

Miss Kendra Programs

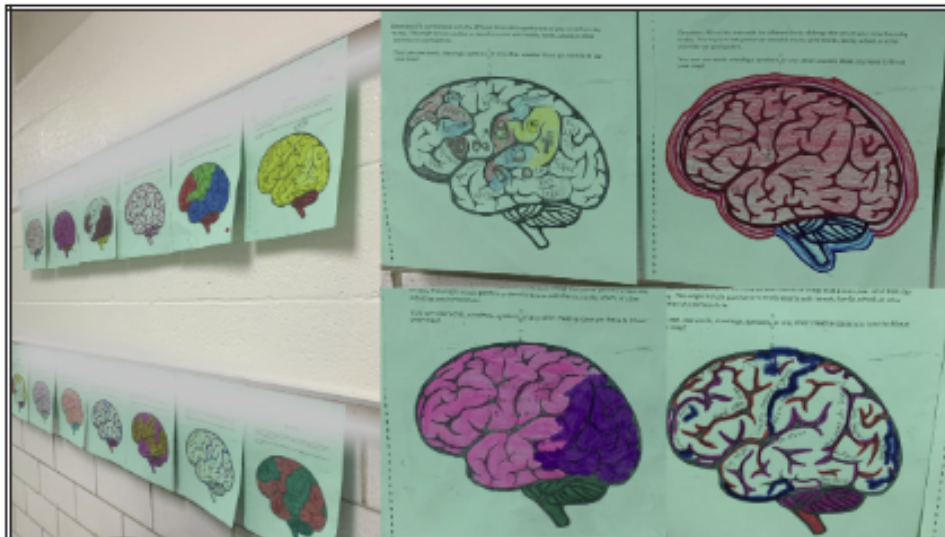
AUGUST NEWSLETTER

#AskEveryChild



Happy back-to-school season! Welcome back to all. We hope that the 2022-2023 school year will be full of opportunities for all to learn, grow and connect.

Brain mapping!



Understanding what's going on in our own brains is a huge step toward managing our emotions and processing our worries. That's why Miss Kendra Programs middle grades start out the school year learning about adverse childhood experiences, the ACES study, and why we need to talk about the tough stuff that interferes with learning, just as much as we celebrate sharing the good stuff. Then each student has a chance to creatively map out what is on their mind. Check out these awesome examples from Bellview Middle School in Florida!

Teacher Feature

Penny Capko first got involved with Miss Kendra Programs after attending the Beyond Paper Tigers Conference and viewing [Resilience: The Biology of Stress & The Science of Hope](#).

"Miss Kendra played such an important role before and during our COVID closures. My school has a diverse community, many of whom are experiencing homelessness and other challenges. Miss Kendra provided an outlet for communication for our students, and an opening to conversation for our staff.

The program provided us with a common language about sensitive subjects. Miss Kendra's list is referred to by both staff and students. Students refer to the list, use the worry board and write letters to Miss Kendra. This has opened up communication and given students an opportunity to share sensitive information and be heard and supported in the classroom and throughout the building. We have also been able to involve community members who can continue to support outside of the classroom.

I highly recommend this program for supporting staff and families in the school setting. It is so important to use the program with fidelity, continue training for teachers and offer students all of the many opportunities to share their worries and build on their strengths. It really does build a culture of resilience and caring."

- Penny Capko, elementary school administrator

Miss Kendra Programs & Immigrant and Refugee Services in New Haven

The counselors at the Post Traumatic Stress Center in New Haven, CT, who conduct the Miss Kendra program, have expanded their partnership with [IRIS](#) (Integrated Refugee and Immigrant Services) in both elementary and high schools.

"Many of these immigrant children have been traumatized in their home countries, which forced them to leave, and then were traumatized in refugee camps and the arduous process of coming to the U.S., only to find further stress here as they adapt to a strange new situation, overcome language barriers, and sometimes face avoidance or rejection from other students," commented Miss Kendra Programs CEO Dr. David Johnson.

Miss Kendra counselors who are already in these schools are able to connect with every IRIS student, make a comprehensive assessment of their needs, and then communicate with IRIS staff to coordinate appropriate support. If counseling is needed, the counselor will provide that during the school day.

"We at IRIS are so grateful for the incredible work that the Miss Kendra and Post Traumatic Stress Center team does with our students," notes Debra Riding, director of education at IRIS. "They are our eyes and ears on the ground... and the challenges facing these kids are overwhelming at times!"

Thanks to the Carolyn Foundation and our other grant funders for making this programming possible.

What we're reading

"The benefits of social and emotional learning (SEL) are well-researched, with evidence demonstrating that an education that promotes SEL yields positive results for students, adults, and school communities." [Read more from CASEL.](#)

Never underestimate the power of play. Edutopia reports that "play-based learning can be more effective than direct instruction at improving outcomes for early learners—particularly in the development of mathematical and spatial skills." [Read the full story at Edutopia.](#)

