



## ***Transforming School Climate Mindsets and Ecosystems***

### **Session 1a - Balancing Acts: Nurturing Educator Wellness for Sustainable Impact**

**February 29, 2024**

# California Center for School Climate (CCSC)

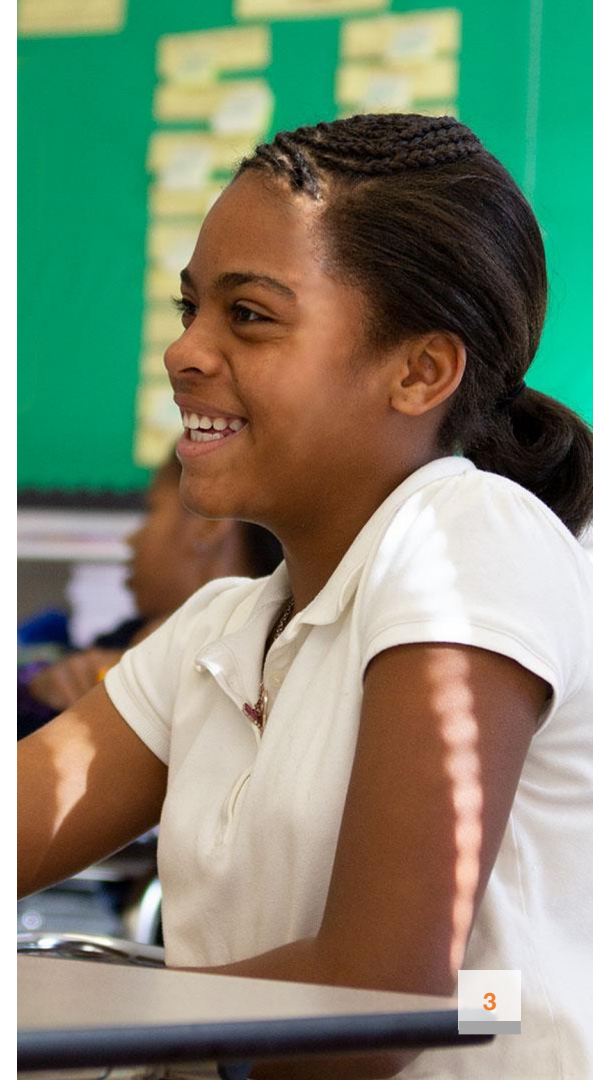
## What we offer

- School Climate Data Use Webinar Series
- Virtual Learning Sessions
- Professional Learning
- Resources
  - briefs, tools, audio gallery
- Technical Assistance and Coaching Supports





In the chat, please share  
your position or role in  
your school community  
and where you are  
located





# Speakers



Antoinette Miller (she/her)  
Program Associate , CCSC  
WESTED



Dr. Rachel Vatannia (she/ella)  
Coordinator of Education Services  
SAN LEANDRO UNIFIED SCHOOL  
DISTRICT



Jenny Betz (she/they)  
Senior Program Associate , CCSC  
WESTED





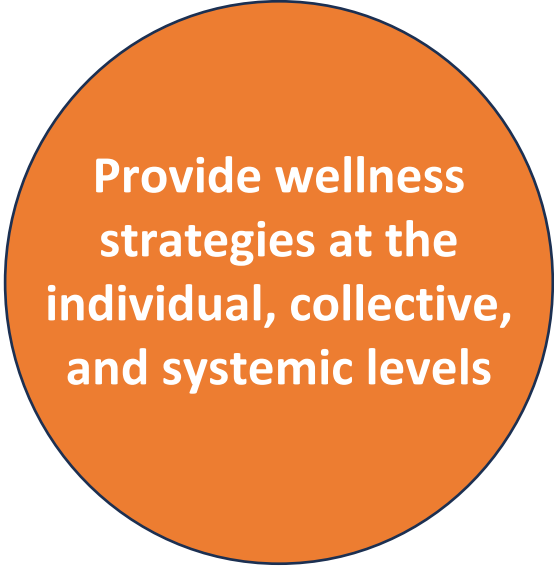
# Today's Intentions



**Prioritize  
wellness**



**Center around  
community and  
collective care**



**Provide wellness  
strategies at the  
individual, collective,  
and systemic levels**

In the chat, share an emoji that resonates with you right now.



# Offering a New Paradigm

Traditional Well-being & Care	Systems of Well-being & Care
Self Care	Community Care
Individual Activities without Supports	Collectivistic with Systems and Structures to Support
Transactional	Transformative



# Creating Caring Conditions for Sustainability

Create school environments that:

- Promote feelings of belonging, respect, value, and trust.
- Support the growth of a school community where all feel connected.
- Continually improve their systems to support the well-being of staff, students, and families.





# Educator Wellness

- ❖ Helps to manage the daily stresses of the profession
- ❖ Raises rates of educator commitment, leading to lower rates of burnout
- ❖ Improves student-teacher and peer relationships
- ❖ Leads to better modeling of SEL behaviors

# Strategy One: Individual



# Embedding Small Moments

Mindfulness

Journaling



Being Outdoors

# GUIDED MEDITATION TO UPLIFT YOUR HEART

WITH SARAH BLONDIN





# Reflect...

What came up for you while listening to the guided meditation?

What might you need to do to take care of yourself today?



# Strategy Two: Collective

# Collective Care and Transformative Relationships

Care	Commitment	Connection
To have a mutual expression of mattering. Caring provides unconditional support, nurturing, and protection and is based on an empathetic connection to others.	The capacity to remain authentically engaged, remain present, and be accountable to others.	The bond created in a relationship that includes trust, vulnerability, and authenticity.

# Wellness Wednesday - Yoga







**Wellness Wednesday - Nature Walks**

# Strategy Three: Systems



# The Power of RE



# The Power of Re

- Re-Frame
- Re-Imagine
- Re-Store
- Re-Design



# Re-Frame





- Intra-level systems
- Inter-level systems (micro)
- Inter-level systems (macro)

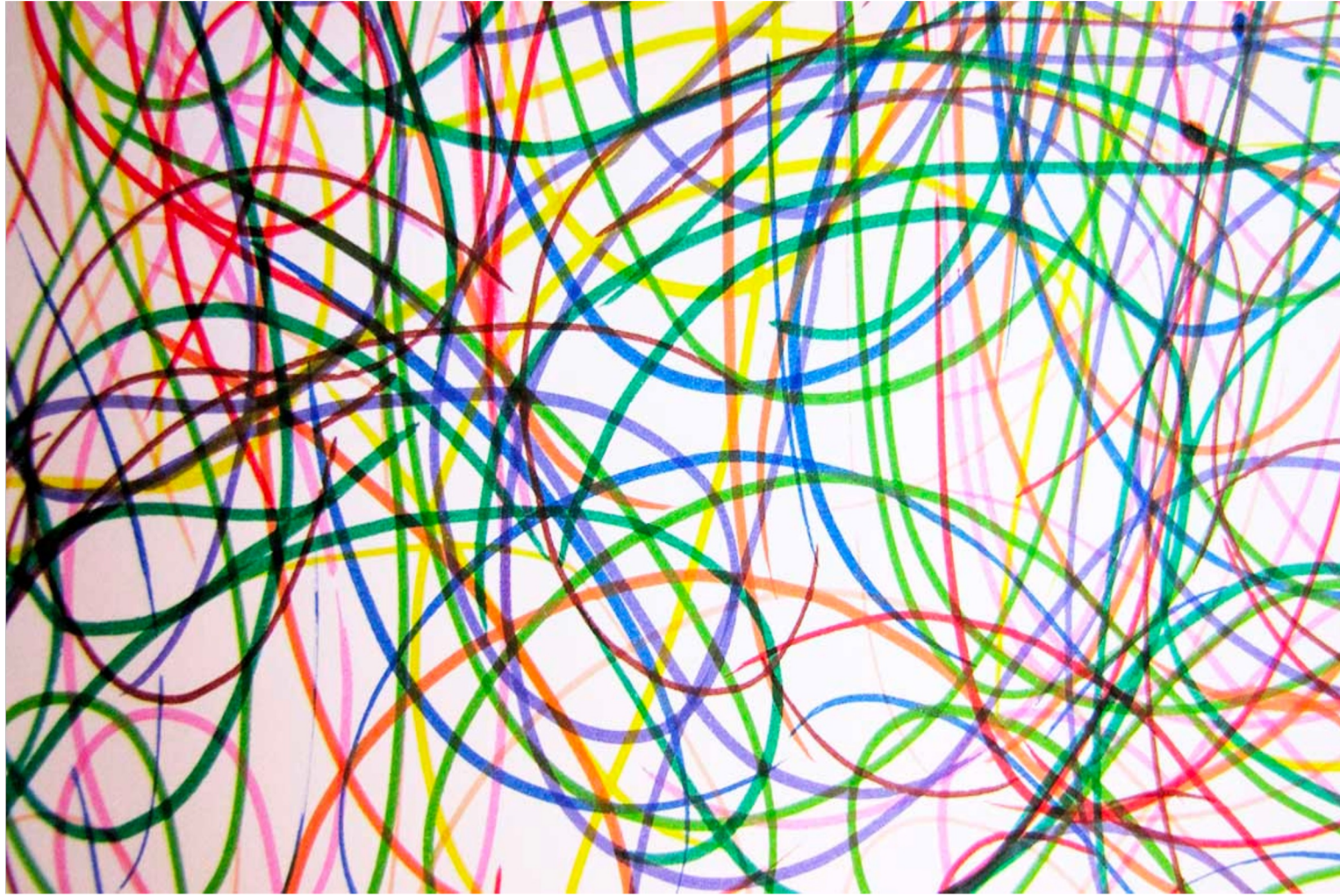


# Re-Frame Systems





# Re-Imagine



# Re-Imagine the 'P' in KPI

Key Performance  
Indicator



What are some key performance indicators in education?

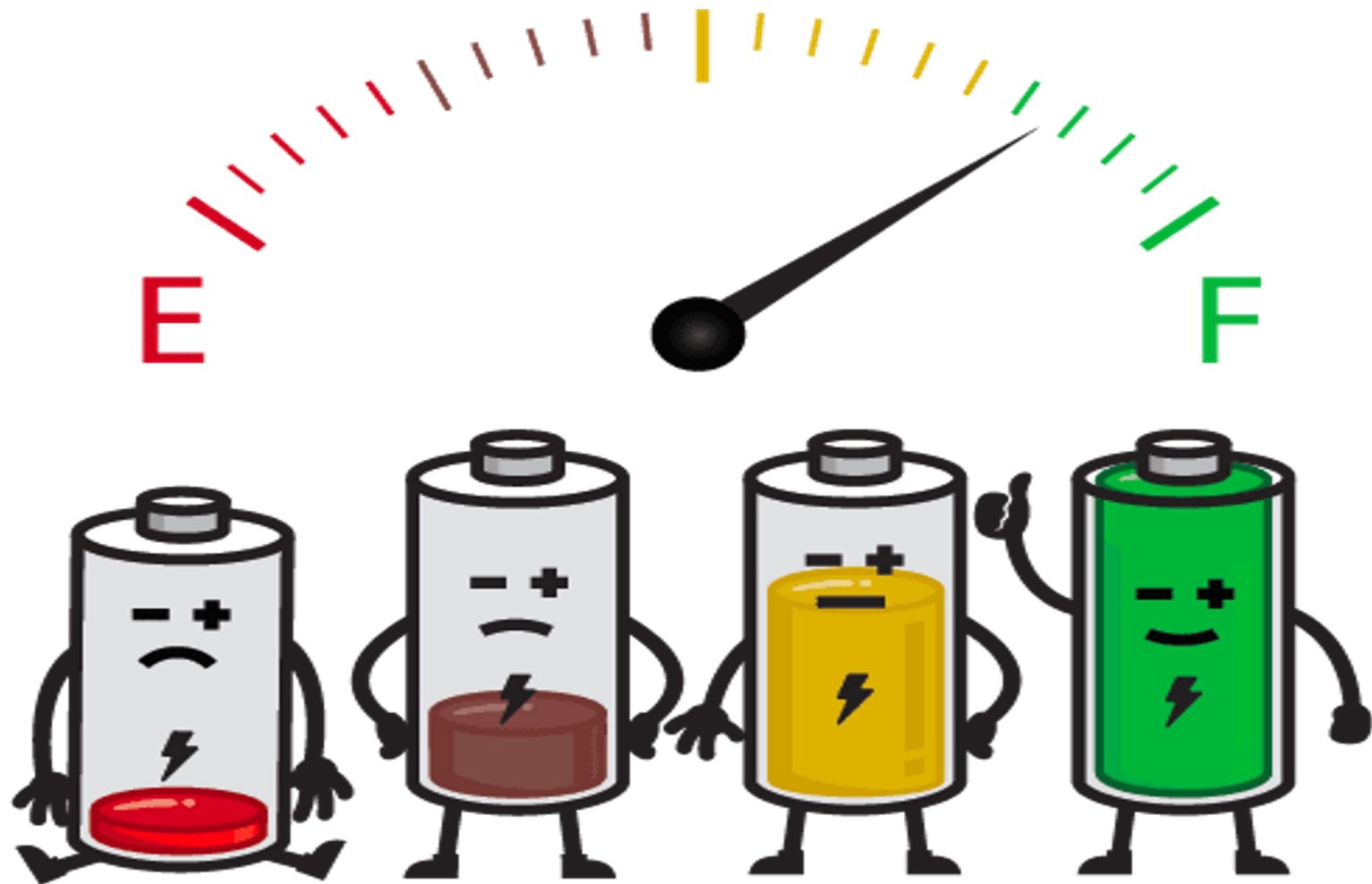


# Performance → People

- Keep people informed
- Keep people involved
- Keep people interested
- Keep people inspired



# Re-Store



- Physical Load
- Cognitive Load
- Emotional Load



## Re-Store Capacity

# Re-Design

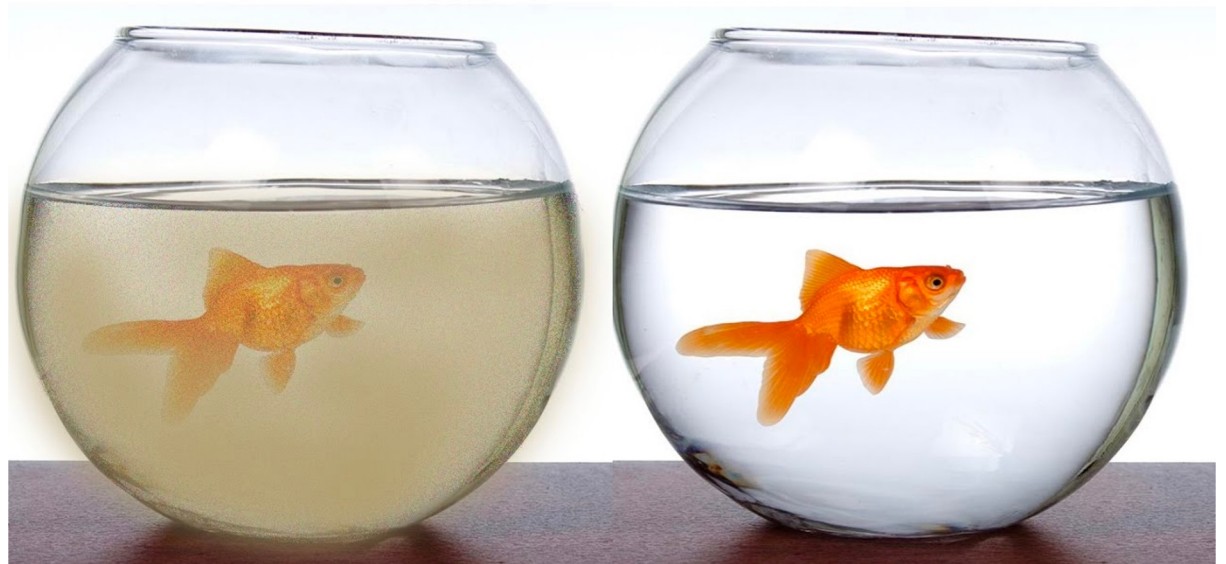
---





# Healing-Centered Engagement

---



Hope and Healing in Urban Education

Dr. Shawn Ginwright

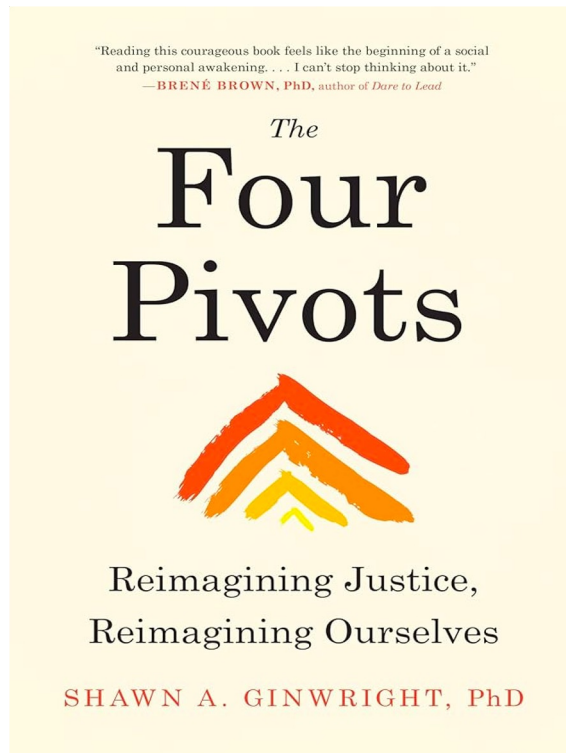
# The Four Pivots

## Realign how we

- Think
- Connect
- Act
- Work

## Reassess our narratives

- Are they true?
- Do they work?



# Awareness: Lens to Mirror

- Self-reflection
- Exploration
- Contribution



# Connection: Transactional to Transformative

## Human Connection

- Vulnerability
- Empathy
- Listening





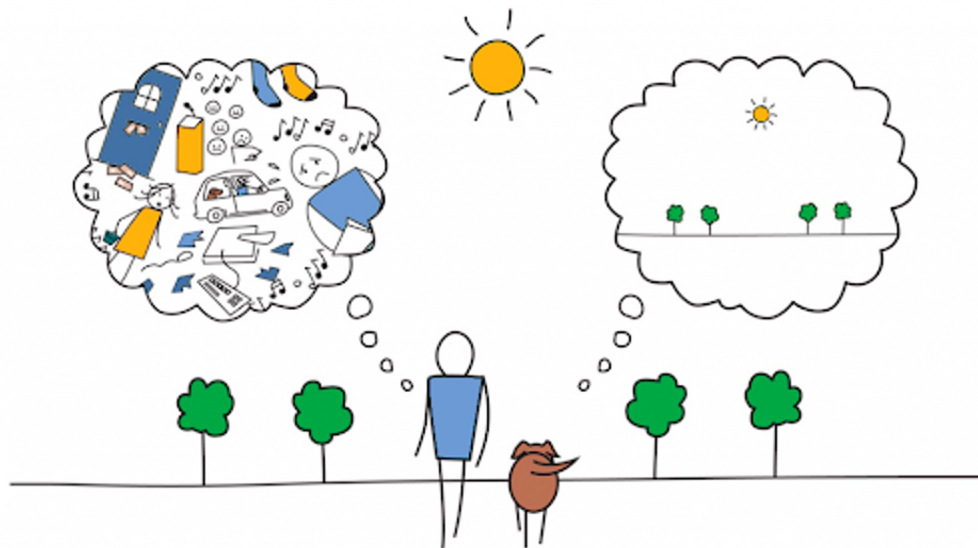
# Vision: Problem to Possibility

How do we Refocus on creating possibilities?



# Presence: Hustle to Flow

Reset our addiction to frenzy  
and Reclaim our sense of calm  
and right to be well.



Refect on one intra- or inter-level  
system you can Re to promote a  
culture of healing



---

## Q&A

**Please share your questions by using the Q&A feature in the Zoom toolbar.**





## Stay Connected with the CCSC

To learn more about free school climate and data use supports and resources we offer, visit our website:

<https://ccsc.wested.org>





**Thank you for joining us.**