

Safe and Supportive Schools

Research shows that students are coming to school with a variety of life experiences. Particularly in a post-pandemic world. To support students there are several resources and practices we can take as a community. Please use this brochure as one of those resources.

What is a Safe and Supportive Schools?

A Safe and Supportive school is a safe and respectful environment that enables students to build caring relationships with adults and peers, self-regulate their emotions and behaviors, and succeed academically, while supporting their physical health and well-being.

Benefits of a Safe and Supportive School

Increase time on learning

Give consistent, welcome, and safe environment for all students

Develop lifelong skills

Joshua Eaton School

LisaMarie Ippolito, Principal

Carolyn Maas, School Psychologist

Elmy Trevejo, School Nurse



Joshua Eaton School

Reading, MA

Guide to Self-Regulation and Best Practices



Calming Corner

A calming corner is a small, designated space located within a classroom. The purpose of a calming corner is to help support self-regulation while keeping students in the classroom if they need a break from instruction time or a group activity. The use of calming corners can transform the culture of the classroom because calming corners are not consequence-based but rather used as an opportunity, driven by a student's choice to feel better.

What is Self-Regulation?

Self-regulation is a different sort of skill. It allows kids to manage their emotions, behavior, and body movement when they're faced with a situation that's tough to handle. And it allows them to do that while still staying focused and paying attention.

Websites:

<http://www.mindfulkids.wordpress.com>

<http://www.mindfulschools.org>

<http://www.happyhumansmindfulness.com>



If children feel safe, they can take risks, ask questions, make mistakes, learn to trust, share their feelings, and grow.

Alfie Kohn

Use “I can” statements:

I can:

- ✚ Count slowly to 10
- ✚ Imagine a happy place
- ✚ Take 5 deep breaths
- ✚ Think of a happy thought
- ✚ Make a pretzel with my arms
- ✚ Use the Calming Corner
- ✚ Look at my Glitter Jar