

Stronger Together in a Shared Learning Journey

We recently held a CSRI Round Table in Vancouver, hosting representatives from school districts involved in the self-regulation work that is so central to the social-emotional learning agenda. It was an inspiring day, starting with a visit to West Vancouver classrooms to see self-reg in action. West Vancouver School District has taken a thoughtful strategic approach to engaging its learning community in the self-regulation framework as foundational to the district's commitments: self-reg is one of the three pillars upon which decisions are based and action is initiated. As visitors to West Bay and Hollyburn Elementary Schools, Round Table participants were treated to a thought-provoking tour, hearing from principals, teachers and students about the changing environment in their schools through a self-regulation approach. Common language, a range of self-reg tools, classroom makeovers (micro-environments) and greater choice for students in how they learn were all evident from early primary through intermediate grades. Were kids calm, alert and ready to learn? Absolutely. Joyful too!

Following the school visits, Round Table participants met for the balance of the day to share stories of their school or district efforts. There is no "one size fits all" approach to introducing and sustaining a self-regulation focus, and that was highlighted in the presentations. Each district has taken its own path to a shared destination. One common element was that momentum continues to grow and connections are building as is the interest and willingness to share resources. We will provide several resources from our colleagues over the next few weeks and months, the first of which is the *Brain Break Ideas* compiled by Belinda Scott, District Vice-Principal in New Westminister School District. Her document offers a wide range of activities to up-regulate or down-regulate specific students as well as to maintain a healthy overall classroom environment.

Another resource highlighted at the Round Table was compiled by the administration and staff at West Bay Elementary in West Vancouver. They have done a lot of work with parent groups to explain self-regulation and to strengthen the home-school connection. The *Domains Chart* used at a parent evening gives a clear focus to both the what and the how of self-reg. When the purposeful, thoughtful, neurophysiological approach taken by a school is understood and adopted at home, kids thrive!

Many thanks to the West Vancouver and New Westminister teams. More to come as the network grows and as we learn together. More Round Tables as well.

Links to the resources below:

[Brain Break Ideas](#) - Now Located in the Resources Tab

[Domains Chart](#) - Now Located in the Resources Tab