

Routine: School Family Assemblies

Add School Family Assemblies to your yearly calendar once a month, once every nine weeks or quarterly. The School Family Assembly has three goals:

1. To contribute to the School Family culture of safety, connection and problem-solving
2. To foster the school-wide implementation of Conscious Discipline
3. To link the school to homes and the community

Work with administrators and staff to model your assemblies after the Brain Smart Start discussed in Chapter 4. Ask for volunteers to plan and design them. As everyone becomes more confident, turn as much of the planning and organization of the assemblies over to the children as their age permits. Below is an outline for a School Family Assembly. The *Creating the School Family* book includes additional assembly plans, while the web portal contains assembly videos and a song list for each of the components below.



Entrance Song

Activity to Unite: Welcome announcement and uniting song

Activity to Disengage Stress: These follow all high-energy activities

Activities to Connect:

- Welcome new students and faculty
- Acknowledge birthdays
- Celebrate

Mini Conscious Discipline Lesson from the Principal or designated team

Activity to Commit

Ending Song and Exit

Entrance Song: Getting all the classes in and out of the assembly space requires planning, practicing and displaying expectations in picture form. M.A.P. out all expectations (Model, Add visuals and Practice). Play a song as children enter. As each class sits down, coach them to do specific song movements in their seats.

Activity to Unite: Welcome children, staff, faculty, and any family or community members joining the event. “Welcome to the Little River School Family Assembly. At Little River, my job is to keep the school safe. Your job is to _____.” Have attendees respond, “Help keep it safe.” Then have attendees take three S.T.A.R. breaths. “We keep it safe by remembering our school-wide agreements (mission statement, etc). Let’s say them together now. (Say them together.) Remember, an agreement is a promise we make to ourselves (point to self), to our friends (point to friends), to our teachers (point to a teacher) and to our communities (point to a guest). If you are willing to help keep Little River a safe school, give a thumbs up.” Then conduct a uniting song that involves specific movements.

Activity to Disengage Stress: After each song or high-energy activity, instruct the children to S.T.A.R., Drain, Pretzel or Balloon.

Activities to Connect: Invite new students, families, staff or faculty members to stand up and be welcomed with a round of applause or silent cheering. Sing the song “Welcome” from *It Starts in the Heart*. (You may want to cut the songs down to around a minute to keep the assembly moving along.) Then invite all those who have had a birthday since the last assembly to stand and sing *On the Day You Were Born* by Red Grammar. Finally, invite children up to share celebrations. Be certain to have teachers preselect these students and encourage them to celebrate whatever they choose.