



ROSEVILLE AREA MIDDLE SCHOOL

The Raider's Den

THE HEARTBEAT OF 623

News for the week of March 20 -24

A Courage Retreat - Team Dorado

Today Team Dorado students' participated in a retreat all day long. RAMS partnered with Youth Frontiers to host a day filled with collaborative games, music, and sharing. The purpose of the day was to **inspire students to follow their hearts instead of the crowd, use moral courage and make responsible decisions despite their fears.** The key objectives covered were:

1. Identify personal fears and understand that everyone has them.
2. Deepen relationships with classmates to break down social barriers.
3. Commit to acting with courage to make your school a better place.

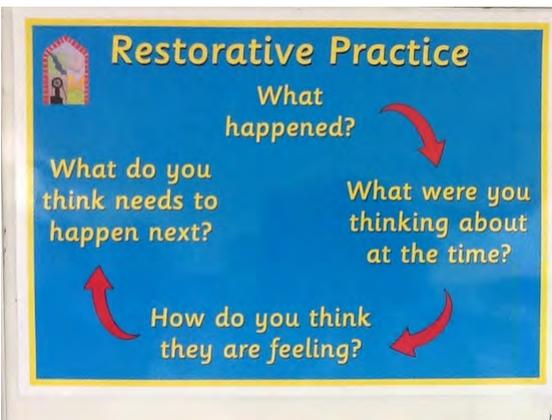
The outcomes of the day as stated by teachers and students:

- This was the best day that I have had a RAMS in two years. I am feeling my school.
- A student who has struggled all year participating with a smile and sharing a genuine pledge to be more courageous.
- Seeing a former 7th-grade student--someone who did not care about school did not see its benefits, would not come to class, would not do the work, and on and on... This student was one of the strongest leaders today.

The video below captures the essence of a retreat.



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There are many ways that Restorative Practices can be used in schools. Circles is one of those ways. Circles can be used to: learn academic content, build community, improve a class atmosphere, or repair relationships. Regardless of the purpose, Circles have certain elements that encourage respect and build understanding. In the book *Circle Forward* Carolyn Boyes-Watson and Kay Pranis describe these elements.

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Generating guidelines based on the values identified by the Circle

“Participants in a Circle play a major role in designing their own space in two ways.

- First, by discussing the values that are important to them and that they want to bring to the dialogue, they lay the foundation of the Circle space in values.
- Second, participants work together to define the guidelines or community standards for their discussion.
- The guidelines describe the behaviors that the participants feel will make the space safe for them to speak their truth.
- Participants work out the guidelines together, agree to them together, and then support each other in sticking to the guidelines.
- Typical basic guidelines are: respect the talking piece; speak from the heart; listen from the heart; personal information shared in the Circle is confidential except where safety is at risk; remain in the Circle.”

Next time watch for information on Guiding Questions.

For more information about Roseville Area Middle School and the Raider's Den, contact Dr. Brookins, Principal at tyrone.brookins@isd623.org or 651.482.5280.

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