

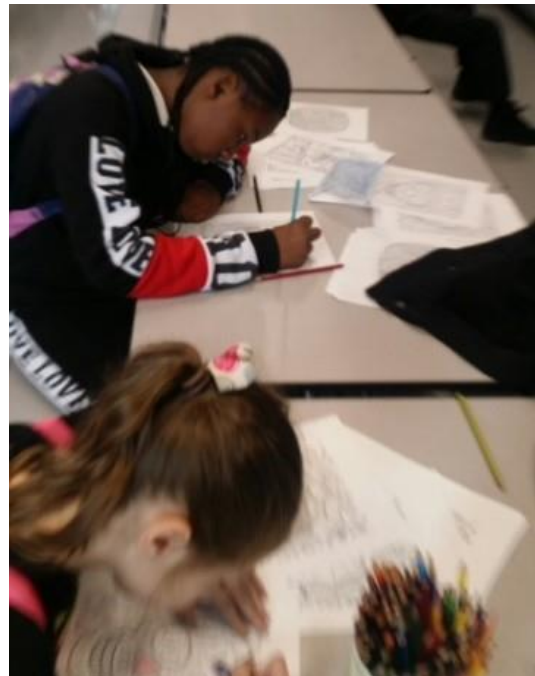
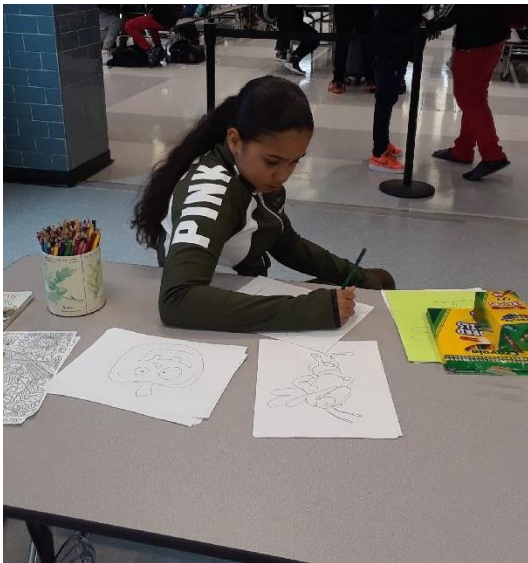
# *In The Zone*

Some of our day consists of being in various parts of the building in order to build relationships and help students learn how to build healthy relationships too. Often times you can find us in 5th period lunch playing board games with students and at the end of the week running the school store.





The school store is an incentive based program for middle school students. Middle school teachers are able to award "buzz bucks" to students who are making positive choices. Buzz bucks is a form of currency used to purchase items from the "Stinger Mart". Items include school supplies, calming jars, electronics and snacks. This also helps students learn about saving money in order to purchase items that are of greater value that they may not have an opportunity to buy yet. At the end of every week students can either deposit their buzz bucks into a "bank" and save it for future purchases or they can spend it right away.



During lunch time activities we have been offering students fall themed coloring sheets. Coloring is a great way to calm down and focus on something different. This is one of many coping mechanisms we teach students who may have trouble calming down after something has upset them.



Help zone staff have also begun to run lunch time groups. Groups are a good way for students to work closely with peers to address real issues they face at school, at home and in the community. Each group run generally have a different topic. Currently, this group is focusing on how to better handle conflict resolution and coping strategies after conflicts arise.

### Help Zone Break Down

Have you ever wondered what happens when you send students to the Helpzone? Upon entering the Helpzone (**room 5 in the basement easily accessed through exit 3**), students are greeted, asked to sign in with their name and the time they entered, and then prompted to reflect on their actions and behaviors by filling out a form with five questions. Below are what is most popularly referred to as **The Five Restorative Questions** and how they are used to guide students into productive self assessment.

**What happened?** It's a non-judgmental way of asking about the situation.

**What were you thinking at the time?** Allows the student to reflect and verbalize their thoughts.

**What are you thinking now?** This allows the student to self assess emotionally.

**Who has been affected and how?** This question allows the student to conceptualize the domino effect of their actions and reactions.

**What do you think you need to do to make things right?** This is the student's opportunity to analyze the situation and seek appropriate measures to resolve it.

Often, by the time the student reaches the final question, they've realized that the solution is simple, like sitting in their assigned seat, or to stop chatting during instruction. Sometimes, the solution is not as simple, and we help the students figure out the next best action steps to achieve their goals. Some of these steps might include a mediation between the student and their classmate, or even between the student and their teacher! Here are some ways that YOU, the teacher or administrator, can help us!

1. **Call us before the student reaches us! Ext 6050** This way, we'll get your perspective of what happened in the classroom. An SSO or a simple hall pass with only their name doesn't help us assess the situation! The student has the opportunity to say "I didn't do anything," and with no one to dispute it, we simply turn the student around and have them return to class.
2. **When the student returns to your class, give them a chance** to enact their reentry plan. This process is often smoothest if there is no extra attention drawn to the student returning, whether positive or negative. If the student has done well, please let them know after class!
3. **If you send a student to the Helpzone, always expect them back!** We don't hold students here for them to do tests or work. If they are not welcome back at all, they need to be directed to their administrator because you are requesting short-term ISS. The Helpzone is not authorized to send students to ISS.

Other uses of the Helpzone might be to assess whether the student needs to be referred to their counselor, has an exit pass from their counselor or administrator to cool down in a quiet space for 5-10 minutes, or if a student needs to use our hygiene closet. If you have further questions, feel free to call us, **ext 6050**, email us, or come down for a visit yourself!

## Hygiene and Clothing Closet

In the help zone we have some of the following hygiene products available for students in need:

- Soap
- Shampoo
- Conditioner
- Toothbrush
- Toothpaste
- Deoderant
- Chapstick

- Feminine Hygiene Products

We also keep clothing in order to help students in need and to help provide appropriate attire for students who might be out of dress code.

**\*\*\*If anyone has any items like these at home that they would like to donate please bring them to room 5 in the basement!\*\*\***

We're all so  
desperate to be  
understood,  
we forget to be  
understanding.

## In the Month of October:

- 249** Students accessed the help zone
- 18** Mediations were completed.
- 4** Utilized our Clothing/Hygiene Closet

## In the Spotlight:

Mrs. Wedgwood

Going forward every month we want to acknowledge all different types of staff member in the building for the work that they do. This past month Mrs. Wedgwood was faced with a crisis in her classroom. She handled this crisis with calm responses, settled her class and was able to effectively reach out to necessary supports in the building to ensure the student in crisis was taken care of. Thank you for going above and beyond for our students Mrs. Wedgwood!



