



California  
Center for  
School Climate

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# Peer Learning Exchange

## Building Engagement and Wellness Through Human Connection

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# Welcome



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# Peer Learning Exchanges

## GOAL:

**Provide space and opportunity for educators across California to connect and share school climate best practices and insights**







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# Agenda

1. Focus: Relationship building for connection, engagement, well-being
  - A free intervention you can use tomorrow
2. Small group discussion
3. Share out as full group
4. Q&A
5. Closing (resources, feedback survey, thank you)





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# Building Engagement and Wellness Through Human Connection



# Setting the Stage: Why focus on human connection?

**How we feel, What we know:** We may feel many emotions at this time, and so do our colleagues and students. And we know care, connection, communication help in so many ways.


**Why we do what we do ...** [Share in chat!]

**What we can take on:** We are tired! And there are many things we do...

## Evidence

- Research shows that when students have a safe and supportive relationship with an adult on campus, they are **more likely to show up and engage** in relationships and learning (National School Climate Center, 2021; Redding & Corbett, 2018)
- Caring relationships can be **protective factors** against the impacts of trauma, stress, and adversity, all of which reduce our capacity to learn, develop, and grow (Roehlkepartain et al., 2017).





**“Relationships matter: the  
currency for systemic change  
was trust, and trust comes  
through forming healthy  
working relationships. People,  
not programs, change people.”**

- Bruce D. Perry





*2 x 10: Relationship Building Strategy*  
*Spend two minutes a day for ten days*  
*getting to know a student with whom*  
*you wish to foster a positive relationship*





## When You Might Use This Practice

Use the 2x10 at any time during the school year to cultivate positive relationships with specific students.

- **Time Required:** 2 minutes per day for 10 consecutive school days
- **Materials Required:** None
- **Training Required:** None

*\*If you are an administrator, consider trying with a teacher or other adult that isn't thriving.*



## How to Use This Practice

- Choose a student(s).
- Build time into your daily schedule.
- Keep your interactions positive and focused on interests unrelated to academics.
- Keep the conversation centered on the student and practice active listening.
- After the first 10 days, continue to find ways to informally continue to connect with them.

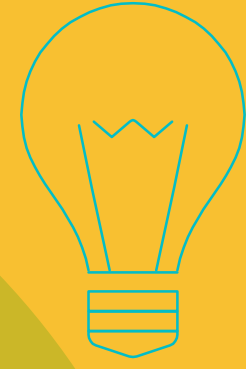


## Reflect on This Practice

- How did the student respond to your efforts to get to know them?
- Would you change anything for next time?
- Has your view of the student shifted after using this practice? If so, in what way?
- What did you do to better understand the background of the student?
- Did you uncover any unconscious biases about this student? If so, how are you working to transform them?



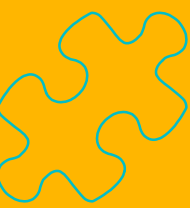
## Research Behind This Practice



Studies consistently show that students describe good teachers as those who **listen and take a personal interest in their lives.**

Students who know their teachers care about them are **more engaged, motivated to learn, and show greater prosocial behavior and increased academic achievement.**

In grades 8-12, the **teacher-student relationship is the one factor most closely associated with academic growth.**







How Will You  
Implement the 2x10?





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# Small Group Discussion





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# Small Group Instructions

Each breakout group will:

- Have 20 minutes to answer guiding questions/prompts
- Use the Google note taker
- Consider sharing a highlight or question with full group







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## Small Group Discussion

1. Share your name, role, and district/agency (1 minute)
2. What is something you do/your organization does to support human connection and wellness among staff and students? What are some challenges with that?
3. How might you use and share this 2x10 practice?





**Come Back Together as Full Group**

**Small Group Share Out**

**Q&A**





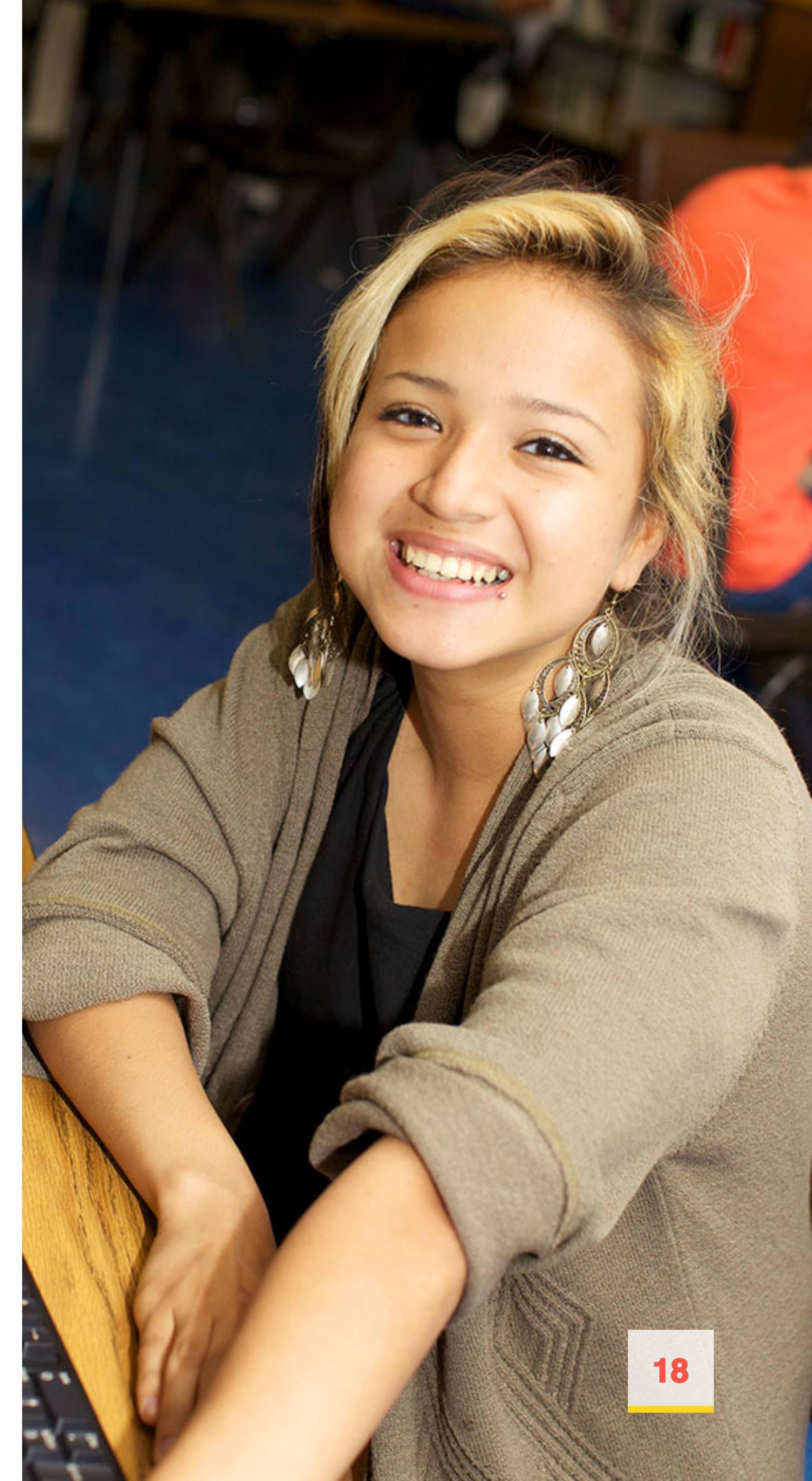
# California Center for School Climate (CCSC)

## Selected Offerings:

- Peer Learning Exchanges (monthly during school year)
  - Next: 2/15 at noon – Restorative Beliefs in Action (<https://ca-safe-supportive-schools.wested.org/event/peer-learning-exchange-restorative-beliefs-in-action/>)
- School Climate Data Use Webinar Series
  - Next: 2/17 - *Accessing Comprehensive Children's Well-Being Data to Inform School Climate Improvement Efforts* with Children Now (<https://ca-safe-supportive-schools.wested.org/event/accessing-comprehensive-childrens-well-being-data-to-inform-school-climate-improvement-efforts/>)
- Annual Event (virtual, all day or selected sessions)
  - 2/28: *The Power of Relationships Supporting Positive School Climates*
- Topical briefs, toolkits, audiocast case stories
- Technical assistance supports

## Website:

<https://ca-safe-supportive-schools.wested.org/california-center-for-school-climate/>





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# Thank you. Let's stay connected!

1. **Feedback Survey – We want to hear from you!**



2. For updates about CCSC events and resources, subscribe to the *California Safe and Supportive Schools Newsletter*.