

## **Peacekeepers Program:**

At Jackson, we have a Peacekeepers Program that promotes the understanding that we are all peacekeepers and it is our responsibility to create peace in our school and world. We use the research based curriculum Connected and Respected to teach lessons that promote social-emotional literacy and peaceable conflict resolution. Students are encouraged to use learned skills that promote peace such as active listening and “I” messages. Ms. Seymour and classroom teachers implement lessons that promote community building and social emotional literacy skills every day at home and at school in their daily interactions. Students are also taught Peaceful Breathing throughout all grades. This is a research-based mindfulness technique that teaches calming of the body-mind. Students sit quietly and focus their attention on the breath as they inhale and exhale. Research shows that practicing mindfulness engages the parasympathetic nervous system, calming the body-mind, and changes the brain in ways that develop attention, concentration, well-being, and positive emotions like compassion. When we ring chimes over the loudspeaker in the morning and the afternoon, students stop everything to take a moment and become mindful by practicing Peaceful Breathing. Our Student Leaders, are volunteer 5<sup>th</sup> graders that under the supervision of Dr. Stacey Schwartz and Ms. Milissa Seymour, get involved in planning and creating activities during the year that encourage school spirit and make positive connections in the school community and beyond. For example, they organize a week we call Peace Week around the International Day of Peace which provides us with an opportunity to create acts of peace and to kick off learning peaceable conflict resolution skills. In celebration of National Bullying Prevention month, they organize Bully Awareness Week during which we all make a commitment to having our school be a bully-free zone and encourage positive behavior. Be Kind Spirit Week involves different activities that encourage kindness amongst us. In addition to the spirit weeks, the student leaders also traditionally organize at least one fund raising campaign each year. The past few years they have organized collections for Island Harvest.