

Miss Kendra Programs

DECEMBER NEWSLETTER

#AskEveryChild



Happy holidays from Miss Kendra Programs!

We are wishing you all the best for a peaceful month, joyful holidays and a hopeful new year.

Miss Kendra Moments

This year, the staff and Miss Kendra team at Edgewood School in New Haven, CT have been implementing monthly morning check-ins with the whole school. As they arrive, students drop a poker chip into a bucket to say if they're feeling "Great!" or "Not So Great." Around 80% of the 200+ students and staff who have checked in each month have selected the "Great!" bucket. For the other 20%, having someone ask if they're okay might be just enough to remind them someone cares.

You can do this too! All you need is:

1. A bucket of poker chips
2. Two containers labeled, "Great!" and "Not So Great!"
3. A couple of hands to get the job done!

Sometimes a small act of caring can make a big difference because it lets people know that it is ok if they're not feeling great, and they can ask for help if they need it. And that's what Miss Kendra is all about.



Simone Hopwood, Miss Kendra Helper at Edgewood Creative Thinking Through STEAM Magnet School in New Haven, CT.

Interested in bringing Miss Kendra Programs to your school?

Let's talk!

What Does it Mean to be Strong? A Miss Kendra Time Webinar!

Angela Cherry and Annie Morris from Sallie B. Howard School in Wilson, NC, joined Miss Kendra Programs' David Read Johnson and Hadar Lubin earlier this month for an uplifting look into a real-life Miss Kendra classroom!

We watched Ms. Cherry lead her very own class through a Miss Kendra Time lesson. The students' enthusiasm and empathy was infectious! Then Ms. Cherry and the rest of the panel reflected on all they have learned and seen since this lesson was filmed last year.



Key Takeaways from Miss Kendra Programs' December's Webinar

1

Building empathy, resilience, emotional awareness and social skills is beneficial for teachers, students and everyone involved.

Relieving stress makes space for academics to take place.

2

3

It's about listening--not fixing problems in the moment.

Asking for help is a skill, a vital part of being resilient.

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Learn more at MissKendraPrograms.org

[View the webinar](#)

What we're reading

The Sandy Hook community reminds us that grief is complex. Read about memorializing and honoring trauma, while supporting students and adults in healing and moving forward from Education Week: [10 Years After Newtown Shooting: Schools, Communities Forge Rituals of Remembrance.](#)

The holidays can be hard, especially for young people experiencing toxic stress. Check out these helpful resources from the National Child Traumatic Stress Network: [Supporting Children and Teens During this Holiday Season.](#)

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