



Peer Learning Exchange School Calming Spaces

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Welcome

CCSC Staff



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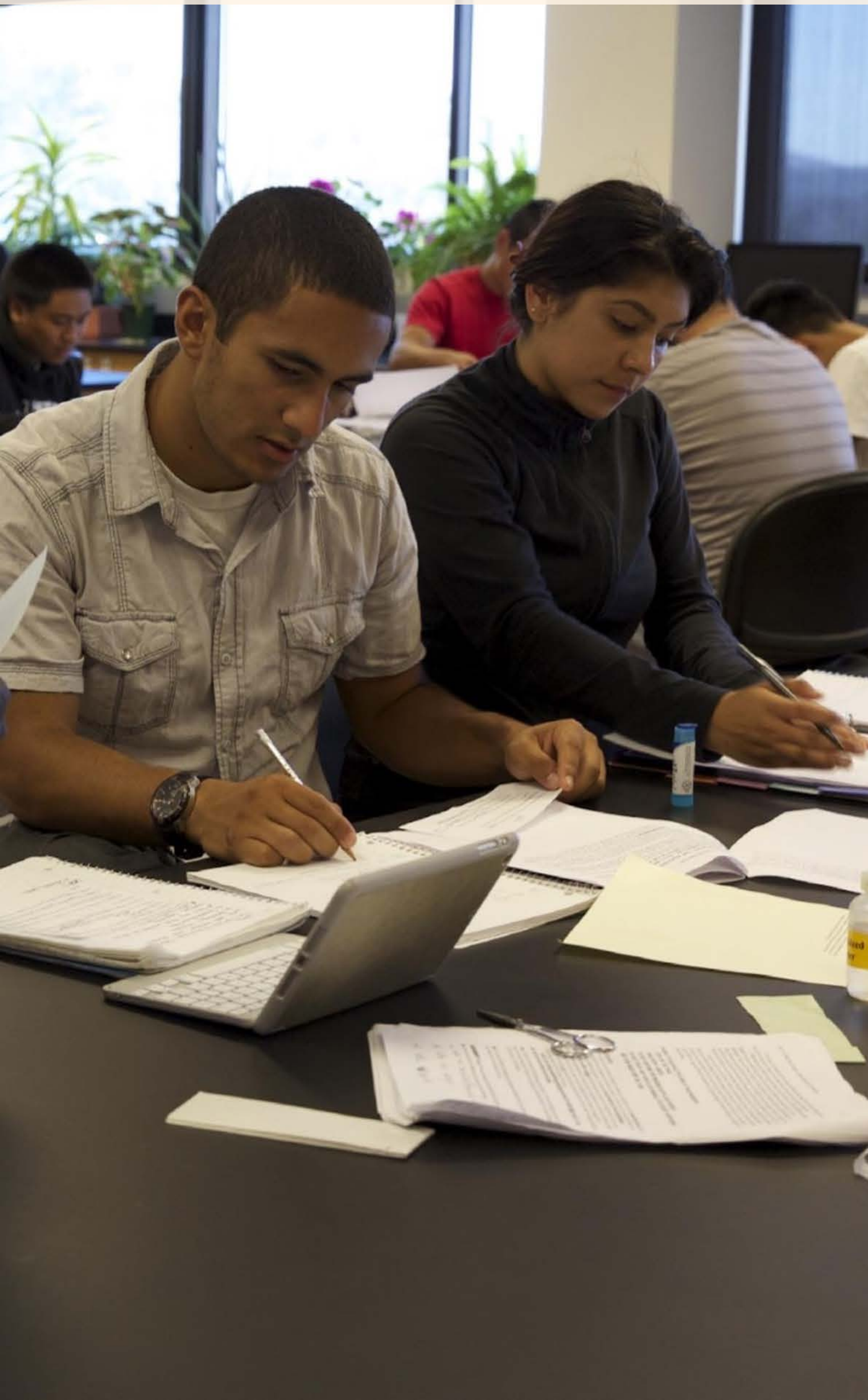
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Peer Learning Exchanges

GOAL:

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





Agenda

1. Focus: School Calming Spaces presentation
2. Small group discussion
3. Share out as full group
4. Q&A
5. Closing (resources, feedback survey, thank you)

Presenters



Laura Buckner, Technical Assistance Specialist, Resilient and Healthy Schools and Communities, WestEd



Kim Bradley, Wellness Coordinator, Tahoe Truckee Unified School District



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School Climate



School Calming Spaces



What Are Calming Spaces?

- Spaces to practice self-regulation in order to return to the classroom with minimal disruption
- Include elements of mindfulness, sensory activities, and choice
- Contribute to “nurturing environments,” which have positive impact on learning, well-being, and overall school climate
- Aligned with several widely used frameworks that aim to support student mental health and behavior

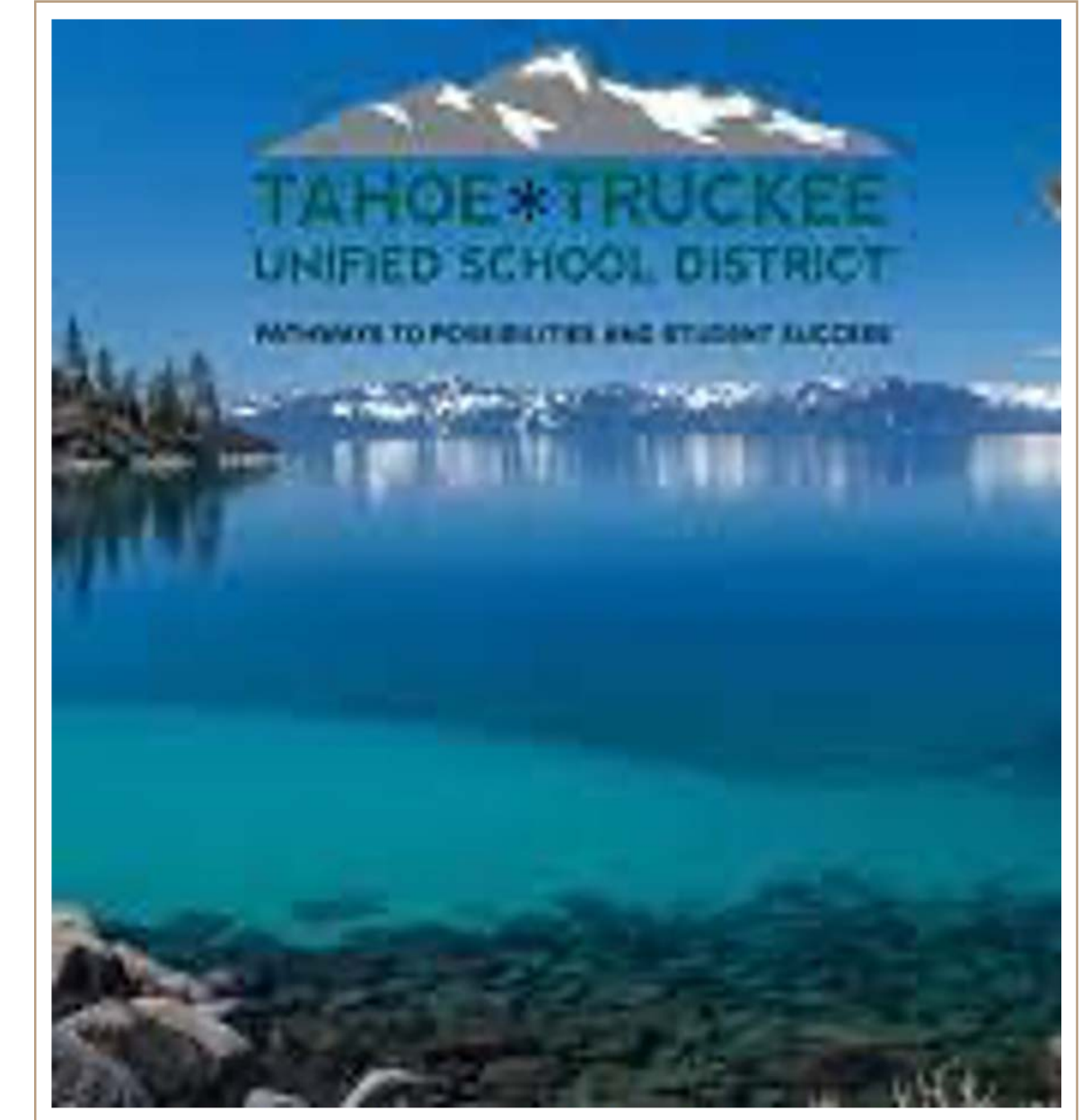


I never had calming spaces growing up. . . I would just let all of my emotions out when I left the classroom to go to the bathroom.”

– Sarah Nava, California Center for
School Climate Young Adult Advisor

Tahoe Truckee Unified School District

- **Located in North Tahoe/Truckee in the Sierra Nevada Mountains**
- **Encompasses 720 miles & 3 Counties**
- **4,000 students in 11 schools ranging from Preschool-High School**
- **Basic Aid District with 35% Socio-economically disadvantaged, 40% LatinX, and 60% White students**



TTUSD Student Services Dept

- Coordinates all social, emotional, mental and physical health services for all students PreK-12+
- School Nurses oversee TTUSD Covid Safety Policies and Procedures, Immunizations, Health Screenings
- Supports the needs of Special Education and Early Learning students
- Oversees School Psychologists, School Counselors, and Wellness Program
- Builds parent and community partnerships



TTUSD Wellness Program

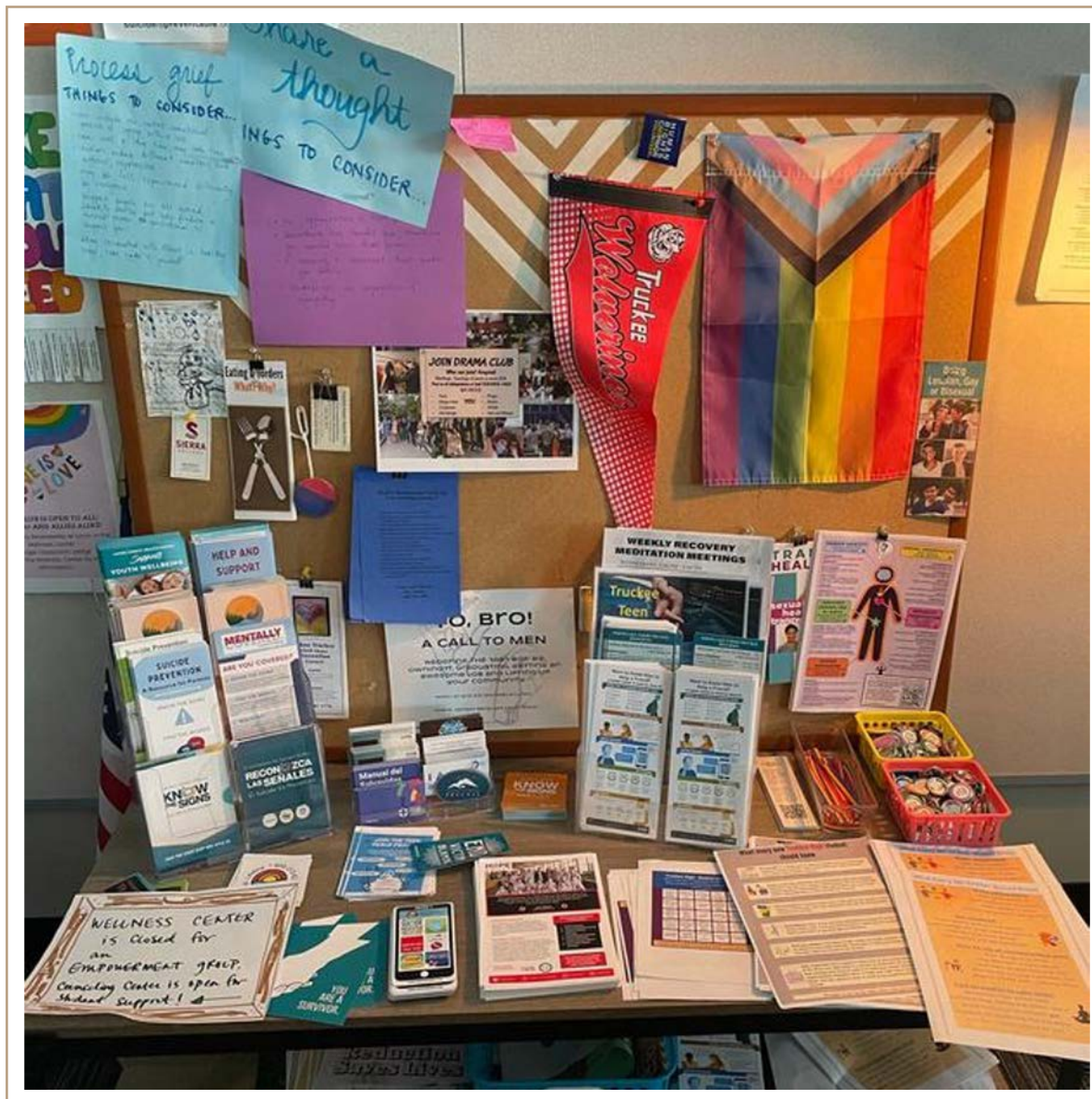
- **School Counselors & Psychologists at each site**
- **School-based Coordinated Care Teams**
- **Wellness Centers at the high schools & middle schools**
- **School-based Social Workers, Therapists & MSW Interns**
- **District-Wide Social Emotional Learning Curriculum K-12**
- **Student Empowerment Groups & Peer Mentor Programs**
- **Hope Squad, Athlete Committed, Pride Clubs**
- **Caring Connections Surveys at each school site**



TTUSD Wellness Hub

A coordinated system of care for students to access a continuum of youth-friendly health and wellness services at school and in the community through multiple access points:

Teachers
Counselors
Administrators
Wellness Staff
Student Self & Peer Referrals
Parents



Calming Spaces



Where students can calm themselves and practice coping skills so they can reset and return to class more regulated and ready to learn.

High School Wellness Centers

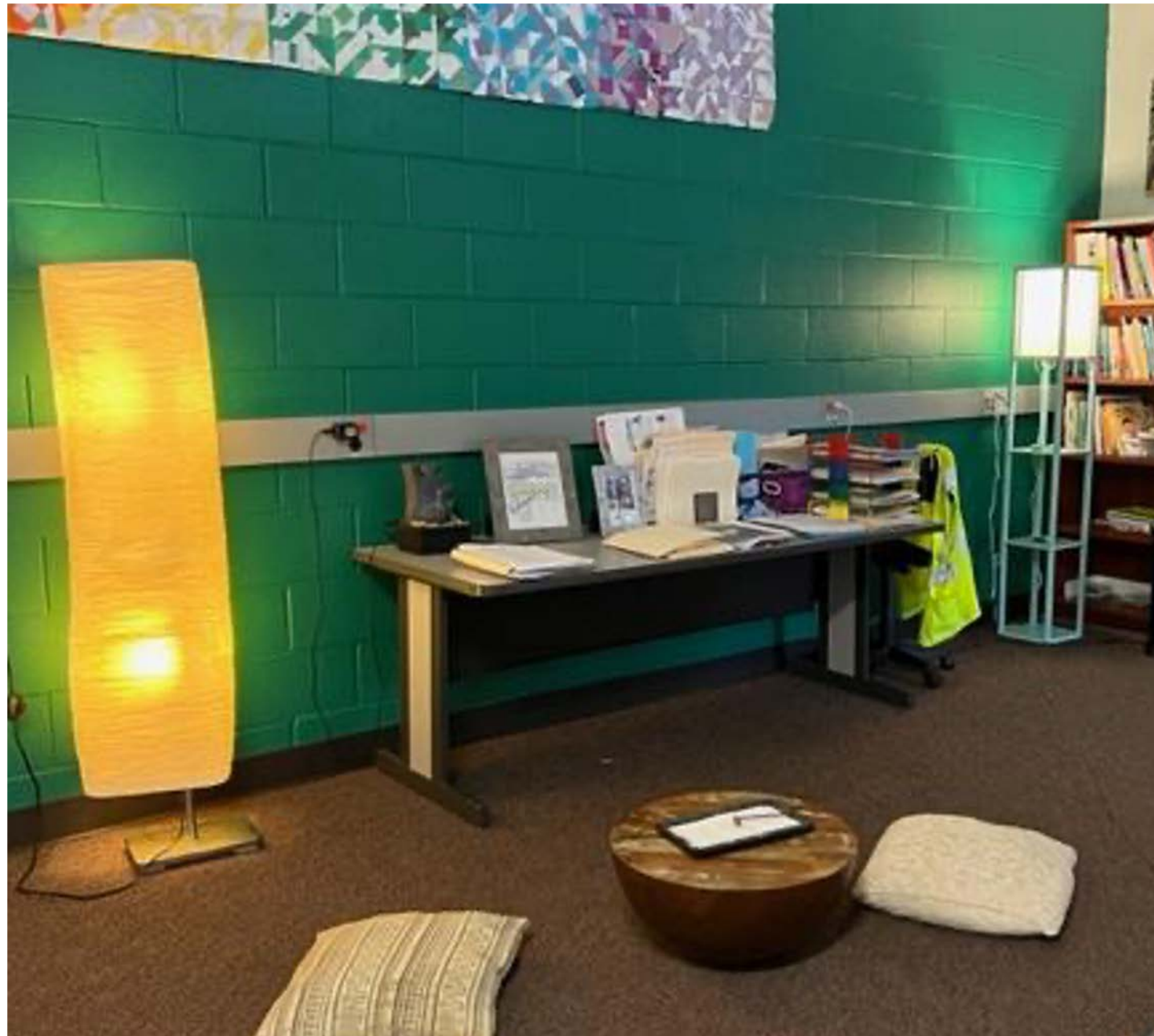


Middle School Wellness Centers



PATHWAYS TO POSSIBILITIES AND STUDENT SUCCESS

Elementary Counseling Centers

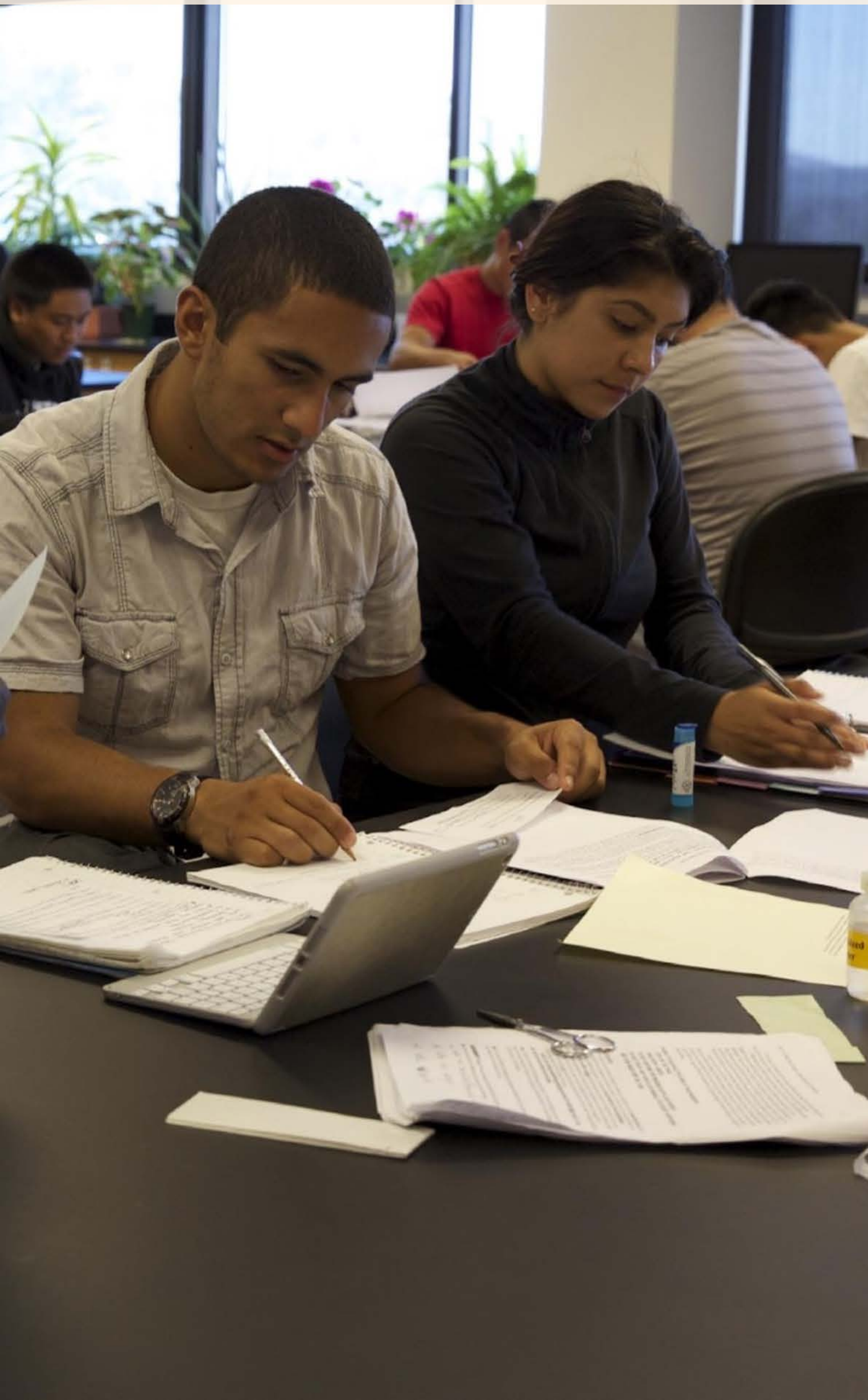


Elementary HeartMath Stations





Small Group Discussion



Small Group Instructions

Each breakout group will:

- Have 20 minutes to consider guiding questions/prompts
- Use the Google notetaker
- Have an opportunity to share a highlight or question with the full group





Small Group Discussion

1. Share your name, role, and district/agency (1 minute)
2. What is your experience with calming spaces? How are your students taught or encouraged to practice self-regulation?
3. How can calming spaces be provided or expanded upon in your school(s)?
4. How might these resources impact student wellness/ readiness to learn, classroom function, and/or school climate?



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Come Back Together as Full Group

Small Group Share Out

Q&A



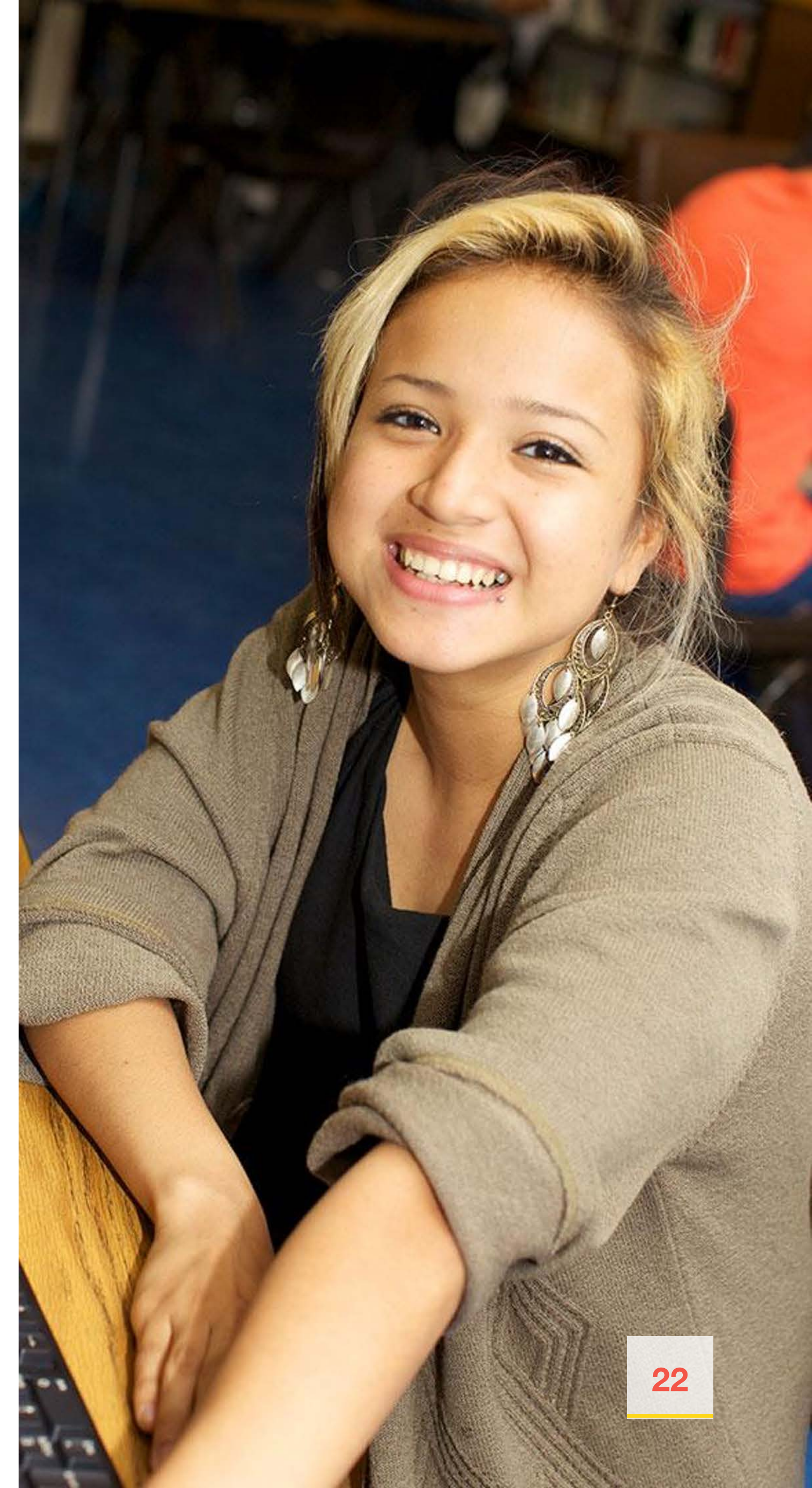
California Center for School Climate (CCSC)

Selected Offerings (registrations in the chat!):

- Peer Learning Exchanges (monthly during school year)
 - Next: May 2 - *Promoting Student Connectedness and Wellness Using Sandy Hook Promise “Know the Signs” Programs and SAVE Promise Clubs*
- School Climate Data Use Webinar Series
- Annual Event (virtual, all day or selected sessions)
- Topical briefs and toolkits
- Audiocast case stories
- Technical assistance supports

Website:

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



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* (link in chat).