Happy Harvest Day! Our school is buzzing with excitement and joy. As the weather gets colder and the days grow shorter, we can prepare for the Winter and the opportunity to go inward.

- Find a quiet place to sit or lay down.
- Take three deep breaths; in through the nose and out through the mouth.
- Allow the breath to return to normal and place your hands on your heart.
- Focus inward. Feel your heartbeat. Use the breath as you allow the heart to fall open on your exhale. Breath until you can feel a sense of opening.
- What came to you? What would you communicate with an open heart?

RJ circles this week and next are continuing to focus on respect and harm caused by disrespect. We are starting to explore what it means to speak and listen from the heart. What does speaking from the heart mean to you? Your family? What does listening from the heart mean to you? Your family? We sit in circle in what is becoming a safe space for the children to build positive relationships and community. Students are beginning to communicate in a way they are experiencing vulnerability, authenticity and self-respect. We continue to build community based in respect and kindness. using circles and restorative conversations.

Restorative Justice (RJ) is an indigenous philosophy that emphasizes building relationships. If there is a need to repair harm caused by conflict and wrongdoing, restorative justice provides an opportunity for everyone impacted by an incident to come together in a safe space to address their feelings and needs, and reach a resolution that heals and restores relationships.