Welcome to this beautiful day. The storm has passed, the sun is shining, all things are calm again. All of life is interconnected. Think about a time when a situation or emotion could be represented by a storm. In time, things pass, calm and the sun comes out again. Knowing all things arise and pass, how do you approach difficult emotions or situations? Have you shared your experiences of what works with your children?

1. Find a safe, quiet spot to sit. Close your eyes. Visualize a storm, swirling and whirling around your mind.
2. Breathe in deeply allowing your breath to fill your belly. Exhale, releasing the breath slowly and repeat.
3. Continue paying attention to the breath allowing the breath to return to normal.
4. Breathe until the storm visualization clears, passes and calms. Feel what is happening in your body holding the calm in your mind.

The Week of Respect continues beyond just this week. We will continue to meet in circles where we explore respect for self and others this coming week. There is so much to experience that we want to give the children more time to sit in circle exploring how we respect ourselves, and create a mutually respectful school community.

Core Beliefs of Restorative Justice

All people are worthy and relational, rooted in the values of respect, dignity, and mutual concern. These are the seeds for the interconnected components of RJE. (Restorative Justice in Education).

The three components are:
Creating just and equitable learning environments
Nurturing healthy relationships
Repairing harm and transforming conflict

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.