



Peaceful Schools[®]
Giving everyone the power to be peaceful.

MENU OF SERVICES

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INTRODUCTION AND ORGANIZATIONAL APPROACH

Peaceful Schools is a certified woman-owned business in Syracuse with over 20 years of experience serving schools, families, and community organization. We are committed to giving everyone the power to be peaceful and the skills to be resilient.

Peaceful Schools seeks to provide k-12 educators with professional development, coaching, technical assistance, and evidence-based practices to promote a culture of connection, competence, and resilience. In learning and life everyone faces adversity. For decades researchers have asked the question “Why do some students overcome adversity, while others get stuck?”. There is strong evidence to suggest that developing social emotional competence provides individuals with the agency and self-determination to face challenging events, avoid risky behaviors, maintain health, and achieve personal goals. For more information about the Peaceful Schools Resilience Forward Framework see Appendix A.

We believe that when properly delivered professional development includes behavioral rehearsal and external coaching, these elements support meaningful and productive application of the new skills. These supports promote forward progress towards implementation of initiatives with high fidelity, ultimately leading to the increased likelihood of producing quality outcomes and positive impact on student learning and growth.



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Our Philosophy and Approach: Peaceful Schools Resilience Forward Framework

At Peaceful Schools, our platform of professional development is designed to engage educators in learning the best practices for supporting the resiliency traits and protective factors of positive youth development. The following resilience forward framework provides an outline of how we believe focusing on attachment, regulation, and academic agency provide an asset-based approach to building social emotional competence and antidote to chronic stress and trauma.

At Peaceful Schools we believe the following core structures are essential to the development of implementing a Resilience Forward Framework that supports academic and social emotional learning. These features include:

- I. Adults recognize and understand the key strategies to support student resilience:
 - A. Adults believe that resilience can be taught, learned, reinforced, and strengthened until a student has a sense of confidence and agency in his/her ability to adapt and overcome. (Self-Reliance/Personal agency)
 - B. Adults recognize understand and acknowledge the impact of adverse childhood experiences (Chronic Stress & Trauma) and the corresponding impact on social emotional development. Specifically understanding that students with previous traumatic exposure are likely to experience more intense post-traumatic stress symptoms, resulting in acting out or acting in behaviors that are disruptive to the learning process.
 - C. Adults understand how to form and maintain secure-base teacher-student relationships and recognize the power of those relational bonds to provide a strong protective factor, anchoring the student to feel connection and belonging in the classroom and at the school.
 - D. Adults recognize and build healthy triangular connection between home-school/classroom and student. This connection is built on mutual respect of each role and seeks to collaborate to ensure the success and accountability of the student.
 - E. Adults have tools and techniques to promote a culture of mutual respect and seek to build strong collegial relationships between students. These tools include the ability to create norms around group expectations and mechanisms to demonstrate support, to respond to uncomfortable expressions with opportunity to talk, problem solve, to provide structures for discussing and debating opposing views respectfully and to provide structures for resolving inter-personal conflicts that arise.
 - F. Adults understand their role in providing Tier 1 Social Emotional Support. Adults are provided with foundational knowledge to support mental wellness and understand that not all healing has to be centered around



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talking about traumatic or stressful events. Instead recognizing the benefits of opportunities for self-expression through academic instructional practices such as movement, music, art/craft, writing, poetry, acting/role-play, story, research, discovery etc.

- G. Instructional practices are grounded in the principals of inclusion, equity, and cultural relevance.

- II. The School Schedule provides the time and resources to implement direct instruction of social skills and social emotional curriculum, such as Peaceful People, includes opportunities for student to practice skills through discussion, literature, and behavioral rehearsal

- III. Planned and embedded reinforcement of social skills through opportunities within the academic scope and sequence that allow for natural application of social skills by providing opportunities to apply social awareness and moral reasoning to academic content.

- IV. Clear, observable, behavior based (looks like/sounds like) and memorable expectations that are grounded in the culture of common language among adults, students, and families.

- V. Adults are trained to recognize signs of student stress/distress and are clear on the structures for making referrals and gaining assistance.

- VI. A continuum of structured problem-solving practices including a space for personal reflection and reset (A Peace Place), mechanisms for interpersonal conflict resolutions (School Based Mediation/Peer Mediation), a continuum of Restorative Practices to allow the community to address and repair harm and restore the community.

- VII. Faculty norms that promote professional learning community and collaboration.



Building and Maintaining A Connected Classroom

De-escalation Simulation

This highly interactive training helps school staff develop and rehearse strategies for recognizing and responding to students' challenging behaviors. Through a unique classroom simulation, participants practice and receive feedback on de-escalation skills in a supportive environment.

Participants in this training gain foundational knowledge and skills to understand the escalation cycle, and practice strategies for identifying positions of control versus collaboration to interrupt the cycle. Our trained actors simulate an array of student personalities displaying common classroom misbehaviors, providing participants the opportunity to practice newly gained de-escalation techniques and strategies. Real-time feedback, peer support, and actionable coaching allow participants to immediately incorporate new skills into their teaching repertoire. This training is focused on observing and recognizing the brain state (Regulated, Emotional, Dysregulated) of the student and using verbal and non-verbal skills and techniques matched to the regulation state to address, intervene, and respond supportively to students. This training does not present restraint or any other physical intervention techniques.

De-escalation Training can be offered as a 1-day workshop, or as a 2-day series allowing for extended simulation scenarios and advanced de-escalation techniques.

Duration: 6-12 hours

Capacity: 15-20 participants

Facilitators: Lead Trainers and 4 Support Trainers

Fee: \$2,850-\$5,700, plus travel expenses. All handouts and presentation materials included.

Effective Communication

The source of conflict is often miscommunication and misunderstanding. Learning to ask the right questions and listen for understanding is a skill that we all benefit from learning and practicing. Participants will learn verbal and non-verbal techniques for improving communication with students and colleagues. This training provides participants with the opportunity to learn techniques for maintaining neutral body language, avoiding the pitfalls of sarcasm, and ensuring that messages are clear, complete, and useful. This interactive training allows participants to practice skills and receive feedback through role-play and behavior rehearsal.

Duration: 6 hours

Capacity: 25 participants

Facilitators: 1 Lead Trainer

Fee: \$1,800, plus travel. All handouts and training materials provided



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The Power of Relationships

Positive teacher-student relationships are the cornerstone to a successful education. Yet it is often just assumed that teachers already know how to make these crucial connections with students. This course is designed to provide teachers with the opportunity for deep discussion about how to establish and maintain connected relationships with each student. The course will provide an overview of empirical evidence supporting the benefits of strong teacher-student relationships and will present tools and techniques for building positive relationships within the instructional practices of the classroom. Throughout the training teachers will be provided with opportunities to share from personal experiences the successes and challenges of building and maintaining rapport, engaging with students across a range of experiences, and the challenge each year of letting go and saying goodbye.

Duration: 6 hours

Capacity: 25 participants

Facilitators: 1 Lead Trainer

Fee: \$1,800, plus travel. All handouts and training materials provided

Nurturing Classroom

Chronic stress and trauma can change the way a student's brain functions, affecting their ability to learn and communicate effectively. This training highlights trauma-informed teaching strategies to support student learning and growth. Participants will be supported in developing a proactive 8-week plan to establish positive relationships in the classroom and will explore how trauma affects a student's learning process and can have lifelong effects on their whole well-being. Teachers and other school professionals will leave with an understanding of how positive interactions and relationships foster the learning process. This course allows participants to plan how everything they do in the classroom, from greeting students to the physical set up of the room, can positively communicate how they feel about teaching and set the tone for how students will learn. The facilitator will provide case studies, trauma-informed teaching strategies, and resources for building positive relationships.

Duration: 6 hours

Capacity: 25 participants

Facilitators: 1 Lead Trainer

Fee: \$1,800, plus travel. All handouts and training materials provided



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Practicing Mindfulness

Trauma-informed mindfulness practice focuses on calming the mind to help students focus and self-regulate. This experiential training provides activities and resources to bring back to your classroom, including body scanning, awareness of breath, and intentional awareness meditation.

Duration: 3 hours

Capacity: 25 participants

Facilitators: 1 Lead Trainer

Fee: \$900 plus travel expenses



Restorative Practices and Technical Assistance

Restorative Practices/Restorative Circles

Restorative Practices are a series of strategies implemented to build, maintain, and repair relationships within a school community. Our Restorative Practice trainings will provide tools and techniques for creating a caring learning community, addressing concerns, building trust, and resolving conflicts. Our 2- and 3-day trainings provide school professionals the foundational knowledge to begin implementing Restorative Practices into classroom instruction. Participants will practice by conducting restorative circles to build community, strengthen belonging, celebrate success, and discuss differences. Our approach is based on the techniques recommended by the International Institute of Restorative Practices (IIRP) and by the work of our Peaceful Schools implementation experts in the Restorative Practices field.

Three-Day Training:

These sessions present foundational knowledge on Restorative Justice, setting up a Restorative Framework in the school and classroom, and how to conduct Restorative Circles as a means of team building and relationship building.

Part One: Content presented includes: Trauma-Informed Neuroscience and its relationship to student behavior, Foundations of Restorative Justice and our Schoolwide Framework for Restorative Implementation.

Part Two: Content presented includes: Community Building Circles and Classroom Implementation

Part Three: Applied Learning: Participants will plan and facilitate circles.

Duration: 18 hours

Capacity: Up to 40 participants

Facilitators: 2 Lead Trainers

Fee: \$5,400 (\$1,800 per day) plus travel. All handouts and training materials provided. Flexible scheduling is available if you need to pace out the days.



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Advanced Restorative Training

Restorative Conferencing for Conflict Resolution

This session begins by examining conflict and the different types of Restorative Conferences in the Restorative Practice Framework. Participants learn and practice questioning techniques and reflective listening for conflict resolution using the Peaceful Schools Restorative Conference Model. This training requires that a strong Tier One Restorative Framework is already in place at your school. Peaceful Schools can help you to assess your readiness for this Tier Two Restorative Practice.

Duration: 6 hours total,

Capacity: up to 40 participants

Facilitators: 2 Lead Trainer

Fee: \$1,800, plus travel. All handouts and training materials provided including

Restorative Coaching and Technical Assistance

Peaceful Schools can complement the Restorative Practices Trainings with on-site Technical Assistance for your staff. Restorative Coaches model the Restorative Practice strategies with students and provide further embedded support to school staff as they implement Restorative Practices throughout the school.

Please contact us to discuss your needs.



School-Based Mediation

School Based Mediation Training

Our Mediation Training is designed to meet the standards for the Association for Conflict Resolution. Over 24 hours of training, participants learn the philosophy behind Mediation, along with the structures, procedures, and communication techniques required for successfully facilitating Mediations between students. Additionally, ample time is built into the training for practicing the Mediation Process using hands-on activities and the role-playing of real-life scenarios.

Participants will receive the forms and tools needed to run a Mediation program, along with up to 10 hours of Technical Assistance through phone/e-mail/virtual platform throughout the school year as you establish your Mediation program. Completion of this training is a prerequisite for partnering with Peaceful Schools to initiate, run, and maintain your own School-Based Mediation Program.

Duration: 24 hours, schedule designed around your needs

Capacity: 12-16 participants

Facilitators: 2 Lead Trainers and 1 or more support trainers as needed

Fee: \$9,600, plus travel expenses. Training includes certificate of completion and Mediation Manual for all participants, data tracking forms for program supervisors, and ongoing Technical Assistance via phone or virtual platform, for up to 1 year from date of training.

Mediation Refresher

A 6-hour refresher/booster training is recommended as a follow up 6-12 months after the initial training. This allows participants to discuss their experiences with a trainer and receive instruction to deepen skills.

Duration: 6 hours

Capacity: Training is presented by based on size of group.

Facilitators: 2 Lead Trainers and 1 or more support trainers as needed

Fee: \$1,800 plus travel expenses



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Peer Mediation Training

Our training engages students in activities, role play, and skill rehearsal to prepare them to successfully mediate disputes between other students.

Similar to our School-Based Mediation Training, our Peer Mediation Training is designed to teach the fundamental content and structures necessary to help others resolve a conflict through Mediation, at a developmentally-appropriate level for your 4th through 12th grade students. Adult advisors are trained alongside the students and receive additional training and materials to support the implementation and management of the Peer Mediation program at your school.

Duration: 24 hours

Capacity: 12-16 students plus 2-4 adult supervisors

Facilitators: 2 Lead Trainers and 1 or more support trainers as needed

Fee: \$9,600 plus travel expenses. Training includes certificate of completion and all training materials and a Mediation Manual for all participants, data tracking forms for program supervisors, and ongoing Technical Assistance via phone or virtual platform for up to 1 year from date of training.



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Multi-Tiered Systems of Support

Classroom Climate Assessment Tool

Peaceful Schools will provide an on-site walk through of identified classrooms to pre-assess using a rubric of best practices. This tool is not intended to be evaluative in nature, but rather to assess the common practices in place in the classroom which support students' senses of belonging and connectedness. School Administration are welcome to participate in the walk through to learn the tool and will have access to use the tool on their own. Approximately 10 classrooms can be observed in a 6-hour on-site visit.

Duration: 6 hours

Capacity: 10 classrooms

Facilitators: 1 Lead Facilitator

Fee: \$975

Customized Training for Building Multi-Tiered Systems of Support (MTSS)

Based on individual readiness, Peaceful Schools will develop trainings to support your buildout and fidelity of practices in MTSS.

Duration: 6 hours

Capacity: TBD based on training needs

Facilitators: 1 Lead Facilitator

Fee: \$1,800



Student Assemblies

Upstander Assembly Series

Addressing bullying behavior is a priority for many schools, parents, and students. This lively, engaging assembly series empowers students and adults to stand up for what's right for themselves, others, and their communities, in person and online. Middle and high school students learn to prevent and respond to bullying and other hurtful behavior through safe, powerful, and productive techniques.

Based on our Peaceful People social skills curriculum, our presentations help students identify and rehearse Upstander Behavior strategies to Reach Out, Speak Up, and Get Help. Topics can be tailored to the needs of each school or grade-level and may include: Upstander Behavior; Digital Citizenship; Perceptions and Assumptions; Joking vs. Teasing; Conflict; Communication; Social Norms; and Mindfulness. Assemblies can be conducted as stand-alone sessions; however, we recommend booking a series of 3 or 4 presentations over several weeks or months.

Duration: 45 minutes

Capacity: Grade Level

Facilitators: 1 Lead Presenter

Fee: \$1,200 per visit, plus travel expenses

Have You Filled A Bucket Today? The Assembly

Based on the characters from Peaceful Schools Production's First Official Touring Production of *Have You Filled A Bucket Today? The Play* by Ann Marie Gardinier Halstead. This interactive assembly uses humor, heart, and larger-than-life characters to teach students the concepts of Bucket Filling and Bucket Dipping based on the award-winning book by author Carol McCloud. Students will learn the "Science of Kindness" from Professor Smarty Pants III and The Bucket Filling Fairy joins in to demonstrate how to be a Bucket Filler! Perfect for Elementary students K-3.

Duration: 30-45 minutes - \$900



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Rise Up! Character Education Talk Show

Peaceful Schools will provide three (3) School Wide Assemblies, scheduled for fall, mid-winter, and spring, for all grades, all students. The assemblies will be focused on teaching the skills of being a Peaceful Person. A Peaceful Person is someone who knows how to treat other people the way they want to be treated, who recognizes and celebrates the unique contributions of each member of the community, who knows how to communicate effectively and problem solve in a positive and productive manner, finding mutually satisfying agreements. Rise Up! is an interactive stage performance for elementary students K-6. The main characters invite the students to be part of the “live” taping of their television talk show. Through the antics of the production, the characters interact with the student audience introducing and practicing important social skills. With many topics to choose from, the staff at Peaceful Schools will work with the program leaders to choose a series of shows that are matched with the themes of the building. Show topics include: accountability, choices, honesty, identity, joking, respect, responsibility, teamwork, and teasing, to name a few.

Each show is 40-60 minutes long and is adapted to meet the constraints of the school schedule and the age/grade level of the audience. Peaceful Schools will provide materials ahead of the show to help teachers introduce the topic and will provide follow up materials to support teachers in reviewing and reinforcing the lessons presented.

The goal of each Peaceful Schools presentation is to support students and teachers in creating a caring, cooperative, and safe school community.

Duration: 60 minutes

Capacity: Schoolwide

Facilitators: 3 Lead Presenter/Actors

Fee: 1 performance = \$1,500 (for additional booking info and pricing please contact us)



Produce your own Theatrical Production

Weird! The Musical

Bring your favorite Weird! Series characters to life in your own production!

Weird! The Musical, based on the Weird! book series by Erin Frankel and Paula Heaphy, is an energetic family musical with a powerful message. Created to perform for young audiences, families will enjoy seeing the pages of the books come to life on stage with Luisa, Sam, Jayla, and their friends learning where their power comes from and how to use it.

Audiences will love WEIRD! The Musical, with soaring music, opportunities for fun choreography and scenes that will speak to issues students face every day. With a small cast and minimal production requirements, this is the perfect show for touring, theatres with educational programs or school productions.

For more info visit: <http://weirdthemusical.com/license>

Leadership Development, Coaching & Retreats

Effective Team Development & Teamwork

Teamwork helps build trust among your employees. We will work with your team to develop activities and processes to motivate your staff to work together. Investing in strengthening your team's communication and problem-solving skills with this workshop can help transform your workplace. Our trainings utilize the research and practices of Bolman & Deal and Kouzes & Posner as foundational structures for guiding leadership strategy and development.

Duration: 6 hours

Capacity: 25 participants

Facilitators: 2 Lead Trainers

Fee: \$1,800 plus travel expenses. All materials included.

Based on individual readiness, Peaceful Schools will develop trainings to support your buildout and fidelity of practices in MTSS.



Experiential Virtual Workshops/Webinars

Virtual Restorative Practices Workshop

This virtual workshop is a series of three 90-minute webinars that focuses on the foundational practices of restorative justice. We will explore building relationships and handling conflicts in your classroom at Tier 1 and Tier 2. Our workshop is designed to be experiential, so it won't be your typical webinar. We will plan to work in virtual breakout rooms and participate in "virtual circles" to share our ideas about building a strong Tier 1 Restorative Framework. The 6-hour training will include (3) 90-minute virtual workshops and independent work (readings, videos and written reflections) to complete in between sessions.

Duration: 6-hour Training Includes- (3) 90-minute webinars, and 1.5 hours of independent Work in between sessions.

Capacity: 18 participants

Facilitators: 1 Lead Trainer

Fee: \$900

Virtual Circle Training

Virtual Circles are a powerful tool to build connection in a world where we are staying apart. Using the same Restorative Practices methods as in our classrooms, virtual circles are being used to as a Tier 1 Social-Emotional Strategy in the digital world. In this webinar, we will cover everything from how to set up a digital link, enable safety features for seamless participation and manage participants using virtual circle best practices. Participants will be given circle resources for leading their own virtual circles with their building staff or classroom students. Prerequisite: You must already be a trained Restorative Circle Keeper so that knowledge can be transferred to the digital platform.

Duration: 90 minutes

Capacity: 18 participants

Facilitators: 1 Lead Trainer, 1 support trainer

Fee: \$300



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Introduction to Trauma and Adverse Childhood Experiences

Chronic Stress and Trauma can change the way a student's brain functions, affecting their ability to learn and communicate effectively. This 90-minute virtual workshop will help participants gain a greater understanding of Adverse Childhood Experiences (ACES) and the role it plays in classroom behavior.

Duration: 90 minutes

Capacity: 18 participants maximum

Facilitators: 1 Lead Trainer, 1 support trainer

Fee: \$300

Student Talk Protocol

This 90-minute webinar will walk participants through a strength-based approach to developing a team-based support plan for struggling students. The Student Talk Protocol empowers teacher teams with strong tier one classroom routines to work collaboratively in brainstorming supports for individual students. Participants will learn the meeting protocol through role play and facilitator will provide guiding questions scripts and classroom intervention resources.

Duration: 90-minute virtual workshop

Participants: 18 participants maximum

Facilitators: 1 Lead Trainer, 1 support trainer

COST: \$300