

# Trauma Informed Practice (TIP) and Socio-Emotional Learning

## \*NEW\* February 2021

### Tasks



- Provide inclusive and compassionate learning environments
- Understand coping strategies and support independence
- Help minimize additional stress or trauma by addressing individual student needs.

Trauma-informed practice is an informed way of approaching your practice through a compassionate lens of understanding that is helpful to all children, youth and adults, especially those who have experienced traumatic events.

St. Bernadette School will use regular needs-based 'check-in' to assist in gathering important information to inform the level of trauma response and recovery necessary to support the school community.

### Trauma Informed Practice

St. Bernadette staff members receive on-going in TIP and socio-emotional learning. Training is done through on-site, small group, professional lead, workshops and through virtual meetings.

The goal of TIP is to recognize the cues of trauma and move them from survival instincts to a capacity to learn. TIP recognizes that students cannot learn when they are stressed and that a trauma informed brain needs to learn through repetition and focusing on the environment where students can learn.

Key components of TIP are:

- Staff are to provide inclusive and compassionate learning environments
- Staff are to provide modelling and lead students in practicing coping strategies
- The school will use non-adversarial discipline (avoiding punitive and stigmatizing measures)
- Staff will help to minimize additional stress or trauma by addressing individual student needs
- Staff will engage in self-awareness practices to understand their own levels of trauma and that trauma is everywhere in our community

- The school will build an understanding that executive functioning skills are compromised; work within the framework that these skills will not be performing at peak levels and these behaviours are a deficit of the following skills:
  - o Inhibitions
  - o Working memory
  - o Verbal working memory
  - o Emotional self-regulation
  - o Forethought
  - o Paying attention
  - o Organizing, planning and prioritizing
  - o Starting tasks and staying focused
  - o Understanding different points of view
  - o Self-monitoring

## Socio-Emotional Learning

Socio-emotional learning is an integral part of education and human development. It is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships and make responsible and caring decisions.

Key benefits of socio-emotional learning:

- Improvement in students' social and emotional skills, attitudes, relationships, academic performance, and perceptions of classroom and school climate
- Long-term improvements in students' skills, attitudes, prosocial behaviour and academic performance
- Decline in students' anxiety, behaviour problems, and substance use  
(from <https://casel.org/what-is-sel/>)

Socio-emotional learning addresses five broad and interrelated areas of competence:

- Self-awareness
- Self-management
- Social awareness
- Relationship skills
- Responsible decision-making

St. Bernadette School fuses the knowledge and understanding of TIP with the knowledge and understanding of socio-emotional learning. This is done through grade level curriculum, forging healthy relationships, on-going TIP workshops, community building, and providing a safe and caring environment for learning.