

Bringing Restorative Practices to the Therapeutic Emotional Support Program

The Therapeutic Emotional Support (TES) program has adopted a new foundation starting with the 2016-2017 school year. The implementation of Restorative Practices took its first steps during Orientation Week, when the TES staff were trained by Laura Ede, Program Specialist, and Erika Werner, Treatment Coordinator, both certified trainers of Restorative Practices. Laura and Erika had attended an intensive, 3-day training at the International Institute for Restorative Practices, located in Bethlehem PA, in order to be able to provide the TES staff with the skills needed to employ Restorative Practices within the classrooms.

Restorative Practices is guided by the assertion that people are happier, more cooperative, and will move towards making positive changes when those in positions of authority work with them rather than doing things to them or for them. The focus is on building relationships and community. Restorative Practices aims to decrease or prevent conflict through the development of positive relationships and by repairing the harm by those impacted when conflict has occurred.

Within the school setting, Restorative Practices has been found to reduce bullying, violence, and student misbehavior. By doing so, the overall environment becomes more conducive to learning. Students who engage in conflict learn how to repair the harm they have done to others and their relationships rather than only being punished as an offender to a misbehavior. Furthermore, with the incorporation of affective statements, students are able to communicate their

feelings and reflect on how they, and others, were impacted by the misbehavior.

A prominent component to Restorative Practices is the use of circle groups. Circle groups provide the opportunity for everyone to be visible to one another, to openly communicate, and to develop a connection. The circle itself serves as a symbol of community. Circles provide the staff the opportunity to check in with each of the students, address challenging behaviors, but most importantly, giving each child the opportunity to be heard. Additionally, the process can also be incorporated into the academic realm by integrating the curriculum with restorative practices. The circles can merge the building of community with academic achievement to not only strengthen relationships but also address academic content.



The TES staff have embraced the new practice and have hit the ground running with positive momentum. Circles are being held daily for academic and mental health community-building. Students, while some initially hesitant, are becoming more responsive to the circles as well. As

a program, we will continue to build this practice and strive to support students to develop and enhance positive relationships, boost communication, accept responsibility and strategize to repair any harm that occurs with misbehaviors.

In a world of ever-growing technology, face-to-face communication is becoming lost and creating a disconnect amongst one another. By utilizing Restorative Practices in TES, we hope to foster a sense of belonging and community.

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Farm-To-School Initiative Begins At Colonial Academy

Colonial Academy is pleased to announce a new program that is underway this school year; the "Farm-to-School Initiative." This year our culinary arts students, together with our agricultural club students, will design, prepare, and cultivate a garden and greenhouse for which they



will grow spices and vegetables for their classroom use. The Farm-to-School initiative is a National endeavour to improve our childrens' agricultural literacy.

The Farm-to-School program implementation will

consist of teaching our students about procurement of food. Students will learn about buying and selling locally grown food and spices; including their own, and the use of the food and spices within the home and food industry. In addition to learning how to grow the food and spices, students will learn to preserve their agricultural goods and prepare the goods for cooking and eating.

Mr. Nick Strebig, Culinary Arts instructor at Colonial Academy, and Mr. Corey Nahf, are currently working with the students to plan for their spring crop. Mr. Strebig, Mr. Nahf and their students are designing the garden layout, identifying the types of crops they will grow, and developing a work plan that will prepare the soil for the future growth. To assist students with their agricultural planning and implementation, Mr. Strebig will provide students the opportunity to visit local farmers and learn first-hand how to plan, prepare, and sell and buy crops within the local community. The Food-to-School initiative will be a hands-on, healthful learning activity that students can apply throughout their life wherever they may live.

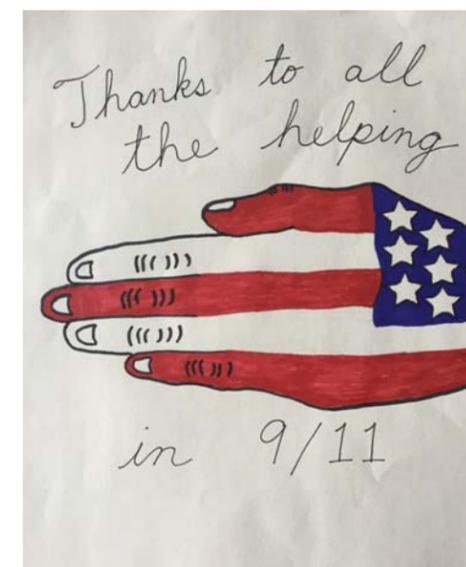


We are very proud of our Farm-to-School initiative and are excited to expand upon the agricultural talents of our teachers, students, and staff. Stay tuned to learn more about our Farm-to-School adventure.

Also At Colonial Academy . . .



Officer Jon Zwally provided first responder insight of the activities surrounding the 9/11 tragedy to captivated Colonial Academy middle school students. At that time, Officer Zwally was a first responder for the FDNY.



"Thanks to all the helping hands in 9/11"

This piece of artwork was created by a Colonial Academy student after a discussion about how art can be used as a response, memorial or documentation for various life events.

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CIU 20 Participates in Suicide Prevention Awareness Month

Raising awareness of Suicide Prevention is of critical importance to both CIU 20 and its member districts. To that end, CIU 20 and members from Pocono Mountain School District, East Stroudsburg Area School District, Pleasant Valley School District, and Stroudsburg Area School District have joined the Suicide Prevention Coalition of Monroe County. The Suicide Prevention Coalition of Monroe County was developed by a group of local mental health professionals in 2013 to join the fight against suicide.

Today the Suicide Prevention Coalition of Monroe County is a subsidiary of the Greater Northeast AFSP (American Foundation for Suicide Prevention) Chapter and has grown to include law enforcement, community members, and local educators. Its mission is to work in collaboration with other professional entities and the community to prevent suicide, and eliminate stigma through public awareness, education, trainings, and linkages to appropriate and timely resources, supports, and treatments. Suicide is permanent solution to a temporary problem and can be prevented with early treatment.

This group has formed and joined a sub-committee specific to schools and education. Professional development for school employees, introducing school/student supports such as Aavidum ("a non-profit organization that empowers youth to shatter the silence surrounding depression, suicide and other issues facing teens" aavidum.com), community meetings with families, and using school communication resources to increase awareness are avenues being explored and created. The group meets monthly and remains committed to the health and well-being of the kids and families they service.



Suicide is the second leading cause of death of people between the ages of 10-24. There is one suicide for every 25 attempted suicides. An average

of one person dies by suicide every 13.3 minutes. Many who attempt suicide never seek professional care. The strongest risk factor for suicide is depression. Suicidal thoughts can affect anyone regardless of age, gender, background, etc. For more information on this very important topic please explore the following website for more information- www.afsp.com.



Students test rescue equipment at Blue Valley Rescue Squad in Bangor, Pennsylvania.



Students Visit Blue Valley Rescue Squad

Students from Ms. Judy's class recently traveled to Bangor to visit The Blue Valley Rescue Squad (BVRS) to learn about the skills and equipment needed to rescue local citizens that are in trouble.

The BVRS uses ropes and pulleys to help rescue people that are stranded and they use special chairs to transport people who are hurt up and down stairways. Rescue boats, life jackets, life preservers, whistles and strobe lights help to rescue people who need to be rescued from the water. The BVRS also uses rescue trucks and metal cutters to help extract people from cars following an accident. The class learned that rescue equipment can be very loud, but very useful.

Award Winners Announced from CIU 20 Orientation Day

Colonial IU 20 is pleased to announce the following award winners from the kick-off of the 2016-2017 school year on August 15th.

Maureen Crawford
Award: Nahjane Wilson,
Quinn Culton, Adriana
Trumbower, Seinna
Gallus, Leilani Ogilvie.
These students attend Gov.
Wolf Elementary School,
Bethlehem Area School
District



Program Partnership
Award: Katherine W.
Freeman



Annie Sullivan Award:
Danielle M. Schroeder



Leadership Award/Margaret
M. Kahler Memorial Fund
Award: Sue Ann Medar
Onuschak

New Early Intervention Resources Available For CIU 20 Families

This summer, CIU 20 Early Intervention leaders participated in The Pennsylvania Department of Education's Office of Child Development and Early Learning 2016 Prenatal to Grade 3 (P-3) Governor's Institute at Kalahari Resort in the Poconos. The purpose of Pennsylvania's P-3 Governor's Institute is to help school districts, early learning providers, and community organizations throughout the Commonwealth make the vital connections and collaborations necessary for student success from birth through grade 3.

Two Early Intervention teams were established as a result; CIU 20 North and CIU 20 South. Our teams are comprised

of a wide range of early childhood stakeholders with areas of expertise from prenatal to third grade. The CIU 20 North team collaborated with Swiftwater Elementary Center in the Pocono Mountain School District. The CIU 20 South team collaborated with the Wilson Borough Elementary School in the Wilson Area School District. Both teams also included our Birth to 3 Infant/Toddler Partners. Each team developed bold statements and action plans to create sustainability for continued cross-sector relationship building between P-3 administrators and community entities, and implement high quality strategies around P-3 alignment.

CIU 20 North created the following mission statement:
Swiftwater Elementary Center is where parents can find resources before their child starts school. It's a center for

community outreach and coordinating services. We want to help parents be their child's first teacher and as a result be better prepared physically, emotionally, behaviorally, and academically for a life of learning. We welcome future cardinals and look forward to them "flying in early." Our team has begun working together to coordinate community resources and provide opportunities for parents to learn about those resources during our "Future Cardinals Fly in Early" event. We plan to host our first event on October 20, 2016 to assist parents in learning how to guide their children's educational success. Our goal is for Swiftwater Elementary Center to be a "one-stop resource" for parents to help their children love learning. We want to encourage parent awareness and involvement in this first workshop and spark interest in future learning workshops.

The CIU 20 South team had representation at the Wilson Borough Elementary open house on August 30, 2016 to pass out flyers about early intervention to capture families and children earlier so they come in to school ready to learn. We also plan to collaborate throughout the year and provide opportunities for families from the Wilson Area School District to benefit from programs available to them from Birth to age 5. Students from Wilson Area School District who will be transitioning from the IU services will also work together sooner to plan for transition to a school-aged program. This work is intended to understand the roles each program plays in the development of the young child and prepare them for the future. We plan to use each other as resources to help families navigate through all these very important milestones of education!