



MISS KENDRA NEWSLETTER

Moving beyond being trauma-informed
by addressing trauma proactively

Visiting Sallie B. Howard School



Pictured above: Erinn Webb, (Miss Kendra Trainer); Dr. Joanne Woodard, SBH Founder; Dr. David Johnson (CEO, Miss Kendra); and Annie Morris, SBH Clinical Consultant.

We welcome [Sallie B. Howard School](#) in Wilson, North Carolina as a Miss Kendra School! Sallie B. Howard School for the Arts & Education is a free, public charter school serving over 1000 students in grades K-12. Named after the legendary author, educator, playwright and actress Sallie Baldwin Howard, SBHS is dedicated to ensuring that every child – privileged or underprivileged – gets the kind of education that will allow them to become more than they ever thought they would be.

Join us for our October Webinar



MISS KENDRA WEBINAR

Moving beyond being trauma-informed
by addressing trauma proactively

Bearing Witness to Students' Lived Experiences

Tuesday, October 26 @ 4:00pm (ET)

[Register Now!](#)

One of the most powerful tools of the Miss Kendra Program and other SEL programs is having the teacher bear witness to the students' reports of their lived experiences, particularly their worries about themselves and their families. The panel will consider the skills necessary to be an effective witness, and the impact on the teacher-student relationship that this process creates.

This month's panel:

- David Read Johnson, Ph.D., CEO, Miss Kendra Programs
- Hadar Lubin, MD., Chief Medical Officer, Miss Kendra Programs
- Erinn Webb, MA, Director, Elementary Education Programs, Miss Kendra Programs
- Alicia Stephen, MA, Director, Staff Development, Miss Kendra Programs

[Join us](#) on Tuesday, October 26th at 4:00pm to join the conversation and learn how to strengthen your approach to caring for your students.

[Register](#)

Miss Kendra Programs Chief Medical Officer Hadar Lubin with News 3 WTKR



Last month, the Chief Medical Officer of Miss Kendra Programs, Hadar Lubin, spoke with News Channel 3 WTKR about the importance of trauma-informed education in our schools after a shooting took place at Heritage High School in North Carolina.

[Read Article](#)

The Road to Recovery is Not Linear

Schools are in the process of recovery from the pandemic. But recoveries are rarely linear, and this one in particular will challenge everyone.

When we think of goals and objectives they are often achieved in a linear fashion: you start from point A and go to point B. You prepare the class, you teach, the students learn, and objectives are met. You start with the planned curriculum, and you will finish it at the end of the year. Having a linear trajectory is clear, is progressive, is directional and is predictable. We like it and prefer it. But recovery is not linear, instead it is a sinus shaped curve with lots of ups and downs.

Miss Kendra Programs suggests the following tips for returning to the classroom this year:

1. **Although recovery is not linear it is progressive.** As we start the new year and the pandemic recovery is happening, it is important to remember that recoveries are not linear and to expect the roller coaster ride and even in the ups and downs, progress is made.
2. **Educate others of the nature of this bumpy ride.** Teach others to expect the downs, embrace the ups, and know that both progress the healing forward. Knowing

it allows you to predict that the journey will not follow the agenda, but the ride can still be purposeful.

3. **Be as flexible as you can with expectations.** Adjusting expectations leads to adaptive responses. We are all accustomed to working with standards that must be met. The old standards will not always work in this recovery. We need to reassess and be realistic.
4. **Be forgiving of yourself.** While you prepare your class, recognize that you may need to shift gears as kids struggle or support kids in distress, even if it means slightly falling behind with your objectives.
5. **Everyone recovers differently.** Each person is recovering in a completely different way. For some people the pandemic has broken social bonds, for others it has brought them closer to family. One key word of caution is being careful not to land on one main story that applies to everyone. You have to ask every child.

If you are interested in viewing the recording of the September Miss Kendra webinar, please request access [here](#).

Connect with us!



Miss Kendra Programs



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