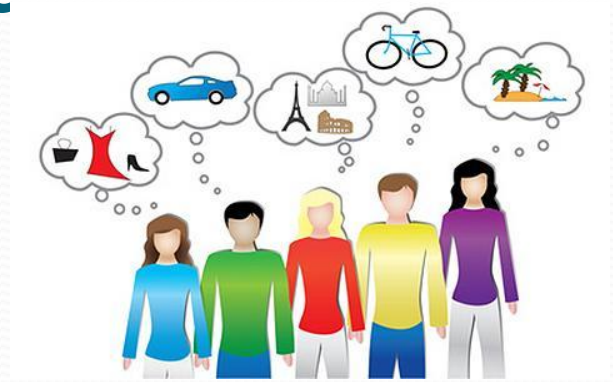Resilient Individual

Allowing for Failure

"Our greatest glory is not in never falling, but in rising every time we fall."

~Confucius~

Goal-Directed and Resilient Individual

Academic Enrichment

Motivation in learning and reading through student curiosity, interests, and passions

Communicator

Creative and Critical Thinker

Academic: Reading

Finding the joy in READING

Communicator

Creative and Critical Thinker

Time Management

Attendance Counts!!

"80% of success is showing up"

DID YOU KNOW ??

A student who is 10 minutes late to school each day misses more than 33 hours of class time. A student with a 90% attendance average for K-12 will miss over a year of accumulated time in the classroom.

WANT TO LEARN MORE??

Parent coffees and newsletter with more information coming this school year.

Stay tuned............................

Ethical and Global Citizen

Collaborator

Creative and Critical Thinker

Goal-Directed and Resilient Individual

Communicator

Questions?

Haycock Spirit Song