



**WOODRIDGE**  
SCHOOL DISTRICT 68



# Goodrich Elementary School

SCHOOL IMPROVEMENT UPDATE | DECEMBER 16, 2024



# Tonight's Topics

- Collective Efficacy
- Notice, Name & Navigate
- Service Learning Update

# Collective Efficacy

- Impact Team meetings
- Revamped master schedule
- Enabling conditions for collective teacher efficacy survey
- Regularly re-visited on institute days

# Notice, Name & Navigate

- Implementation
- All-school mindfulness time
- Class generated strategies to work through different feelings/needs
- “Coffee break” area and reflection
- Examples

# Mindfulness Time

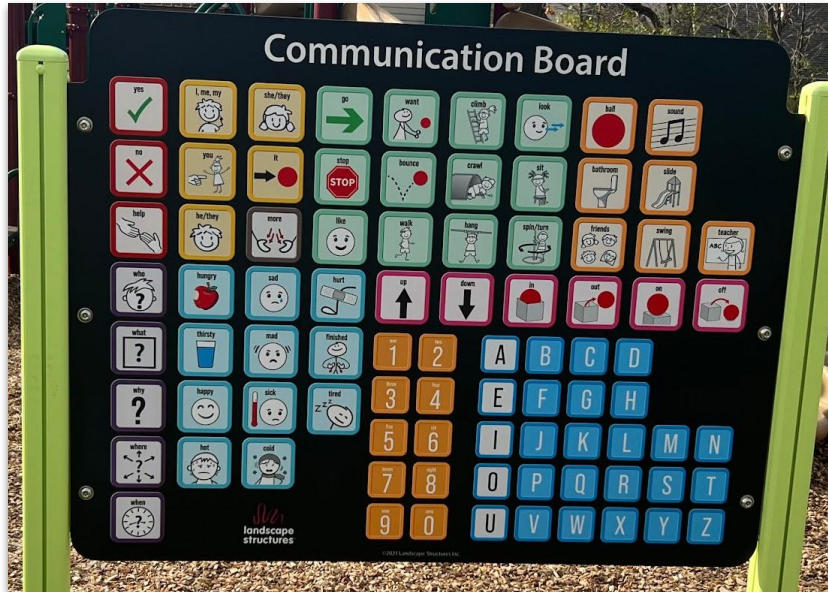
<b>NOTICE</b>	<b>NAME</b>	<b>NAVIGATE</b>
<p>How are you FEELING RIGHT NOW in this moment?</p> <p>What do you notice about your body?</p> <p>What are some of your “GO-TO moves?”</p>	<p>NAME your emotions.</p> <p>I am feeling...</p> <p>I am experiencing...</p>	<p>NAVIGATE FORWARD!</p> <p>What are my next steps?</p> <p>What do I need to do to get myself into a state where I am energized, focused and/or ready to learn?</p>

# Strategies to Use Based on Current Feelings

Angry	Sad	Tired/Need Energy	Worried/Anxious
<ul style="list-style-type: none"> <li>● Take a walk</li> <li>● Talk to someone</li> <li>● Meditate/Yoga</li> <li>● Deep breaths</li> <li>● Journal</li> <li>● Music</li> </ul>	<ul style="list-style-type: none"> <li>● Self talk</li> <li>● Talk/journal to someone</li> <li>● Take deep breaths</li> <li>● Read</li> <li>● Draw</li> <li>● Fidget</li> </ul>	<ul style="list-style-type: none"> <li>● Stand up/stretch</li> <li>● Jumping jacks</li> <li>● Take a walk</li> <li>● Drink water/splash water</li> <li>● Shake yourself</li> </ul>	<ul style="list-style-type: none"> <li>● Self talk/change thoughts</li> <li>● Talk to someone you trust</li> <li>● Let the worry out</li> <li>● Fidget</li> <li>● Draw/color</li> </ul>
Scared	Over-stimulated/ Difficulty Focusing	Annoyed	Bored
<ul style="list-style-type: none"> <li>● Take deep breaths</li> <li>● Self talk/change thoughts</li> <li>● Journal/Talk to someone</li> <li>● Draw/color</li> </ul>	<ul style="list-style-type: none"> <li>● Read</li> <li>● Take a walk</li> <li>● Deep breaths</li> <li>● Fidget</li> <li>● Meditate/Yoga</li> <li>● Music</li> </ul>	<ul style="list-style-type: none"> <li>● Take a break/walk</li> <li>● Talk to someone</li> <li>● Deep breaths</li> <li>● Draw/color</li> <li>● Meditate/Yoga</li> </ul>	<ul style="list-style-type: none"> <li>● Draw/Color</li> <li>● Journal</li> <li>● Fidget</li> <li>● Listen to music</li> <li>● Deep breaths</li> <li>● Meditate/Yoga</li> <li>● Drink water</li> </ul>



# Service Learning Update



# IPARD Process

- I** Investigate
- P** Plan
- A** Act
- R** Reflect
- D** Demonstrate & Celebrate

Serve. Learn.  
Change  
the World.®







# Hear from a student

JAXON MARTINEZ

- 4th grader in Ms. Hering's classroom
- Inspired by the book "All the Way to the Top: How One Girl's Fight for Americans with Disabilities Changed Everything"
  - Annette Bay Pimentel
  - 3rd grade mentor text



# Service Learning by Grade Level

ALL PROJECTS DIRECTLY CONNECTED TO LEARNING STANDARDS

<b>K</b>	Rock garden for Woodridge Public Library
<b>1st</b>	Make pet toys for the Humane Society
<b>2nd</b>	Develop whole-school celebration for Neurodiversity Awareness Week
<b>3rd</b>	Create welcome bags for new arrivals (in partnership with Goodrich PTO)
<b>4th</b>	Advocate for accessible playground equipment
<b>5th</b>	Volunteer at Feed My Starving Children
<b>6th</b>	Grow lettuce with Flex Farm/donate to West Suburban Community Pantry

# Next Steps

- Continue to build staff efficacy & understanding of school belief systems
- Complete ongoing service learning projects
- Maintain annual expectation of student service learning
  - Involve current 4th students in new playground plans



# Questions?

