Gratitude rules the month of November here at Edgemont School. Children have been reflecting on what they are grateful for.

Take a deep breath, inhaling and filling the belly.
Exhale slowly. Repeat.

Bring your attention to your toes. Inhale and squeeze and curl your toes. Exhale and release.
Focus on the feeling after the release, feel the tension melt away.

Bring your attention to your hands. Inhale and squeeze a fist. Exhale and release.
Focus on the feeling after the release, feel the tension melt away.
Spend a moment making a mental list of things you are grateful for in this moment.

In circle this and next week we have been/will be discussing what it means to be your best version of yourself. We always include a fun and engaging team building activity. We talked about what is need to be the best learners we can be. The students were asked to reflect on what they need from their teachers, what they need from each other and what they need from themselves. We recorded the answers and will begin discussing what we can do to hold these values in our classrooms.

There were many values repeated such as respect, kindness and understanding. As we continue to explore these needs, students are encouraged to deepen their understanding of themselves. To recognize who they are as learners and students. We are all, throughout our lives, students of each other.

"For me, I am driven by two main philosophies: know more today about the world than I knew yesterday and lessen the suffering of others. You'd be surprised how far that gets you."
Neil deGrasse Tyson

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.