

CENTER STREET CENTER



School Shootings in K-12. Robin M. Kowalski, a psychology professor at Clemson University in South Carolina, recently studied shootings at K-12 schools and colleges. Kowalski found those who attack K-12 schools are typically white, male, feel marginalized or bullied, are still teenagers themselves, and use the events to take their own lives. Additionally, her study also found that the attackers characteristically lived within the school community area.

Unlike college shootings, K-12 violence more likely stems from the attacker having a history of rejection, a fascination with death, guns, and violence as well as a history of mental health issues. Yet not every shooter is alike, and each attacker has their own personal story.

The Nashville shooting was the 89th incident in 2023 in which a firearm was fired or pointed at someone on the grounds of a K-12 school in the United States, or when a bullet hit school property – an average of one every day – according to the national K-12 School Shooting Database.

What can you do to stop school shootings? See something, say something. Hear something, say something. Read something, say something. Report anything that you see, hear or read about that may convey concern to you to the local authorities and your local school.

LETTER FROM THE DIRECTOR

As a lifelong educator, I find the never ending torrent of school shootings abhorrent and unacceptable. I have worked in K-12 schools for better than a decade and currently teach in graduate school education. Schools and colleges should be a safe place for children. A place for learning, not fear. Educators should be able to go to work with the excitement of teaching our children, not the fear of losing lives. We must do better to protect our children, teachers and administrative staff. Get involved. Join your school board, become a parent advocate or teachers helper. Or write to your local representative with your own ideas on how to make schools a safer place. If your child is struggling with their mental or emotional health - get them help.

En buena salud | In good health Dr. Tracy E. Hill



Did You Know?

Did you know that nearly fifteen years ago, Dr. Hill's dissertation was entitled, "The Impact of School Violence on Teacher Performance and Attitudes" and we are sure little has changed since then. If anything, our assumption would be things are worse. What was noted in Dr. Hill's research back in the early 2000's was how student violence impacted teachers across the board - emotionally, physically and their ability to teach effectively. *In collaboration* with the Pennsylvania State Education Association, three school districts were surveyed and the results were staggering. Teachers reported that school violence affected their performance through the use of more stringent classroom management techniques (66.2%), having less effective classroom management (43.3%), teachers keeping more to themselves at work (44.6%), volunteering less of their time (42%) and losing their temper more easily in the classroom (39.2%). Additionally, More than half of all teacher respondents indicated a desire for training in de-escalation (56.8%), crisis response (55.4%) and conflict resolution (52.7%); however most schools do not offer this.



SELF CARE

Stress and anxiety in the workplace is a real thing. The easiest way to manage it - take a break every few hours and do a mindful meditation or breathing exercise to regroup and refocus. Or take a brisk, short walk outside. Often the fresh air and nature is the perfect restoration for body, mind and soul.



BLENDED FAMILIES

We have seen a rise in parents coaching their children. This parent behavior can lead to children alienating one parent or having a complete estrangement from a parent. The life long effects on children are damaging and this behavior is considered emotional and mental abuse on children.



PSYCH SPOTLIGHT

If your school or company is looking for in person training - CSC offers many different programs including custom trainings. IN person trainings result in higher retention of information and cost less than virtual programs according to the Association of Talent Development.