



Social Emotional Education pilot program proposal for C.A.R.E.S. After School Program for 2012-2013

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Prepared for: C.A.R.E.S. after school program

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This proposal is tailored to four After School Program sites included in the CARES program: Sun Terrace Elementary, Meadow Homes Elementary, El Monte Elementary and Delta View Elementary Schools

Program Goals

1. To positively impact the overall social climate of the C.A.R.E.S. program by teaching the children interpersonal skills that will help them lead successful, more fulfilling lives.
2. To develop a rapport and get to know students and staff at each individual site and offer help with managing social and emotional issues and conflicts.
3. Offer ongoing training opportunities to C.A.R.E.S. staff in Talk solution's principles.
4. To deliver several forty-minute social emotional lessons and workshops
5. To provide printed materials to enhance and support the student's understanding and synthesis of the workshop and lesson material.

Description

There are three components to our proposed program plan for C.A.R.E.S school sites: Workshops, Site support and Printed Materials. All site services will be provided by Dan Roll and two other finger-printed and TB tested Talk Solutions facilitators.

1. Workshops

Talk Solutions will schedule a facilitator to deliver several 40-minute workshops and lessons throughout the school year. These workshops and lessons will be delivered on a rotating schedule by Talk Solutions' facilitators beginning in September and continuing through the end of the school year in June. On the days that workshops or lessons are scheduled, Talk solutions will be on site for roughly 3.5 hours. Part of this time will be allotted to workshops, and the remainder of the time will be allocated to site support (see next section).

Workshops and lessons will cover the following topics:

- Bullying
- Resolving conflicts
- Identifying feelings
- The "I" message
- Clear and direct communication
- Honesty and Openness
- School spirit and Teamwork
- Appropriate ways to manage feelings
- Assumptions and Judgments
- Using one's personal story to relate to others
- How to set and achieve a personal goal
- Giving and receiving feedback
- Kindness and Support
- An effective apology
- Listening skills
- Body language
- Self Esteem
- Introspection

Additionally, the students will be assigned a student support project, which a facilitator will work with them to complete. The aim of the support project is to help the C.A.R.E.S. students to create positive changes within their school and after-school program environment.

2. Site Support

In addition to workshops and lessons, Talk Solutions facilitators will be on site to work individually with and offer support to students who are:

- Being Bullied or teased
- Bullying or teasing others
- Involved in a conflict or misunderstanding

- Disrupting instruction time
- Having trouble academically (with focus or group dynamics)
- Dealing with social or emotional issues either at or outside of school

This portion of the program ensures that knowledge gleaned through the workshops and lessons stays fresh, and give the C.A.R.E.S. students a supportive environment to practice their skills on real life social issues and conflicts as they arise.

3. Printed Materials

Each site will receive posters and printed materials, reminding students of the Talk Solutions tenets, and Pocket reminder cards detailing the “I” Message, Apology and Conflict Resolution Plan will be sent home with each child.

Summary and scheduling

The introduction to our program will include an intensive week where, Talk Solutions facilitators will be present on site for 4-5 days in a row, in order to establish a presence and a rapport with students and staff. During this time, we will introduce the first workshop(s) and spend the remaining time getting to know the students and staff at each site. During the remainder of the school year, a Talk Solutions facilitator will be on site one day out of the week (day TBD) for roughly 3.5 hours with exact times to be worked out with site coordinators.

We will work with site coordinators during the year to schedule the workshops and help them to choose the most appropriate times and configurations for the grade level groupings for workshops. They may choose whether they want the workshops to be delivered to the students in either of the following configurations:

1. 2x 40 minute workshops (Kinder, 1st and 2nd graders; 3rd 4th and 5th graders)
OR
2. 3 groups: (20 minute workshop for Kinder and 1st graders and 40 minute workshops for 2nd and 3rd and 4th and 5th graders)
OR
3. 1x 20 minute workshop for Kinder and 1st graders and 1x 40 minute workshop for 2nd, 3rd, 4th, and 5th graders

Program Cost

Cost of program per school: \$10,000