# MISS KENDRA NEWSLETTER

Moving beyond being trauma-informed
by addressing trauma proactively

Dear firstname,

We cannot overstate, or forget, the challenges Covid-19 has imposed on the teaching profession. While we hoped to get back to some kind of normal this school year, intermittent isolation, hybrid learning, chronic absenteeism, unpredictability, and the stress of political turmoil, have persisted. Looking forward with hope, this could be the precipice of true change.

The Miss Kendra team was joined by three wonderful panelists for our March webinar to discuss the challenges facing teachers today, how we can support each other, and where we go from here.

So much wisdom here that is worth listening to over and over again. Click here to view the recording, share with your friends, and keep this video and list handy for those days you need a little reminder.

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### Key Takeaways from March's Miss Kendra Webinar

1 Remember the importance of your work.

Open your door and find human connection. 2

3 Don't make a permanent decision based on a temporary circumstance.

#AskEveryChild

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## We want to hear from you!

# Join us for our April Webinar

Join us for our next webinar Tuesday, April 12 at 4 pm, where we will discuss expanding the concept of trauma-informed to include the students.

**Register**

# Teachers' Support Program:
# A Bi-Weekly Meeting with
# Dr. Hadar Lubin and Erinn Webb

Join Dr. Hadar Lubin, MD, Chief Medical Officer of the Miss Kendra Programs and Co-Director of the Post Traumatic Stress Center, and Erinn Webb, MA, RDT, Co-Director of Primary Education Programs, on a journey exploring how stress is affecting your job as a teacher/educator.

Previous participants are welcome back! This program is designed to address topics that weigh heavily on teachers' minds: being stretched in so many directions by the urgent needs of your students and requirements of the school, and burdened even more by the pandemic and other current issues facing our nation.

Take this time for yourself, with other teachers, to reflect on the challenges, share your own experiences, and receive support. Each meeting will include a mini-lecture by Dr. Lubin on specific topics, followed by a process discussion, and ending with a brief closure. It is not 'therapy' but it provides the benefits of strengthening your resilience, understanding, and connection.

**Bi-Weekly on Thursdays at 4-5PM EST via Zoom**
**Starting soon!**

**Register Here. Space is limited to 20 participants.**

## Miss Kendra Programs in the News

Miss Kendra Programs CEO Dr. David Read Johnson spoke to the need for a public health model of mental health support in schools at a recent **Connecticut General Assembly Public Health and Children's Committees hearing** and in **this op-ed** published by the Hartford Courant.

# Grant funding available

Miss Kendra Programs is expanding in elementary schools across Connecticut and Minnesota to respond to the widespread need for effective SEL programs that reach every student in the wake of the COVID-19 crisis. Special funding for the first year of programming is available to schools in Connecticut and Minnesota now!

Miss Kendra Programs is looking for elementary schools that have experience delivering trauma-informed care, that can make a whole-school commitment to the program's guiding principles of trauma-sensitivity, non-punitive discipline, and a whole-child approach, and that are prepared to sustain the program.

Visit misskendraprograms.org to learn more and apply.

**Miss Kendra Connecticut**          **Miss Kendra Minnesota**

# Connect with Miss Kendra Programs

Miss Kendra Programs

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