

BOARD REPORT

Encouraging Resilience

by Allison Munch-Rotolo

As cognitive psychologists have long known, words contribute to our understanding of the world around us. Our interpretation of experiences is enhanced when we have words to act as constructs for our thoughts. It's one of the reasons the word gap (the difference in the total number of words spoken to children of rich and poor families by the age of three) is such a crucially-important aspect of the opportunity gap in education. A rich vocabulary is high-yield investment in a child's future.

On a recent visit to the classroom of **Sonia Bringham** at Jefferson Elementary, I was initially surprised to find students using very "brainy" vocabulary words. Mrs. Bringham's second graders (and those of her second grade colleagues), regularly devote around 30 minutes per week to reviewing and discussing ideas about how their brains help them, and how they can help their brains. For example, the students understand that a part of the brain called the amygdala is responsible for threat-detection and response. When the brain is busy detecting and responding to threats, its ability to perform other functions is severely compromised. Put very simply, we need to feel safe to learn.

Mrs. Bringham's classroom environment playfully encourages resilience. For example, a simply-decorated paper tube is a "joy-scope" that helps students focus on the things that bring them joy and happiness—such as a favorite color or a peaceful cloud floating outside the window. The "calming cave" (located under a classroom table) is a place of refuge, where students can spend a few moments collecting their thoughts. Slowly sliding a few beads up and down a pipe cleaner while breathing deeply is another example of a simple technique that can be used to avert the brain's typical fight-or-flight response. As a visitor to this classroom environment, I found these techniques appealing and was eager to incorporate them into my own life.

While individual teachers throughout the district utilize an assortment of practices, systemic changes are also underway. Sunnyside Elementary, for instance, is currently piloting the CLEAR Project. CLEAR (Collaborative Learning for Educational Achievement and Resilience¹) is a program designed to train teachers and staff, so they can better equip students with resilience tools that support learning. Examples of resilience tools include beliefs (like a growth mindset), skills (like self-regulation), and aspects of the environment (like supportive relationships). To date, there are 28 CLEAR schools across five states. (Sunnyside's participation in the CLEAR Project is supported by a grant from the Pullman Education Foundation.)

It is important to note that resilience training does not replace or detract from existing learning standards in core subject areas, but can help students to be better prepared for learning in general. Like a rich vocabulary, the capacity for resilience will help each student to achieve their full potential.

¹ See <http://extension.wsu.edu/clear/>

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The Pullman School District Board of Directors and the Pullman School District shall provide equal educational opportunity and treatment for all students in all aspects of the academic and activities programs without regard to race, religion, creed, color, national origin, age, honorably-discharged veteran or military status, sex, sexual orientation (including gender expression or identity), marital status, the presence of any sensory, mental or physical disability, participation in the Boy Scouts of America or the use of a trained dog guide or service animal by a person with a disability. The district will provide equal access to school facilities to the Boy Scouts of America and all other designated youth groups listed in Title 36 of the United States Code as a patriotic society. District programs will be free from sexual harassment.

The following employee has been designated to handle questions and complaints of alleged discrimination: **Roberta Kramer**, Assistant Superintendent, Pullman School District Administrative Offices, 240 SE Dexter Street, Pullman, WA 99163, 509.332.3144. Applicants with disabilities may request reasonable accommodations in the application process by contacting the Personnel Coordinator at (509) 332-3584.

PULLMAN PUBLIC SCHOOLS KINDERGARTEN REGISTRATION

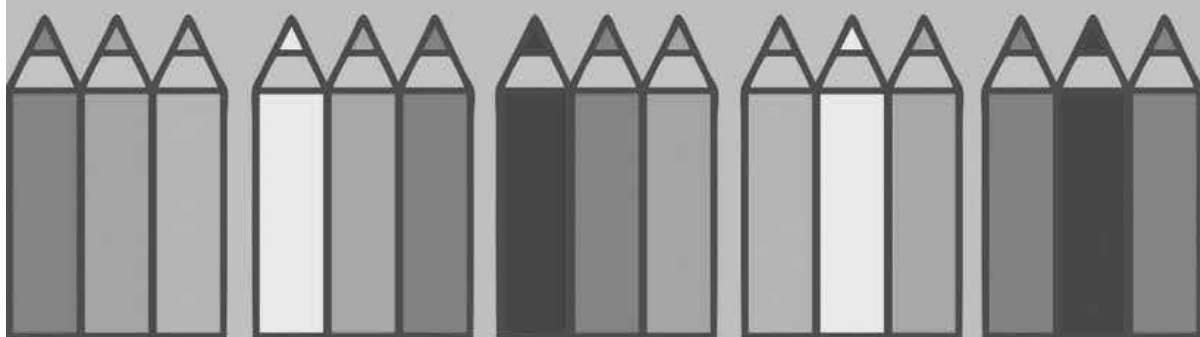
WHEN

THURSDAY, MAY 3, 2018
9AM - 3PM

WHERE

PIONEER CENTER
MULTIPURPOSE ROOM
240 SE DEXTER STREET

PLEASE BRING BIRTH CERTIFICATE AND
IMMUNIZATION RECORDS





Helping students to be College and Career Ready

One of the most fulfilling elements of a students' high school career can be the successful and productive effort towards a future passion or goal. The relevance of this pursuit can give students that extra push towards success—whether it be a favorite subject area, a major project or assignment in an area of interest, or even the ever sought “a-ha;” the sudden clarity of comprehension that comes with learning something new—there is a thrill in the pursuit of knowledge in a field that captivates you. In preparing students for life after high school, we continue to push students towards academic pursuits that can prepare them for a post-secondary education and job readiness. The latter is where we can specifically emphasize learning that prepares students for specific skills and trades that can be used for future career opportunities or field expertise.

Pullman High School has a number of Career and Technical Education (CTE) courses that students can take based on specific interest levels—courses that can address employment trends or skill set needs within the workforce. These courses are also aligned with Career and Technical Student Organizations (CTSOs); “clubs” where students can apply these skills in an extra-curricular and often times competitive setting. PHS has a number of successful programs that have prepared students for both career and college opportunities, and we continue to add more variety to this menu of CTE courses. This past year, in an attempt to address further employment trend needs in the area of health sciences, PHS added a sports medicine class. Next year, we plan to offer a Computer Sciences course—a need expressed both by local and state employment trends as well as student interest.

Not only can CTE courses help students follow a passion or career path, but with Washington state's new 24-credit graduation requirements, it helps provide more opportunity and flexibility for students to pursue specific classes related to their interest and goals. The High School and Beyond Plan allows students to be selective in a few of their requirements via “personal pathways”—a course road map that can prepare students for specific post-high school opportunities whether they be a 4-year or 2-year college track, a trade or technical school plan, an internship or apprenticeship, or specific job placement.

We are grateful to be able to offer selective courses that can ignite and fuel a student's passion and we attribute these classes continued success to the direction of our knowledgeable and dedicated teachers, as well as our talented students. Our FFA, VICA, Culinary and Multimedia students are consistently being recognized at both the state and national levels for their great work in the agricultural, welding, food, and digital media industries. And this year, for the first time in a while, our DECA program will be sending students to Nationals in Atlanta, Georgia this coming spring.

Education is an ever-evolving medium and we continue to seek out the best ways we can work with our students and the community to best prepare our kids for future opportunities and to instill a passion for life-long learning, no matter what form that learning may take. For more information regarding Career and Technical opportunities, please contact CTE Director/Assistant Principal **Chris Franklin** at cfranklin@psd267.org or Principal **Erik Heinz** at ehinz@psd267.org.

- CTE courses at Pullman High School are offered in the following CAREER PATHWAYS:
 - Business and Marketing
 - Family and Consumer Sciences
 - Agricultural Education and Sciences
 - Health Sciences
 - STEM (Science, Technology, Engineering and Math)
 - Skill and Technical Sciences

For a complete list of courses offered at PHS, you can view our course guide on our website at phs.pullmanschools.org under the “Counseling Services” tab, listed as “Registration (Spring).”

Social Media & Kids: What Should Parents Know?

April 18, 2018
6-7:30pm
PHS Theater

Join us for an engaging presentation for parents, with Pullman Police Officer Scott Patrick

Questions? Contact Shannon Focht at sfocht@psd267.org or 509.332.3581

Let's be social!

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Kamiak Elementary School: [@PullmanKES](https://twitter.com/PullmanKES)

Instagram: [@KamiakElementarySchool](https://www.instagram.com/KamiakElementarySchool)

Child Find 2017-2018

Early Childhood Developmental Screening

PULLMAN SCHOOL DISTRICT

Ensuring Learning While Challenging and Supporting Each Student to Achieve Full Potential

- WHO:** Children - Birth through 5 years of age who are living in the Pullman School District, including children who may be living in a temporary or homeless situation.
- WHAT:** This screening is an opportunity to identify, locate, and evaluate children with disabilities and to address potential concerns.
- WHEN:** Friday mornings during the 2017-2018 school year:
- September 8th
 - October 6th
 - November 3rd
 - January 5th
 - February 2nd
 - March 2nd
 - April 13th
 - May 4th
- WHERE:** Community Child Care Center/Head Start
530 NW Larry Street (aka Greyhound Way) (behind Pullman High School)
Pullman, WA



For more information or to schedule an appointment please contact:

Paula Bates
State & Federal Special Programs Coordinator
Phone: 509-332-3144



The Pullman School District complies with all federal and state rules and regulations and does not discriminate on the basis of race, creed, religion, color, national origin, age, veterans or military status, sex, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to designated youth groups. This holds true for all district employment and opportunities. Inquiries regarding compliance and/or grievance procedures may be directed to the Assistant Superintendent, Pullman School District Administrative Offices, 240 SE Dexter Street, Pullman, WA 99163, 509/332-3144. Applicants with disabilities may request reasonable accommodations in the application process by contacting the Personnel Coordinator at (509) 332-3384.