

September 13, 2011

Quarter 1, Week 9

CPSC Weekly Update

...words of wisdom from John and important dates to remember

From the Director...

Dear CPSC Families,

As a Peaceful School, we believe solving social conflicts using non-violent, non-aggressive strategies will create a more respectful community. One of our goals is to construct a community where all of us feel a sense of welcome, significance and fun. Social conflicts are a normal part of each day and an opportunity for growth. It is the response to conflict that brings us a step forward in becoming a more respectful community or a step backwards towards exclusion and bullying behaviors. Solving conflicts is a lot like solving math problems - you need effective strategies. And these strategies can be taught and learned. This year we are continuing to use creative strategies taught by students, teachers and our counselor, Natalie.

Last week I was sitting in on Meg's 2nd grade's morning meeting. At the end of the meeting, Natalie, our counselor, arrived with four fifth graders from Alex's class to perform a skit. The second graders made a stage in their room and watched the fifth graders act out an argument over a seat cushion. The fifth graders solved the problem using the non-violent conflict resolution strategy called "I Care Language". "I Care Language" involves using 'I' statements, describing personal feelings and active listening rather than aggressive and accusatory statements. After the seat cushion argument was solved, in walked a new acting troupe from Sue's fourth grade, arguing over who can play with whom and when. The fourth graders solved the problem using another non-violent conflict resolution strategy called "Talk it Out". "Talk it Out" often requires a trained mediator, either a child or an adult, who helps the participants stick to what happened and describe how they felt. Next, each participant repeats what the other said and then they brainstorm solutions. The process develops empathy in the participants and is not based on punishment or blame. If these are techniques you would like to use at home, please talk to your child's teacher at your upcoming conference and see how they are used in class. You can also contact our counselor, Natalie at natalie@cpsfc.org. The more practice our children have using effective non-violent conflict resolution strategies the more respectful our community will become.

Yours,

John

IMPORTANT DATES TO REMEMBER:

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| Sat, Sept. 17 | ALL SCHOOL WORKDAY , 9:00AM – 12:00PM |
| Tue., Sept. 20 | Teacher Appreciation Luncheon |
| Tue., Sept. 20 | Parent Discussion Group: Social Development from 6:45-7:45pm |
| Wed., Sept. 21 | Board Meeting, 6pm in the Big Room |
| Fri., Sept. 23 | Last day of the first quarter |
| Mon-Tue, Sept. 26—27 | Parent Conferences (sign up now!) |

****CPSC LITERARY FESTIVAL at The Regulator: Oct. 20-21-22
Friday, Oct. 21 is Dress As Your Favorite Book Character Day!**