

# Newsletter

BFDI TRAINING INSTITUTE



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*In the moment of crisis,  
the wise build bridges  
and the foolish build  
dams. //*  
- Nigerian Proverb



// SMOOTH SEAS DO  
NOT MAKE SKILLFUL  
SAILORS. //  
-AFRICAN PROVERB



**KEISHA N. ALLEN**  
EXECUTIVE DIRECTOR

VOLUME 1, ISSUE 1

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VOLUME 1, ISSUE 1



## ARE YOU LOSING CONNECTION FROM SOCIAL DISTANCING?

"One of the greatest tools that we have when fighting a crisis is our care and concern for others."

-Keisha N. Allen

## *Remaining Socially Connected while Being Socially Distant*

Social Distancing is a term that many of us just became aware of - stay at least six feet apart from others in order to protect you and your family. One of our basic needs as human beings is connection. Therefore, here are some things we can do when the benefits of social contact are lost:

1. Make sure your **connection with yourself** is stable. Listening to too much bad news can cause anxiety, frustration and even depression. Feed your spirit and your mind with good news, good music, and good conversations. Laugh often.
2. Be intentional about making connections with others by **calling** them. In our age of technology, we can still see each other face-to-face by using apps such as FaceTime, Duo, Zoom and many others that are available.
3. Get out and **drive**. Stop by loved ones homes, roll down the window and blow kisses of love.

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## SOCIAL CONNECTION CONTINUED

"There is no power for change greater than a community discovering what it cares about."

-Margaret J. Wheatley



4. When you have to go out for essentials, **speak to people**. Others can still hear you from six feet away. Give a gentle "hello". Engage in small chat about something positive. Communication is one of our greatest means of connection.
5. Send a **personally written card or letter** to friends and loved ones. People love receiving hand written notes. If you are cautious about this then, send an email card.
6. Finally, remember to leave those you connect with **feeling encouraged, uplifted and happy to hear from you**. This will not only help them, it will help you too.

Remain Safe. Be Healthy. Save Lives. And... Stay Connected.



Get excited! The BFDI Training Institute website will be launched by April 30, 2020. It will feature information about our company, provide opportunities for visitors to engage with restorative practices in a variety of ways and more.

### Challenge:

Asking others "how are you feeling today?" and actually listening is restorative. Allow someone to share their story with you and be a listening ear.



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YOUR  
RELATIONSHIPS  
**WITH** FAMILIES AND  
STUDENTS CAN  
MAKE ALL THE  
DIFFERENCE IN THE  
WORLD.



## THE RESTORATIVE PRACTICES FUNDAMENTAL HYPOTHESIS, COVID-19, AND OUR STUDENTS

*"Human beings are happier, more cooperative and productive, and more likely to make positive changes in behavior when those in authority do things with them rather than to them or for them." - International Institute for Restorative Practices*

The pandemic of the coronavirus has truly presented opportunities for us to utilize the fundamental hypothesis with our families and students now more than ever. Once states announced the closure of schools, some families checked out of the learning process. Across the country, educators and families began grappling with how will we educate our youth.

During this time, it is important to be "with" families in supporting their children to continue learning. While schools are closed, learning is still open. There are several things you can do to be with families:

- Have one trusted adult connect with the family and student on a regular basis
- Provide activities and resources families can utilize to promote learning with their children
- Show parents how to create a simple educational plan and track progress. For example, I want my child to be able to count to 100 within 30 days. Have your child to count to see where they are now. Provide engaging activities for the family to use to teach them how to get their child to count to 100 and track their progress
- Encourage families that learning can be done in a variety of ways without putting too much stress on themselves
- Finally, make sure the family has the appropriate information to stay connected with their child's school through their online learning communities.

Your influence can go a long way. If you have relationship with the families you serve, they are more likely to make this positive change in their behavior. Be well.