

Conscious Discipline Program

As we begin a wonderful year at Cedar Springs Weekday School, we look forward to partnering together to nurture the emotional, physical, mental, and spiritual well-being of your children. We look forward to God revealing his plan for each child throughout this year.

Our staff is excited to begin implementation of a comprehensive child management program, titled *Conscious Discipline* by Dr. Becky Bailey, in our classrooms this year. After a year of professional development training, our teachers are ready to share this program with our students and families.

Conscious Discipline (CD) seeks to achieve school-wide success by joining social-emotional learning and classroom management. The following aspects summarize the program:

- The “School Family” creates a safe, caring classroom that promotes brain function.
- As problem solving and emotional connections are nurtured in a safe environment through *Conscious Discipline*, a child’s brain function can continually improve.
- With improved brain function, children can master self-control, character development, conflict resolution, and social skills to benefit them for a lifetime.

At Cedar Springs, we are committed to developing these core skills to move from a traditional reward and punishment structure to a relationship-based “family” model that promotes higher-level thinking skills.

With this as our goal, you may see some of the following classroom structures (*depending on your child’s age level*) in your child’s classroom this year:

- **Safe Place:** *The Skill of Composure* will be taught with the Safe Place, a location where children can remove themselves from the group to regain control when they are upset, sad, or frustrated. This is not to be confused with a “Time-Out” approach. Students will be taught techniques of how to be a S.T.A.R. (Stop, Take a deep breath, And, Relax) through classroom principles.
- **Friends and Family Board:** Teachers will display pictures of the “School Family” and extended family (with your permission) to assist as a visual reminder of connection throughout the day.
- **Job Board:** As a part of the “School Family” to teach *The Skill of Encouragement (and responsibility)*, each child will contribute to the community with an assigned job each week.
- **Picture Rule Cards/Kindness Recorder:** To teach *The Skill of Choices* teachers will provide visual references of good choices in the classroom and reinforce those choices by recognizing helpful acts of kindness.
- **Celebration Center:** In teaching *The Skill of Positive Intent* classes will celebrate all accomplishments (learned to ride a bike, tie shoes, etc.) and life events (birthdays, new pets, etc.).
- **We Care Center:** To teach the *Skill of Empathy*, we will encourage students to share prayer concerns and express ways they can support one another and their family members. As an example, students may make cards and create heart prayer requests with materials provided.
- **School Family:** Each classroom will operate as a “School Family” with the teacher’s primary job to keep the children safe. The students will help the teacher keep the classroom safe by self-monitoring their own behavior as they grow in the skills of *Conscious Discipline*. Classes will have a class meeting time to celebrate, connect, solve problems, and set positive patterns/goals for the brain to focus on.
- *The Skill of Assertiveness* will teach the children to take a hurtful behavioral problem and turn it into a helpful one.
- *The Skill of Consequences* will teach students to look at an action, reflect upon the negative choice, and provide a teachable consequence while extending empathy.

We are committed to implementing this program school-wide to see the benefits as students continue using/ learning these skills throughout their years of enrollment at Cedar Springs. It is our desire for our students to move on from our program with skills to respond to life events, rather than react to them. In the future, we will offer Parent Training to those that are interested in partnering with us to enhance these skills at home.