Start Smart Stay Safe

- Information Document -

CALGARY POLICE SERVICE

Calgary Board of Education

CALGARY CATHOLIC SCHOOL DISTRICT

MOUNT ROYAL UNIVERSITY 1910

Government of Alberta

Start Smart Stay Safe (S4) Is:

A proactive, strengths-based model of teaching/learning where police, schools and families partner together to actively build positive relationships, create safe communities and prepare children for the challenges of our complex, changing world.

S4 Focuses On:

- ✓ Connecting with Schools and Children using a strengths-based approach and building resilience in students.

- ✓ Connecting with Families by providing parallel messaging/activities to student learning and providing learning sessions for families.

- ✓ Building resilience through relationships.

- ✓ Bringing trusted adults together in collaboration to support healthy development in children.

- ✓ Teachers with Police Officers co-facilitating strengths-based lessons, teaching children competencies that will help them to thrive in life.

S4 Provides Opportunities for Students and Families to Develop Skills, Tools, and Strategies (build capacity) to enhance lifelong learning. This includes:

- ✓ Building upon their passions and strengths.

- ✓ Learning strategies to be able to 'bounce back' from life's challenges in their complex, changing world (resilience).

- ✓ Developing skills, knowledge, and attitudes to become a responsible citizen and contribute to their community.

- ✓ Using digital tools ethically and safely (internet, texting).

- ✓ Developing skills required to make healthy choices.

- ✓ Developing effective and respectful communication skills.

- ✓ Developing problem solving strategies to promote peace.

- ✓ Developing leadership skills.

What S4 Offers Your School:

- ✓ S4 is a universal educational resource for teachers, police officers, and families.

- ✓ Supports assessment practices. This includes ready to use:
    - Student self-assessment templates
    - Class assessment templates
    - CBE report card exemplars and connections to RESULTS statements
    - CCSD report card exemplars and connections to stems and Kids in the Know

- ✓ Practical applications:
    - Thoroughly developed lesson plans/tasks and resources
    - Tasks are adaptable to the personalization of learning
    - Integrates into Alberta Education Program of Studies (Health, Social Studies, Language Arts, Religion)

- ✓ Supports the Alberta wide anti-bullying strategy through proactive education.

- ✓ Connects to other whole school initiatives (Circle of Courage, Catholic Community of Caring, Safe and Caring Schools, Virtues).

- ✓ Builds community through common language and understanding.

- ✓ School Education Officer (SEO) will provide support for the Safe and Caring approach to school lock downs.

What S4 Offers Your Families:

- ✓ Intentionally provides meaningful opportunities for families to engage in their children's learning.

- ✓ An opportunity to engage parents in the school community.

- ✓ Provides valuable information about:
    - Social-emotional development
    - Links for community supports
    - Identifying Family Strengths using the Family Strengths Tool
    - Promotes lifelong learning in the family

- ✓ Connects families to the school community by developing a common language through the following ways:
    - Family engagement manual
    - Family activities found on the S4 website
    - Family connection lessons (sent home by the classroom teachers, connected directly to S4 in the classroom)
    - Family learning sessions (evening session facilitated by a School Education officer at the school)
    - Family board game evenings
    - Family book lists
    - Easy to use research-based information to support healthy development in families

Foundations of S4

S4 Cornerstones

Adapted from the Circle of Courage philosophy of child rearing and grounded in resiliency research, Start Smart Stay Safe (S4) consists of four Cornerstones that represent four areas of strength associated with resilience. The four Cornerstones are the foundation for all of the student, family, and police lessons/activities. Each of the Cornerstones focuses upon developing the student's understanding of their personal strengths as well as understanding that everyone in their community has individual strengths. Developing skills/strengths in each of the four Cornerstones helps to keep one's life in balance and leads towards resilience.

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Connecting Children to Resilience

Resilience statements are developed through each of the Start Smart Stay Safe (S4) four Cornerstones. As students and families begin to identify their strengths (internal protective factors) and their support systems (external protective factors) within each of the Cornerstones, they begin to develop skills, tools, strategies, and a stronger understanding of how they can successfully navigate through daily challenges. Resilience allows students and families to bounce back from challenging experiences and to become even stronger in the process, moving from merely surviving to thriving.

The foundational "Me + Help = Bounce" activity in S4 invites students to discover their personal sources of resilience. Students learn the term "Bounce" does not imply that there is a deficit or something wrong. Rather it can be viewed as unlimited potential. Students come to recognize that we need challenges and problems in our lives in order to grow. Without the opportunity to overcome challenges, there would be no opportunity for growth. Students come to understand resiliency as resulting from a combination of their individual strengths, attitudes and talents combined with the supports around them.

The following statement serves to support students in understanding how internal factors when combined with external supports help them to build their capacity to meet challenges:

$$Me \ + \ Help \ = \ Bounce$$

ME: *Personal strengths, attitudes, and talents*

HELP: *External supports, relationships and connections- this includes family, school, and community members such as the police service.*

BOUNCE: *I am able to meet challenges.*

The Four Themes

The four Cornerstones and their resilience statements (Me+Help=Bounce) are developed through four themes. The bolded words within each of the themes demonstrates the dominant Cornerstone and key messaging within that theme. Each theme promotes critical and creative thinking by asking students a connecting inquiry question that supports the overall inquiry question of S4 "How do we work together to keep our community safe?"

Significance

I am loved, I belong & I matter.

Activities within the Safety and **Significance** in the Community theme emphasize safety and responsibility in building a supportive community. Strengths developed within the Significance Cornerstone are experienced when one's need to be connected to others and to belong are met through positive attachments, the building of support systems and the formation of a cultural identity.

Connecting Inquiry Question:
How do responsible communities promote belonging and significance to build safety and resilience in a community?

Self Awareness

I can make choices that affect my life.

Activities within the **Self-Awareness** and Choice theme examine the stress response and strategies for self-management. Strengths developed within the Self-Awareness Cornerstone are experienced through self-knowledge and are necessary for the development of self-regulation, self-discipline, autonomy and independent decision-making.

Connecting Inquiry Question:
How does an awareness of the stress response help us to make responsible choices to build safety and resilience in a community?

Success

I can set goals for myself & achieve them.

Activities within the Mastering Skills for **Success** theme emphasize effective communication and skills for resolving conflict. Strengths developed within the Success Cornerstone are experienced through the mastery of skills, the development of knowledge and the successful application of strategies to achieve goals.

Connecting Inquiry Question:
How do communication and conflict resolution skills build safety and resilience in a community?

Service

I have something to offer others.

Activities within the Living in **Service** with Others theme emphasize the celebration of diversity within an inclusive school community. Strengths developed within the Service Cornerstone are experienced through the development of empathy and altruism; having contributions valued by others and being motivated by concern for the well-being of others.

Connecting Inquiry Question:
How do members of a group live in service with others to build safety and resilience in a community?

Teacher Resources

Teacher Resources

The Start Smart Stay Safe (S4) **External Website** offers resources and supports for families and school councils. It connects student learning in school to the home. Resources include family activities, information about social-emotional development of children, links for community supports, and a Family Strengths Tool. This is a great place to send families if they are asking for additional supports and ways to make their family stronger.

The S4 I**nternal Website** is designed to support teachers, school administration, and police officers. Each theme is divided into 4 levels that correspond to suggested grades:

- Level 1 = Suggested for Kindergarten (emergent readers)
- Level 2 = Suggested for Grade 1 & 2
- Level 3 = Suggested for Grade 3 & 4
- Level 4 = Suggested for Grade 5 & 6

The levels have been designed to support the personalization of learning. Teachers can select the level that best suits the needs of their students. These levels can be adapted for various student programs for students (ELL, PLP, ES1, ES2).

Each Level Is Divided Into 4 Sections:

1. **Student Connection:**
   Teachers are provided with adaptable lessons/tasks and notebook files that offer student choice and promote personalization.

2. **Police Connection:**
   Police Officers and teachers co-facilitate a 1-hour lesson (teacher chooses a lesson that meets students' needs). When available the police officer will continue to build relationships with students by stopping by for informal visits.

3. **School Connection:**
   Students/teachers/administration together choose activities to build school community.

4. **Family Connection:**
   Teachers send these lessons home to further enhance students' learning. This offers opportunities to develop a common language between school and home.

All of the S4 lessons focus on the development of resilience skills, building knowledge related to belonging and being responsible, identifying one's strengths, developing healthy relationships, using calming strategies, developing respectful communication and problem solving skills, building community and serving others for the common good.

Corresponding notebook files have been created to support all of the teacher resources. The Family Connection activities contain a completed parent letter and activity which are ready to be sent home.

Additional documents have been created to support teachers with their planning, assessment, reporting practices, and their professional development.

Program Planning Supports for Teachers

Teachers can search for lessons by:

✓ **S4 Themes**

Each theme is separated in four levels that correspond to suggested grades. Teachers may choose any lesson/task at any level that meets their students' needs.

✓ **Framework for Student Learning**

All lessons/tasks have been tagged to the Framework. If a teacher chooses a specific competency, the website will populate the S4 lessons that best support the chosen competency. All S4 lessons directly support the development of literacy skills as a competency. This can also support teachers with their Professional Growth Plans as well as Whole School Plans.

✓ **Topics**

Lessons have been tagged to support specific topics facing students. Topics include digital citizenship, healthy relationships, inclusion, safety in the community, effective communication, bullying, gangs, substance abuse, victimization, peer pressure, and dealing with conflict. When they choose a topic the website will define the topic through a 'Strengths-based lens and then populate the S4 lessons that best support the topic choice.