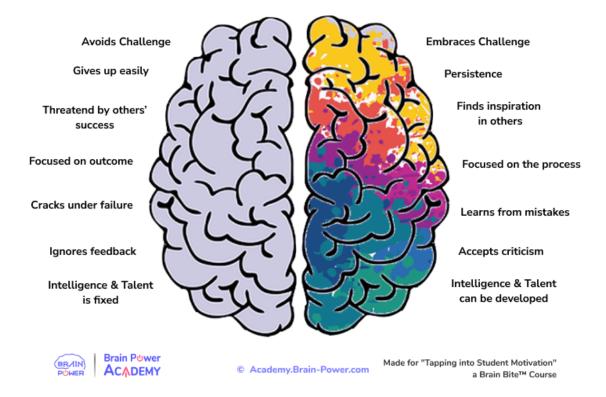


As the school year gets started and we all set personal and/or academic goals, it's important to remember that it is okay to make mistakes! Mistakes help us learn! This is true for both academic growth and social emotional growth. In order to achieve our goals, it's important for us to embrace a growth mindset! Please see the image below for more information.

#### Fixed Mindset vs. Growth Mindset



# Restorative Practices, what are they?

Restorative Practices focus on "fostering a sense of community within classrooms to prevent conflict, and on reacting to misconduct by encouraging students to accept responsibility and rebuild relationships" (Kirsch, FutureEd)

Schools have really started utilizing restorative practices as a way to build community and help students learn from mistakes they make. Berlin has been growing the use of restorative practices for the past few years and we have found it beneficial with most students. These restorative practices don't take away from their learning, if anything it enhances their learning.

Restorative practices include environmental pieces like how the

classroom is set up, whole-class practices like student and teacher group contracts (acting as rules for the classroom), or more targeted strategies such as having students discuss a problem that has happened and how they can work together to fix it. Below you will find an image that breaks down how restorative practices can be used in schools.

Here is a short video about Restorative Practices.

We will continue discussing restorative practices on this newsletter, so stay tuned!



## Restorative Schools & Communities

Informal/Formal Every day What we believe

Informal Every day Less planning Formal/Informal 3+ times per week More planning

**Formal** 1-2 times per week Structured **More Planning** 

Informal **Basic Skills Less Time Less Planning Informal Follow** Up

Reasonable Skill **More Time Some Planning Formal Follow** Uр

Formal Less of these ligh Level Skills More Time & **Planning Formal Follow** Up

#### Preventative

build and maintain relationships | prevent conflict and harm

Responsive repair relationships resolve conflict | manage difficulties & disruptions

Classroom & Community Identity Celebrating character & personality Appreciating backgrounds Understanding cause of behavior Implicit Bias ACES

Community **Practices** Procedures and routines Creating a safe environment

Healing centered

practices

**Building** Community Circles Relationship Building Learning Circles Deeper Dive Circles

Curriculum (what we teach & learn) Social & Emotional Literacy Values Problem Solving Communication Restorative Language Boundaries

Affective Statements/ Relational Conversation "I" Statements Restorative Chat Peer Mediation Restorative Questions Support Circles Circles of Care

Group or Circle Program Solving Circle Mini Conference Restorative Ouestions Peer Council

Formal Conference Community Conference Truth & Circle larm Repair Circle

Adapted from Wachtel and McCold, 2001

### Classroom Lessons

Classroom lessons are off to a great start this year! We are using the Second Step program again this year (www.secondstep.org for more information). Mrs. Steller will be teaching classroom lessons in grades K-2 and Mr. Shaw will be teaching in grades 3-5. If you have any questions or concerns regarding the classroom Social Emotional Lessons, you can find Mrs. Steller and Mr. Shaw's contact information at the bottom of this newsletter.

A letter is being sent home regarding Personal Safety lessons that will be taught by the St. Peters Crime Victims Services Program. These lessons will be scheduled for classrooms either on Monday October 16th or Tuesday October 17th. If you have any questions, please reach out to Mrs. Steller or Mr. Shaw. You are invited to the BCSD

# Community Partnership Committee

The purpose of this committee is to uplift and highlight the activities that are already happening in our local community while also working with the school to schedule around or with any events or programs that are currently happening in the school district.



Tuesday, October 17th 6pm-7pm

In the BMHS Library (or join us on google meet!) (followed by the Board of Education meeting @ 7:15 in the MHS cafeteria)

For more information (and/or the google meet link) please contact: James Taylor-Shaw BES Family Liaison & School Counselor jtaylorshaw@berlincentral.org

Click here for our Community Assistance Page!

<u>Click here for our Community Support Programs & Community Events Page!</u>

Meet the Counseling Staff!



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