LEVinar: Why the 2021-22 School Year Is So Challenging and Strategies to Support Students

 Presented By:  
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Toxic Stress  
Duration of Pandemic  
2019  
Zones of Anxiety Scale, Lewis D. 2019

Optimal Zone  
Cortisol
Too Much Stress

Too much stress = toxic stress = which occurs when we are Overloaded.

Cortisol

Adrenaline

THE LAST NORMAL SCHOOL YEAR... for students currently in... was

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<th>Grade</th>
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<td>Kindergarten</td>
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K-12
Disruptions in Access to -

- Academics (in school and out of school support)
- Social Interactions (in class/school and out of school)
- Behavior Shaping and Support (Clear & High Expectations w/ Support)
- Positive and Trusting Relationships with Peers and Adults (in school and out of school)
Consistency & Predictability

Safety → Positive Relationships → Nourishment → Concrete Needs Met → Positive Self Esteem

2 MOTOR NEURONS

(efferent neurons)

impulse moves from the CNS to the rest of the body

mostly multipolar

multipolar
How Neurons Form and Solidify Memory

Learning
Day 1

Day 5

Stable
Day 10

Recall
Day 20

10 days
no task

Unstable  ⋅ ⋅ ⋅ ⋅ ⋅ Stable

Social, Behavioral, & Academic Development

Skill & Intelligence Acquisition

Time
Social, Behavioral, & Academic Development

Typical Skill & Intelligence Acquisition - March 2020 through April 2022

Typical Skill & Intelligence Acquisition - March 2020 through the present
Consistency Over Time (K-5)

Consistency Over Time Secondary
Primary Grades

Intermediate Grades

Example - Physical Injuries
Example - Physical Injuries

Patience

Time
Emotional Brain to Thinking Brain

Stimulation of the Thinking Brain
What Students Expressed They Need!

“I need an environment where I feel like I fit in, and that I belong”
(10th grader new to high school)

“I need to know what is expected, I had no idea of what to do, everything felt rushed”
(6th grader new to middle school)

“I need to know that I can trust & depend on people if I need support”
(9th grader new to high school)
Whole Child Whole Day

School

Community

Home

Recreation

Patience, Positive Feedback, & Positive Experiences Over Time
Inconsistent, Unpredictable, Unsafe Environments

Consistent, Predictable, Safe Environments

Thank You!!

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References

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