



A CURRICULUM OF HOPE FOR A PEACEFUL WORLD

> **VOLUME XXX** ISSUE 3 **FALL 2016**

TO SCHOOL EDITI



A Curriculum of Hope for a Peaceful World

Newsletter

Editor's Message

We all need hope. Hope is what keeps us working toward our goals in life and hope allows us to consider positive possibilities for changing undesirable or even intolerable situations. One critical way educators can help to impact change in our troubled world is to ensure that all students have hope. Studies show that people who have hope are more content and satisfied with life. They feel capable of problem solving when situations arise. Hope is also correlated with social competency and positive interpersonal relationships. People who are hopeful live better and longer lives.

So we need to pay attention to the hopefulness of our students, and we need to purposefully develop and maintain their hope. This is particularly important for students who live in poverty and experience life trauma—situations where families impart or students develop feelings of hopelessness. Feelings of hopelessness lead to feelings of helplessness, lack of control, inadequacy, and fatalism which have a negative effect on classroom performance and social skills and can create an atmosphere of negativity.

While some may equate hope with wishing, hope is actually the ability to set realistic goals, use strategies to reach those goals, and stay motivated to work hard when things are difficult. Students who are hopeful can persevere when faced with challenges. As they identify goals and use strategies to reach their goals, they are more likely to attain them. This leads to higher achievement, emotional well-being, and positive peer and adult interactions in our classrooms and in our schools.

Throughout this edition you will find more about actions teachers can and do take to create hopeful environments. These include:

- Create a caring environment
- Incorporate self-talk
- Provide engaging instruction
- Teach goal-setting
- Share the success of others

As we begin a new school year, let us keep focused on making our classrooms places that are filled with hope, where students feel valued and cared for, where students truly believe that they can achieve, and are able and willing to put forth the effort to do so. We will create students who are college, career and "life" ready. In the long run, it will be worth our effort.

> Janice McKusick Editor

Sources:

Jensen, Eric (2009) Teaching with Poverty in Mind: What Being Poor Does to Kids' Brains and What Schools Can Do About It,

https://usergeneratededucation.wordpress.com/2014/01/06/hope-and-optimism-the-other-21st-century-skills/ http://www.nasponline.org/publications/periodicals/communique/issues/volume-40-issue-3/research-based-practicebuilding-hope-in-our-children

http://greatergood.berkeley.edu/article/item/how to help students develop hope

Creating a Caring Environment

Caring classroom and school environments are predictable and consistent. This allows students to feel safe, supported and appreciated, enabling them to build the trust they need to take risks and develop an "I can" attitude.

- Build relationships and help students to feel your caring. Take time to connect with each student.
- Use affirmations to show that you believe in your students and build self-esteem.
- Stay positive and optimistic in your language.
- Work on social belonging and character skills.
- ♦ Share your passion and joy.

This blog in **Edutopia** by Joan Murphy (July 2016) shares strategies used by one school in order to support academic and social learning. Based on **Northeast Foundation for Children Inc.'s Responsive Classroom** the article is part of *Edutopia's Schools that Work* series.

http://www.edutopia.org/blog/responsive-classroomeveryone-so-nice-joan-murphy Collect "soft" data to determine classroom and school climate:

- smiles
- school spirit
- helpfulness
- social skills including caring, empathy, and respect
- accountable talk
- problem solving

Incorporating Self-Talk

Teaching students to talk positively to themselves is a means to develop confidence. Explicitly teaching and modeling self-talk will enable students to overcome the roadblocks that lead to success, and build self-esteem by being aware of negative thoughts and replacing them with positive messages. People who are trying to be their best—such as athletes—use self-talk!

- I can do it.
- I'm good enough.
- If I want to, I can.
- It doesn't matter if I make a mistake.
- I can make it happen.
- If I try hard, I'll get there.

See these sites for ideas and strategies to use with students .

https://docs.education.gov.au/system/files/doc/other/ area a personal management - positive self talk 0.pdf

http://www.ascd.org/publications/classroom leadership/mar2001/Improving Achievement Through Self-Talk.aspx

https://www.beyondblue.org.au/docs/default-source/secondary-school-program/bw0013-sec-sch-prog-year-8-teacher-man-4.pdf?sfvrsn=2

http://www.samaritans.org/your-community/supporting-schools/deal-teaching-resources/developing-emotional-awareness-and/copin-1 (paste link into your browser)

Helping our students cultivate hope might be one of the most important things we do for them. Not only will it help them get more A's in the short-run; it'll give them the confidence and creativity to reach their long-term goals in school and in life.

Dr. Vicki Zakrzewski Education Director of the Greater Good Science Center at UC Berkeley



Engaging Instruction

Engaging instruction gets students to participate cognitively, behaviorally, socially and emotionally.

High school teachers interested in improving student engagement can check out an article by Steve Barkley, executive vice president of Performance Learning Systems, Inc. and what he calls the "sweet spot" of student engagement where behavioral, emotional and intellectual engagement take place.

http://www.sreb.org/sites/main/files/file-attachments/13v06w.pdf

If you have built castles in the air, your work need not be lost; that is where they should be.

Now put foundations under them.

Henry David Thoreau

Whole Brain Teaching can be used at every level—kindergarten through college. It is an approach that uses the way the brain is designed to learn in order to maximize student engagement. Whole Brain Teachers of America is a grass roots, education reform movement begun in 1999 by three Southern California teachers: Chris Biffle, Jay Vanderfin, and Chris Rekstad. WBT's YouTube videos, broadcast to 200 countries, have received over 7,000,000 views. WholeBrainTeaching.com is one of the world's largest, free, education websites. It is an excellent resource for all educators, and especially worth a look for first year teachers.

http://www.advanc-ed.org/source/whole-brain-teaching-learning-way-brain-designed http://wholebrainteaching.com/

Goal Setting

Helping students to identify aspirations for the future helps to focus students on what's really important to them and to learn that achieving goals requires a series of steps, with more than one way to reach a goal.

There are several sites that assist middle and high school students to learn about possibilities for careers including:

https://kids.usa.gov/teachers/lesson-plans/jobs/index.shtml

http://www.k12.wa.us/secondaryeducation/careercollegereadiness/CareerReady.aspx

http://www.connectionsacademy.com/blog/posts/2015-02-06/Simple-Career-Awareness-Activities-and-Resources-for-Kids.aspx

For elementary students:

https://www.nd.gov/cte/crn/docs/ ElementaryCareerCurriculum.pdf When students understand and practice how_tolearn, they are able to attain the learning accruements needed to achieve larger goals. Using the Gradual Release Model (I do, We do, You do) helps children to recognize that they don't know this yet—and with scaffolded instruction they become more automatic and independent learners.

- Use the Gradual Release Model.
- Set realistic attainable learning goals.
- Scaffold instruction.
- Provide feedback and determine level of understanding.
- Celebrate success.
- Make sure students ask for help when needed.



We're all born under the same sky, but we don't all have the same horizon.

Konrad Adenauer

Sharing the Success of Others

It is important for students to know that success does not come automatically to anyone. Integrate into your instruction models of people who struggled and overcame obstacles.

- Use former students as examples.
- Study personal narratives and artwork that communicate actions, thoughts and feelings.
- Share the stories of famous people.

http://www.onlinecollege.org/2010/02/16/50-famously-successful-people-who-failed-at-first/http://www.huffingtonpost.com/2013/09/25/successful-people-obstacles n 3964459.html http://www.greatschools.org/gk/articles/famous-people-dyslexia-ld-or-ad-hd/



Be not afraid of growing slowly. Be afraid of standing still.

Chinese Proverb

Ideas and Resources



Peace-building stories provide an opportunity for us to share our hopes and desires for a peaceful world with our children. With themes focusing upon hope, peace, sustainability, positive attitudes and happiness, my stories are intended to open hearts and minds to explore, discuss and act together upon building peace with ourselves, with each other and the environment. The Dwarf and the Mouse especially highlights the importance of happiness and sharing hopeful stories with each other. Bilby Dreaming explores the relationship we have with our environment

and our sense of place and purpose within it. *Berinna* identifies the importance of a positive self-esteem and focusing upon our personal gifts. These are just a few examples of stories available at www.brownmousepublishing.com. Brown Mouse Publishing is an Internet-based publishing company that presents stories for all age groups to share together. Stories can be downloaded in PDF format and printed. There are several free stories available on the site. Author Ann Mason, who is from Adelaide, Australia, has just completed a guide to accompany her stories.

Sharon Bartlett reviewed **Growing Independent Learners for Literacy K-3**, a 2016 book by Debbie Diller, published by Stenhouse. She reports that it is an easy read full of ideas and practical solutions to the question of how to incorporate new standards into a classroom in order to help all learners to become independent. The first three chapters of the book center around developing successful minilessons, organizing the classroom and materials for success, and planning by organizing the standards that need to be taught. Subsequent chapters are devoted to in-depth explanations of how to implement literacy stations to address comprehension of literature and informational text, foundational skills, writing and speaking, listening and language. Each chapter has model lessons and independent activities to reinforce the standards being addressed. Ms. Diller also devotes time to help teachers problem solve difficulties that might arise and to find ways to dig deeper into the content being presented. https://www.stenhouse.com/content/growing-independent-learners

Teaching children to be safe online is the focus of the Air Force Association's **Elementary School Cyber Education Initiative (ESCEI).** The materials were designed for students in grades K-6 and are available free of charge to educators, parents, and guardians. Also available at the website are supplemental activities created to complement the ESCEI program by enabling students to assess their cybersecurity skills in creative and collaborative ways. Go to http://uscyberpatriot.org/ and look under the special initiatives tab.

Peacemakers at Work

Girl Up, the United Nations Foundation's adolescent girl campaign, supports the empowerment of girls everywhere. Since its launch in 2010, the campaign has funded UN programs that promote the leadership of girls in developing countries and built a community of nearly half a million passionate advocates – including Girl Up Global Advocates Queen Rania Al Abdullah of Jordan and Latin

American business leader Angélica Fuentes. Youth leaders, representing more than 1200 Girl Up Clubs in 66 countries, stand up, speak up, and rise up to support the hardest to reach girls living in places where it is hardest to be a girl. In June the United Nations Foundation's Girl Up campaign announced that it is expanding its support of the UN Refugee Agency (UNHCR) to include programming aimed at educating refugee girls in Uganda. This move makes Uganda the sixth focus country where Girl Up supports UN initiatives aimed at advancing the lives of adolescent girls. The other countries are Guatemala, Ethiopia, India, Liberia, and Malawi. Learn more at https://girlup.org.

Zara Nadeem and Zehra Hassan of Karachi, Pakistan have started a grassroots Food for Thought Campaign to reduce food waste and help the desperately hungry. They give to-go packages to restaurants in the city, labeled Food for Thought. Patrons who do not want their leftovers are able to have the staff pack them for someone in need. They also solicit left-overs from banquets and wedding receptions. It is estimated that food is given to about 150 to 200 people daily. http://www.takepart.com/article/2016/07/04/skip-dumpster-feed-pakistanis-need

Ali Jabareen, a Palestinian Arab and dean of the faculty of the humanities at Al-Qasemi Academic College of Education in the Haifa District in Israel, has made it his mission to build interfaith understanding in Israel's classrooms. He has diversified the all-Muslim faculty to now include rabbis, priests, and imams. The students attending this school are Arab and mostly women aspiring to be teachers. Students are able to learn about different religions' perspectives on Israeli and Palestinian holy places, the role of women, and respect for people of other faiths. Ali Jabareen was moved to build interfaith understanding after witnessing the shocking violence of the 2000 Second Intifada Palestinian uprising. Ali Jabareen recently received an International Alumni Award from Boston University.

Since 1920 the **Momentous Institute** (formerly Salesmanship Club Youth and Family Centers) has been providing therapeutic and education services tailored to the needs of individual children and their families in the north Dallas area. The organization serves 6,000 kids and family members directly each year through mental health programs and a social emotional health-based curriculum at its nationally acclaimed Momentous School. In addition to their direct work with kids and families, they invest in research, and innovative program development, and last year alone trained over 5,000 professionals from 20 states. The AT&T Byron Nelson annual PGA golf tournament has raised \$143 million for the group since 1968, and combined with the support of the Salesmanship Club of Dallas (a service organization made up of 600 businesses and community leaders), corporations, individuals, and foundations they are truly making a difference in building and repairing social and emotional health. http://momentousinstitute.org/

New England League of Middle Schools

Thursday, September 29, 2016
Student Leadership Event
in cooperation with the Quaglia Institute for
Student Aspirations and SNHU
Southern New Hampshire University

Monday, October 24, 2016
Rick Wormeli
Motivation and Cultivating Perseverance
and Tenacity in Students
Practical Cognitive Science and Executive
Function Principles for the Middle Level
Classroom
U Mass Amherst

http://www.nelms.org/

10th Annual Natural Living Expo

New England's largest holistic event with over 200 exhibits and 90 workshops to help you learn about body-mind-spirit wellness and healthy living. November 12-13 Best Western Royal Plaza Trade Center & Hotel Marlborough, MA

www.NaturalExpo.org

2017 18th Annual CTAUN Conference

Friday January 27
United Nations Headquarters,
New York, NY
REFUGEES:
THE 21st CENTURY CHALLENGE
Registration opens in August.
www.teachun.org

Calendar

September

- 8 50th Anniversary of International Literacy Day
 - https://www.literacyworldwide.org/about-us/news-events/international-literacy-day
 - http://www.readwritethink.org/classroom-resources/calendar-activities/celebrate-international-literacy-20584.html
 - http://en.unesco.org/events/international-literacy-day-2016
- 21 International Day of Peace
 - www.peaceoneday.org
 - www.internationaldayofpeace.org
- 24 Playing For Change Day
 - Playing for Change Day was started in 2011 by the Playing for Change Foundation, a non-profit dedicated to
 improving the lives of children in underserved communities through music and arts education programs. It was
 established to coincide with the International Day of Peace in recognition of a shared set of core values, and to
 express solidarity with the larger global effort. In 2014, Playing For Change Day resulted in 400+ events in 61
 countries on 6 continents, raising nearly \$150,000 to provide instruments, music instruction, and inspiration for kids
 and youth. https://playingforchangeday.org/
- 24 National Public Lands Day
 - www.publiclandsday.org

October

- 3 World Habitat Day
 - http://www.habitat.org/getinv/events/worldhabitat-day
- 16 World Food Day
 - http://www.fao.org/world-food-day/2016/ home/en/
- 17 International Day for the Eradication of Poverty
 - http://overcomingpoverty.org/
- 17-23 Worldwide Character Counts Week
 - https://charactercounts.org/ccweek14-anddigcitwk-celebrate-them-together-oct-19-25/
- 22 Make a Difference Day
 - www.makeadifferenceday.com
- 24 United Nations Day
 - http://www.kidzworld.com/article/1462-united
 -nations-day
 - www.un.org
- 25 Mix It Up Day
 - http://www.tolerance.org/mix-it-up/what-ismix

November

- 11 Veterans Day (Remembrance Day in Canada)
 - https://www.nea.org/tools/lessons/veterans-day-activities-intro.html
 - www.va.gov/opa/vetsday/index.asp
 - www.scholastic.com/teachers/lesson-plan/ veterans-day-and-patriotism
- 16 International Day for Tolerance
 - http://www.doonething.org/calendar/ toleranceday.htm
 - www.un.org/en/events/toleranceday/
- 20 Universal Children's Day
 - www.un.org/en/events/childrenday/
- 25 International Day for the Elimination of Violence Against Women
 - http://www.unwomen.org/en/news/in-focus/endviolence-against-women
 - http://time.com/3603582/international-day-to-end
 -violence-against-women/

December

- 1 World AIDS Day
 - www.worldaidsday.org/
- 2 International Day for the Abolition of Slavery
 - http://www.national-awareness-days.com/ international-day-for-the-abolition-ofslavery.html
- 3 International Day of Persons with Disabilities
 - http://www.un.org/en/events/disabilitiesday/
- 10 **Human Rights Day**
 - www.un.org/en/rights
 - http://wfto.com/events/international-humanrights-day-0
- **17 International Migrants Day**
 - http://www.un.org/sustainabledevelopment/ events/international-migrants-day/

January

- 16 **Martin Luther King Day of Service**
 - www.mlkday.gov
 - www.teachingheart.net/happymlkbooks.html
- 16-20 No Name-Calling Week
 - www.nonamecallingweek.org
- **International Holocaust Remembrance Day** 27
 - http://www.ushmm.org/information/ exhibitions/online-features/special-focus/ international-holocaust-remembrance-day
- 28 Chinese New Year: Year of the Rooster
 - http://www.travelchinaguide.com/essential/ holidays/spring-festival.htm

March March is Music In Our Schools Month

- www.learningfromlyrics.org
- http://www.nea.org/tools/lessons/51007.htm
- http://www.nafme.org/programs/miosm/
- 8 International Women's Day
 - www.internationalwomensday.com
- 22 **World Water Day**
 - www.unwater.org/campaigns/world-water-day/

April

- **World Health Day**
 - http://www.whathealth.com/awareness/event/ worldhealthday.html
- 17-23 **National Environmental Education Week**
 - www.eeweek.org
- 22 **Earth Day**
 - http://www.earthday.org/
- 24 Yom HaShoah Day of Remembrance of the **Holocaust**
 - www.ushmm.org
- 28 **Arbor Day**
 - https://www.arborday.org/
 - www.arbordayfarm.org
 - www.stateforesters.org/

May May is Asian-Pacific American Heritage Month www.nps.gov/history/nr/feature/asia/

- Cinco de Mayo
 - http://larryferlazzo.edublogs.org/2009/04/10/ the-best-sites-for-teaching-learning-about-cinco -de- mayo/

February February is Black History Month www.blackpast.org/

www.inmotionaame.org

www.tolerance.org/exchange/riding-rosa www.cnn.com/EVENTS/black history/index.html

- **National Green Week Kickoff**
 - www.greeneducationfoundation.org
- 9-15 Random Acts of Kindness Week
 - www.randomactsofkindness.org/kindness-ideas
- 20 Presidents' Day
 - http://www.nea.org/tools/lessons/presidents-day-activities.html
 - http://www.scholastic.com/teachers/unit/presidents-day-everything-you-need



Curriculum of Hope for a Peaceful World

Newsletter Subscription Information

Dear Readers,

It is that time of year when we ask each one of you for your continued support. We greatly appreciate those of you who are subscribers and patrons. Your dedication to our peace efforts and generosity toward our monetary needs are vital to our continued work on several projects. We have made the move to digital subscriptions which has saved on paper and postage, helping us be more environmentally and fiscally responsible. The PDF version is in color and has live links, making it more convenient to use.

This Newsletter is sent to over 1,400 individuals and organizations in 22 countries and it is often distributed onward to others. The creation and mailing process are done by dedicated volunteers. Copying is done willingly by our State Executive Secretary. The cost of paper, toner and labels is borne by Alpha Kappa State, CT which also contributes 25% of the proceeds from their annual fund raiser. All other expenses are covered by subscriptions and contributions. We are blessed with 25 patrons whose generosity has helped to sustain us throughout the years. As we move into our 31st year of continuous publication, our distribution continues to increase. If you know of schools or individuals who would benefit from our publication, please let us know.

Please indicate your wishes on the form below and mail to Jeanne Morascini, 9 Old Willimantic Rd., Columbia, CT 06237. Current email subscribers will continue to receive the newsletter until you request to be removed. Any questions or comments, contact Jeanne at Jemora@aol.com or 1-860-228-9293.

	Please renew my postal mail subscription. My check for \$8.00 payable to Curriculum of Hope for a Peaceful World is enclosed.
	I would like to be a Patron for Peace to support your work. Any amount of \$20 or more is greatly appreciated.
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Name	

Caring for Our Planet

Recycle Across America is a movement to make people aware of the importance of recycling correctly. They are working to make sure the labels on recycling bins are standardized across the United States. There is growing alarm that contamination of recyclables is driving up the cost of recycling causing manufacturers to use less recycled materials. According to Recycle Across America, the standardized labels are proven to help increase recycling levels 50-100% and significantly decrease the costly garbage thrown in recycling bins. The movement has a goal that by 2017, one million labels will have been donated to schools in order to help children become recyclers. To date, 400,000 labels have been donated. Find out more about how you or your company can help at:

http://www.recycleacrossamerica.org/#!blank-4/g10zo

According to the EPA, gas-powered lawn mowers produce 5% of the US air pollution. Lawn mowers use an estimated 800 million gallons of gasoline every year and produce 8.8 million tons of carbon dioxide. Several companies produce them including **Robomow**, which has been making robotic lawn mowers since 1995. Robotic mowers do not use any fossil fuels, and use minimal electricity. They are much safer, reducing human exposure to the sun, insect stings, heatstroke and burn injuries. http://usa.robomow.com/

Schools can help the **Malala fund** by collecting clean, likenew clothing for toddlers, children and women. The Malala fund will send you a bag in which to send the clothing. The bag is clearly labeled with what can and cannot be collected and its return is postage-paid. Request your bag at https://www.schoola.com/fundraiser-for-malala.

To most of us the future seems unsure. But that is the way it always has been; and we who have seen great changes must have great hopes.

John Masefield



Innovative-Diffusion LLC is a start-up business based in Willimantic, CT that sells equipment that provides solar-based electricity and refrigeration to communities in Africa, Haiti and Nepal. Their products include a refrigerated storage unit for medicine that does not need to be connected to a power grid, and a solar-energy generator to charge phones and laptops in order to provide a means of communication in cases of natural disasters. Benjamin Williams and David Oyanadel are partnering with non-governmental organizations such as Africanphilantropies which has distributed the equipment to Togo in western Africa. http://www.innovative-diffusion.com/

If you or your students are looking for ideas for service projects, you can find some amazing ideas at www.dosomething.org/us. **Do Something** is one of the largest global organizations for young people and social change with 5.3 million members in 130 countries. You can find projects for most any cause, time constraint, and method you want. This site is worth a look.

GlobalGiving is the first and largest global crowdfunding community that connects nonprofits, donors, and companies in nearly every country around the world. They make it possible for local organizations to access the funding, tools, training, and support they need to become more effective and make the world a better place. Nonprofits apply and join GlobalGiving to access more funding, build new skills, and make important connections. People give what they can to places and projects they are passionate about, and get updates about how their money is put to work. More than 130 companies support causes around the world, giving nonprofits the funding they need. GlobalGiving gives nonprofits feedback and ways to measure success and improve performance. Since 2002 GlobalGiving has raised \$226,656,255 from 532,859 donors who have supported 14,799 projects. https://www.globalgiving.org/

The Last Word



Do not lose your hope for anything whatsoever, even if your whole world seems upset.



Saint Francis de Sales

Congratulations to Morris Dees, founder of the Southern Poverty Law Center, who was awarded the Martin Luther King, Jr. Nonviolent Peace Prize. The award is the highest honor that the King Center gives to individuals who emulate and embody Dr. King's spirit. Previous recipients include Archbishop Desmond Tutu, Rosa Parks, President Jimmy Carter, and Mikhail Gorbachev.

If you would like to receive a PDF version by email, please contact

Linda Shea, Subscription Manager

hshea@snet.net

Curriculum of Hope is a Standing Committee of Alpha Kappa State Connecticut. Our intent is to promulgate resources and information, not to endorse products.

Sue Moon
Committee Chair
41 Indian Spring Rd.
Woodstock, CT 06281
sue@racespot.com

Janice McKusick Editor 102 Chaffeeville Rd. Storrs, CT 06268 jmckusick@charter.net

Jeanne Morascini
Founder
9 Old Willimantic Rd.
Columbia, CT 06237
Jemora@aol.com

1-860-228-9293

A Curriculum of Hope for a Peaceful World 9 Old Willimantic Rd. Columbia, CT 06237

