

## 2020-2021 Bulldog Blocks

### Social and Emotional Learning through Transformative and Restorative Practices

Bulldog Blocks are part of Glassboro's SEL Program and a Restorative Justice component of our Code of Conduct. The workshops below provide students with opportunities to reflect on their behavior and the effects their behaviors have on the larger community. In addition, students learn self-worth and coping techniques. Bulldog Blocks are designed to create and maintain a caring and supportive school environment.

DATE	EVENT	TIME
Ongoing	<b>Victim-Offender Mediation/ Collaborative Negotiation</b>	Scheduled with Guidance
	With the assistance of a guidance counselor, students are given the opportunity to talk through an issue or conflict directly with the person with whom he/she disagrees to arrive at a mutually satisfactory resolution. All parties must come to the process willingly. Mediation is not used where one individual has been victimized (for example, in cases of harassment or bullying) by another.	
September & January	<b>What We See, We Remember</b>	2:30-3:30
	Art is the thread that connects all Restorative Justice projects and programs, uniting students whose rights have been violated (verbally, sexually, or physically) and those seeking to absolve his/her own feeling through shared creative expression. Finished portraits of justice serve as a visual representation of the human spirit and resilience; highlighting a hopeful path forward and the will, perseverance, and strength of us all.	
October & June	<b>Let's Talk it Out</b>	2:30-3:30
	Group session offering help/support related to code of conduct infractions and how they impact the school as a whole.	
November & May	<b>Apologies and Verbal Restitution</b>	2:30-3:30
	Restoring relationships when "harm" has occurred, whether it is physical or verbal. Workshop will focus on writing letters of apology to students, staff, and faculty who were impacted by negative practices/behaviors.	
November & March	<b>Turning the Mirror Inward</b>	2:30-3:30
	Workshop focusing on I-Statements and self-reflection.	
October & February	<b>Mindfulness &amp; Growth Mindsets</b>	2:30-3:30
	Clearing our minds and focusing on success.	
December & April	<b>Restorative Circles (Group Mediation)</b>	2:30-3:30
	With the assistance of a mediator, students are given the opportunity to express their feelings and perceptions. The goal of the meeting is conflict resolution and closure to all involved. Mediation recognizes that there is validity to conflicting points of view and helps the participants work through their emotions; often resulting in a solution that meets the needs of all participants. A circle can also be used in response to a particular issue that affects the school.	
January & May	<b>Learning /Behavioral Modules</b>	2:30-3:30
	Self-directed computer based modules; various topics are explored. (Evolution Labs/Suite360)	
December, April & June	<b>Repairing and Caring for the School &amp; Community</b>	2:30-3:30
	Service learning projects devoted to fostering a positive impact on the school and community.	
January & April	<b>Vision Boards</b>	2:30-3:30
	Students create vision boards representing future aspirations. Sessions are designed to serve as a source of inspiration and motivation and aim to educate students on the interconnectedness of their emotions, actions, and attitude in setting and achieving goals.	
February	<b>Absolution Narratives</b>	2:30-3:30
	Writing workshop focusing on acknowledgement and ownership over one's actions.	
March	<b>Hardwiring Happiness</b>	2:30-3:30
	Neuroscience, Biology, and Psychology; the purpose of positive emotions	

January (END OF S1) and April (Senior Assistance) will have three Bulldog Workshops (3) to accommodate student needs.

Twice a month, students may earn ten (10) pts for attending workshops (max 20 pts. per month). Note - workshops are voluntary. In addition, students wanting to participate must be clear of any outstanding discipline. Points may only be earned back by attending the workshops below. Substitutions and/or replacement will not be accepted. Ex – Attend two workshops (-20 pts) + 30 days' discipline free (-10 pts) = -30 pts in one month. (Students may not attend workshops if they have infractions that have yet to be served)