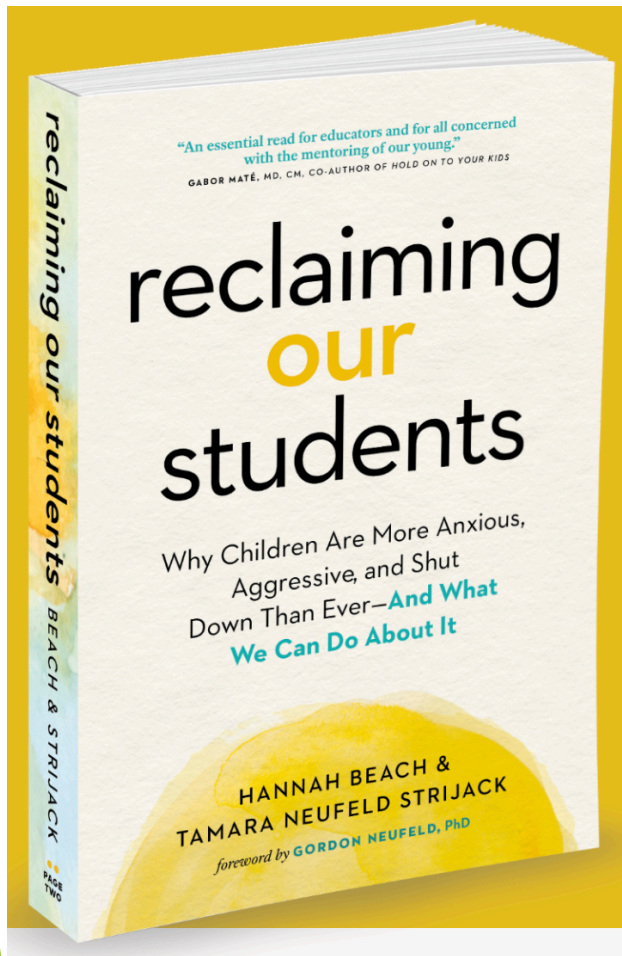




# ACCESSIBLE Professional Development Resources

## Opportunity for Riverside School Teams

Chantale Scroggins, Martine Demers  
and Catherine Korah  
2021-2022

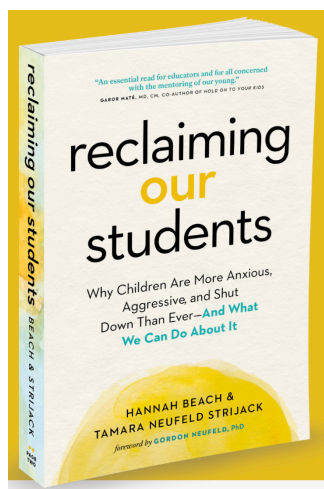


What effect has this pandemic added to the already increasing struggle of reaching and teaching our students?

- ▶ What is the key to making headway?
- ▶ How can I make sense of all that I'm seeing and sensing?
- ▶ Do I have the whole 'picture'?
- ▶ Why is it becoming more and more challenging to reach my students, maintain their attention and be able to teach them? This was noticeable even before the pandemic...but even more so now...
- ▶ Where do I start?

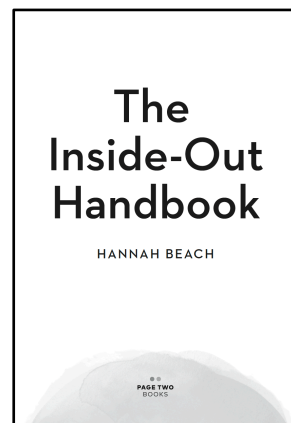
*Reclaiming Our Students - Why Children Are More Anxious, Aggressive, And Shut Down Than Ever - And What We Can Do About It*  
by Hannah Beach & Tamara Neufeld Strijack

<https://reclaimingourstudents.com>



Book

Inside-  
Out  
Handbook



Video  
Series



Comprehensive  
Professional  
Development  
Resource  
Package

# About the authors



<https://hannahbeach.ca>

**Hannah Beach** is an award-winning educator, author, and keynote speaker. She was recognized by the Canadian Human Rights Commission in 2017 as one of five featured changemakers in Canada. Her best-selling *I Can Dance* book series—which supports the emotional health of children through movement, play, and expression—won the 2017 GOLD International Moonbeam Children’s Book Award (Books with Music/Theatrical) and has been adopted by multiple English- and French-language school boards across Canada.



<https://tamarastrijack.ca>

**Tamara Neufeld Strijack** is the academic dean of the Neufeld Institute, where she develops and delivers courses and workshops supporting parents, teachers, and helping professionals around the world make sense of children through developmental science.

Tamara works as a registered clinical counsellor, parent consultant, and sessional instructor for several universities, where she lectures for both the faculties of education and counselling.

## Contents

Foreword by Gordon Neufeld, PhD xi

Preface 1

### ONE Stuck

- 1 The Dream versus the Reality 11
- 2 What's Getting in the Way? 15

### TWO Becoming the Leader Our Students Need

- 3 How We Lead Matters 31
- 4 Building the Relationship 41
- 5 Feeding the Relationship 59
- 6 Protecting and Extending the Relationship 65

### THREE Common Challenges

- 7 What's Behind the Behaviour? 83
- 8 The Child Who Is Anxious 87
- 9 The Child Whose Head Is in the Clouds 107
- 10 The Child Who Is Being Disruptive 111
- 11 The Child Who Is Resistant 123
- 12 The Child Who Has Shut Down and Doesn't  
Seem to Care... about Anything 135
- 13 The Child Who Acts Bossy 145
- 14 The Child Who Acts Aggressively 153
- 15 The Child Who Bullies Others 185

### FOUR Identity Shifting

- 16 Shifting the Negative Identity  
of an Individual Child 205
- 17 Shifting the Negative Identity of a Group 219

### FIVE Thriving

- 18 Emotional Safety 233
- 19 Towards Healthy Community 253
- 20 Cultural Wisdom Lost and Found 265
- 21 Waking Up 283

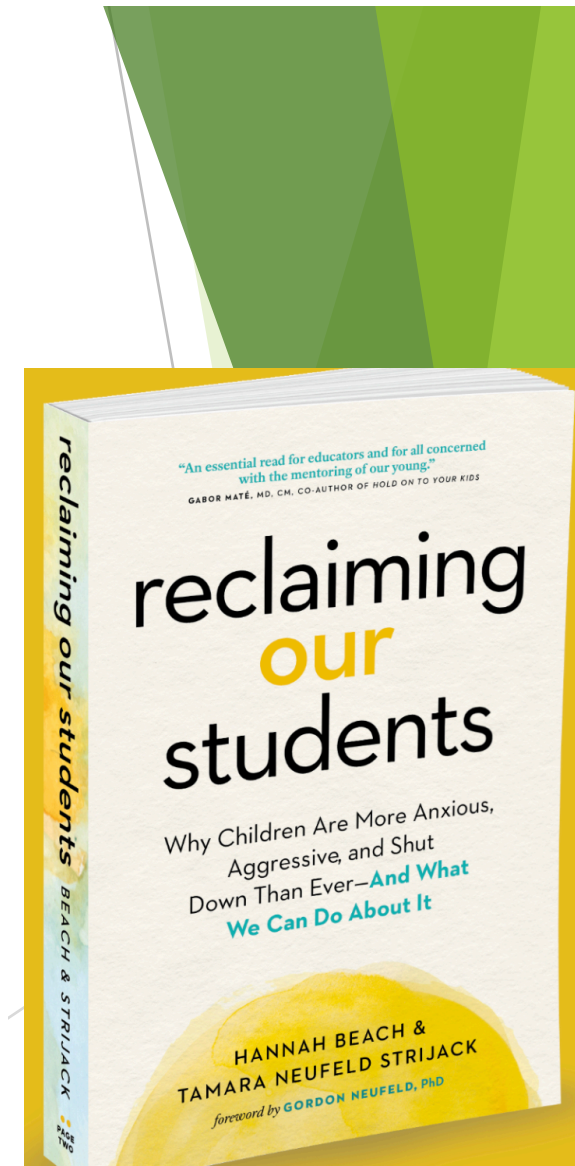
Introduction to the Inside-Out Handbook 299

### Special Considerations

- ... for Parents 307
- ... for Teachers Wanting to  
Share Insights with Parents,  
and Parents Wanting to Share  
Insights with Teachers 309
- ... for Teachers Wanting  
to Talk with Their Principal 313
- ... for Principals 317
- ... for School Counsellors 323
- ... for Home Educators 327
- Who's Who? 329

Acknowledgements 331

Notes 337



# The Inside-Out Handbook

HANNAH BEACH

● ●  
PAGE TWO  
BOOKS

When you have a copy of *Reclaiming Our Students* you can receive a free companion Inside-Out Handbook with over 60 pages of classroom activities to restore emotional health and well-being in students of all ages.

You'll find relationship-based activities to help your students:

- ▶ release pent-up physical energy, which can lower aggression
- ▶ connect to, reflect on, and express their feelings
- ▶ awaken caring and build community in the classroom
- ▶ Applicable for children and teens

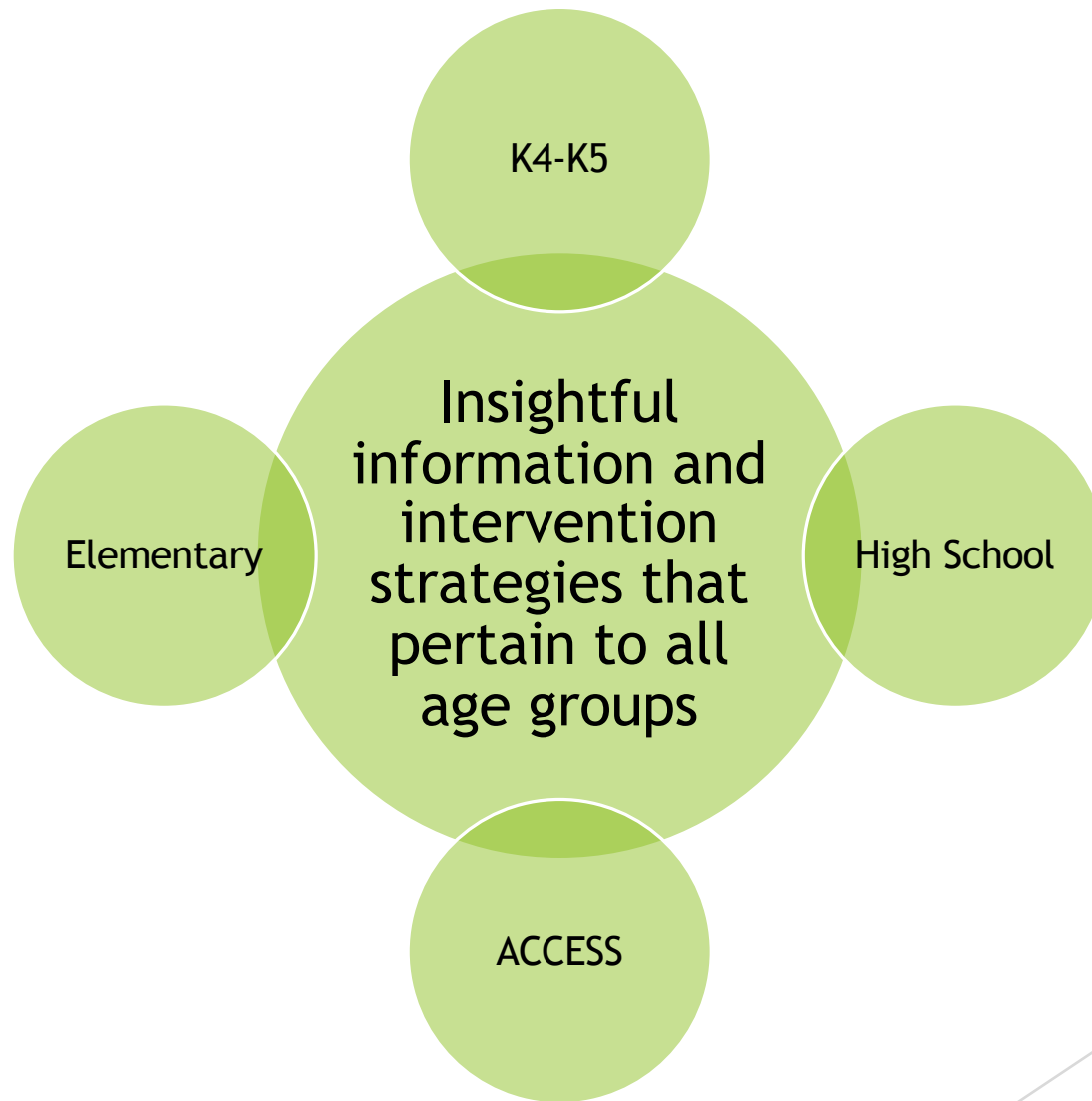




reclaiming **our** students:  
Professional Development Series



*Bring the book to life!*



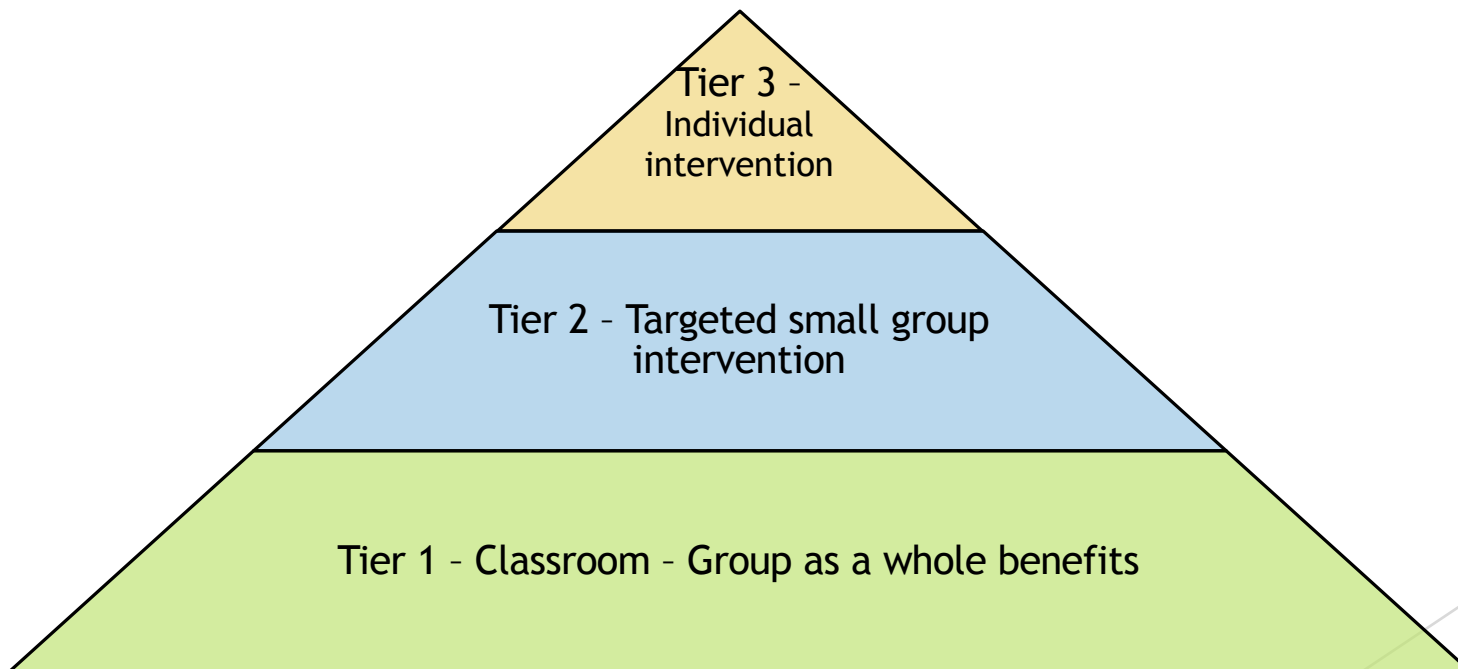
**reclaiming our students:**  
Professional Development Series



*Bring the book to life!*



Interventions that can be applied in a classroom,  
during small group intervention and individually



Making a resource package (*book, handbook of activities and video capsules*) that is available to all, provides different format possibilities for professional development and accompaniment

## Tier 1

Whole school team

Make each resource available to all staff members

Administrator maps out with team how they will engage with materials

## Tier 2

PD for staff working with challenging students

Target and map-out the use of each resource

Include online group discussions to support troubleshooting and application of intervention strategies

## Tier 3

Target PD areas to provide support for individual highly challenging students

Establish very close collaboration with school team members and professionals from Comp Serv

Include online group discussions to support troubleshooting and application of intervention strategies

## reclaiming **our** students:

Professional Development **Series**



*Bring the book to life!*

- ▶ This series is a guide to restoring the student-teacher relationship and creating the conditions for lasting change. It empowers teachers with attachment-based strategies for building emotional and social health in their learning communities.
- ▶ This 12- session online educational series expands the definition of safe schools and provides insights and attachment-based strategies for how we can shift and support students and classrooms. We explore the vital role of emotional safety, shed light on what is behind some of the challenging behaviours we see in our classrooms, and look to practices that can help us restore and awaken caring feelings in our students.

<https://reclaimingourstudents.com/video-series/>

Topics we'll be covering on your journey to becoming a change-maker

**From stuck to unstuck: creating the conditions for change**

- ▶ Session 1: Learning to read what's needed for change
- ▶ Session 2: Creating an environment of emotional safety
- ▶ Session 3: Becoming the leader our students need

**Understanding what's behind the behavior & how to help**

- ▶ Session 4: Not safe to feel: unpacking the role of emotion and defense
- ▶ Session 5: Aggression: what's behind the behavior & how to help
- ▶ Session 6: Anxiety: what's behind the behavior & how to help
- ▶ Session 7: Attention problems: what's behind the behavior & how to help
- ▶ Session 8: Resistant or bossy: what's behind the behavior & how to help
- ▶ Session 9: Shut down or bully behaviour: what's behind the behavior & how to help

**Towards thriving students and learning communities**

- ▶ Session 10: Shifting the negative identity of a child or a group
- ▶ Session 11: Waking up: Restoring and awakening caring feelings
- ▶ Session 12: Creating a village



*Bring the book to life!*

## reclaiming **our** students: Professional Development **Series**



*Bring the book to life!*



The Riverside School Board and Schools have come together to purchase the unlimited license package. This means that each RSB employee is able to benefit from this professional development opportunity. The licenses are valid for a period of 5 years.

### What's included:



#### **12 Video Sessions**

Strategies to shift and support students and classrooms.



#### **75 Minutes**

Each session is approximately 75 minutes in length.



#### **Individual or Group**

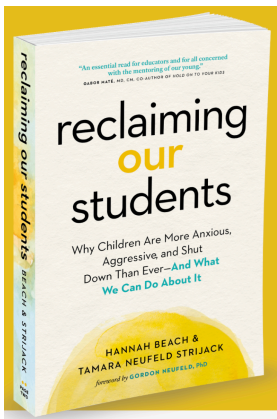
Learn at your own speed or in a group setting.



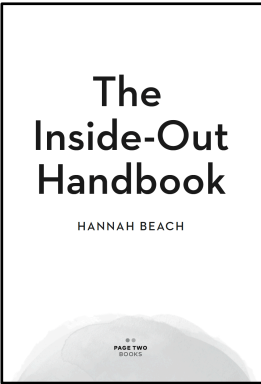
#### **Use Any Device**

Take your course on the go on any phone, tablet, or computer!

# French Resources are ‘in the works!’



Inside-Out Handbook - this document will be translated with the book  
Translation will be vetted by Catherine Korah and Martine Demers



Video Series only available in English



Book - translation is presently underway and should be ready by the end of this school year  
Translation will be vetted by Catherine Korah and Martine Demers



Online Discussions - these will be facilitated by Catherine Korah and Martine Demers - these will be done bilingually

# A PD opportunity that is spreading throughout the RSB Community

- ▶ Online, prescheduled sessions where staff from different schools can sign up and attend together
  - ▶ Reduce the feeling of isolation in schools
  - ▶ Share information and experiences
  - ▶ Be an active lifelong learner as part of the larger RSB community
- ▶ The goal of these topic-based sessions:
  - ▶ Distill key elements to the essence
  - ▶ Provide a bridge from information to application
  - ▶ Q & A and Troubleshooting
  - ▶ Support for staff who are working on the frontline

