

Winning the Game of School for Advanced Learners

NVUSD ALPS Parent Learning Series #1

Wednesday, March 13, 2024

Zoom 6pm-7pm

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If there is no way,
Create One!



NVUSD ALPS

Parent Learning Series

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Guiding Quotes

“

You have to learn the rules of the game And then...play better than everyone else

-Albert Einstein

”

“

Your mind is like a piece of land planted with many kinds of seeds: seeds of joy, peace, understanding, love, seeds of anger, fear, hate and forgetfulness. The seeds that are watered more grow strong.

-Thich Nhat Hahn

”

Loving What Is -Byron Katie

- The education system as we know it is only about 200 years old. Before that education was reserved for the elite.
- The Industrial Revolution created a need for universal schooling. Schools were built to be impersonal, efficient and standardized.



Loving What Is -Byron Katie

- We now understand that humans can't be standardized. Our system is slowly evolving to become more personalized.
- While it evolves it is important to learn the rules of the game and know that the only person we can control is ourselves.
- To win the game we need to "Love What Is" and make the school system work for us while it continues to slowly evolve.



Let's LAUNCH our Youth to The Farther Reaches of Human Nature -Abraham Maslow

Listen, Learn About Yourself and Others

Assume Positive Intentions, Ask for Clarification

Understand we are all doing the best we can

Nature calms the overactive, worrying amygdala

Compassion for yourself, leads to compassion for others

Hearts heal and can help others see the pattern



LAUNCH

Listen, Learn About Yourself and Others

Knowing ourselves and asking for what we need is the key to success! Helping our youth to become independent with this skill will support them to become autonomous through elementary, middle, high school and beyond!

- Think of each classroom like a chessboard. What are the visible and hidden rules? Talk about this as a family. It can also be fun to create a game board.
- Coach your child to email or talk in person to their teacher if they have questions, worries, concerns or special considerations that they want to propose. This helps them to become an autonomous learner in life!



LAUNCH

Assume Positive Intentions, Ask for Clarification

In *The Four Agreements* by Don Miguel Ruiz he reminds us to find the courage to ask questions and express what you really want. Byron Katie reminds us that we are in a loving universe. When we assume positive intentions and ask for clarification we avoid misunderstandings, sadness and drama.

- If I finish early may I work on a preapproved choice activity? May I move to another spot? May I get up and move my body when I finish my assigned work?
- Most things can be resolved by building a strong partnership with your teacher.



LAUNCH

Understand we are all doing the best we can

In *The Four Agreements* by Don Miguel Ruiz reminds us to not take anything personally. We are all doing the best we can with what we know at this time. We are all learning here and learning is difficult for all of us.

- Your child is learning how to articulate their needs.
- Your child's teacher is learning how to meet the needs of all the learners in their classroom.
- You are a parent or caregiver with a full plate.
- Your job as the parent or caregiver is to coach your child in ways to help make the system work for them.
- Sometimes it is important to take a break to rest and reset.



LAUNCH

Nature calms the overactive, worrying amygdala

There is a special part of the brain called the amygdala. It is like your own protective warrior. When your amygdala thinks there might be trouble it can get a little dramatic and fuel you up to deal with danger, even though you are safe. Resetting your nervous system is important when our amygdala gets activated. There are lots of things you can do. Here are a few ideas:

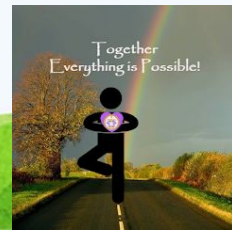
- Take a Break
- Get Your Body Moving
- Mindfulness
- Breathing
- Eating
- Rest



LAUNCH

Compassion for yourself, leads to compassion for others

- None of us came with an instructional manual. We are all learning by doing and building our rocket ship while flying it.
- We cultivate love when we allow our most vulnerable and powerful selves to be deeply seen and known.–Brene Brown
- Brene Brown speaks about three gifts of imperfection: Courage, Compassion and Connection. Together these three gifts help us to live a wholehearted life filled with happiness and self-acceptance.



LAUNCH

Hearts heal and can help others see the pattern

- You are stronger than you believe, stronger than you seem, and smarter than you think. -Winnie the Pooh
- No one has an easy journey here because we are all learning how to navigate life and make it work for us. There will be difficult times, but we are resilient. This pattern is the same for all of us.
- We can do hard things which sometimes requires us to speak up respectfully when needed. Helping our youth to do this is the key.
- Believe your child will LAUNCH to independence and reach their full potential because they have you as their Guide on the Side!
- Together Everything is POSSIBLE!



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