

# Monthly Newsletter

## April 2021

Saint Peter Catholic Academy  
Address: 8401 23rd Ave, Brooklyn, NY 11214  
Phone: (718) 372 - 0025

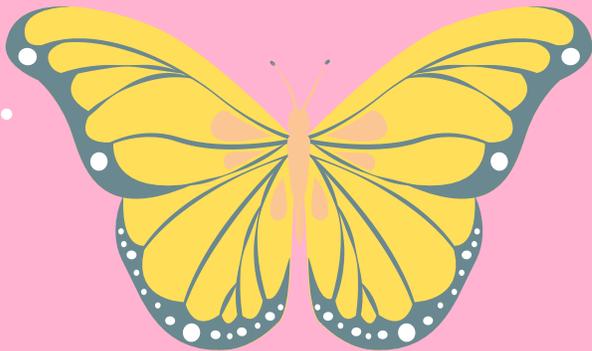
## Contact Info

Ms. Ramsingh

*Diocese Special Project Coordinator*  
Mon- Fri: 7:30am - 3:30pm

Office#:  
(914) 340 -4716

Email (preferred contact):  
mramsingh@stpeteracademy-  
brooklyn.org



## Dear Saint Peter Community,

Spring has finally arrived! Spring is the season of new beginnings. Fresh buds bloom, animals awaken and the earth seems to come to life again. Spring is the season of renewed hope, rebirth and regrowth.

**This month we focus on conflict resolution. We focus on ways to resolve conflicts and self- accountability.**

**Cool Off-** The very first step is to have the student or students calm down. This sounds obvious, but very often we rush past this step and engage a student in problem-solving before they are ready. An example of "cooling down" is mindful breathing.

**Share, Listen and Check-** This step requires students to listen, check they understood, and share their perspective. When it is their turn to listen and check, students need to work on reflective listening and paraphrasing. It is really helpful to have them use an I-Message to communicate in a way that is respectful but assertive. "I feel sad when you don't let me play because I am alone."

**Brainstorm Solutions-** Given what the students heard from each other and the responsibility they took, they now need to brainstorm solutions that are agreeable. I emphasize thinking of solutions that are win-win for everyone. I preview what a compromise might look like and how they both get something from this.

**Choose a Solution-**Next students cross off solutions that are not ok to both of them. They also cross off solutions that won't prevent future problems. I like them to imagine when this happens again, do you think this solution will work? Finally, I ask them to choose the solution together they think will be the most successful. Find the win-win.

**Affirm, Forgive, or Thank-You** could stop things at step 5 depending on the situation, but I like to conclude by giving students the option to affirm, forgive, or thank. I don't demand that they apologize.

