

Matrix of School Success Framework Strategies

Essential Element	Strategy	Related Action
CREATING A SAFE AND SUPPORTIVE SCHOOL ENVIRONMENT	Empathy	<ul style="list-style-type: none"> Actively Listen Normalize the experience Minimize self-blame Avoid giving advice
	Strengths-based approach	<ul style="list-style-type: none"> Deliberately point out actions and characteristics that are positive, unique, or valuable Guide a student towards recognizing and using his or her strengths. Redirect a challenging behavior by focusing on what you know the student can do well
	Predictability	<ul style="list-style-type: none"> Be clear about expectations Follow through Keep a consistent routine Talk through changes
	Prevention rather than punishment	<ul style="list-style-type: none"> Help the student identify triggers and create appropriate coping plans Teach or demonstrate what “should” be done Avoid punishment and isolation Reward positive behavior to encourage and build confidence Teach mindfulness
	Welcoming building environment	<ul style="list-style-type: none"> Make sure that classrooms and hallways are bright and clean Don’t corner someone Consider having a “safe corner” or a “peace room” Greet students at the door Make sure transition times are supervised
	Connection to school community	<ul style="list-style-type: none"> Institute a peer buddy program Institute a student/adult mentorship program Deliberately connect students to extracurricular activities Use a team approach
	Partnership, not power	<ul style="list-style-type: none"> Avoid power/control struggles Do not “corner” someone emotionally Help individual students find coping strategies for stressors

FOSTERING SECURE ATTACHMENTS	Mentoring	<ul style="list-style-type: none"> • Be available • Be consistent • Make sure the student knows that he can go to you in a crisis • Encourage self-motivation • Help students set goals and create strategies for reaching those goals
	Help children identify safe people to talk to in the school	<ul style="list-style-type: none"> • Post the names and roles of key school staff • Let students know <i>how</i> to contact a safe adult • Set clear expectations and boundaries
	Be patient and consistent	<ul style="list-style-type: none"> • Give unconditional support • Set high expectations • Lead by example
	Family programming	<ul style="list-style-type: none"> • Host family nights or other events • Make an effort to meet the caregivers where they are • Don't engage in negative conversation about a family
	Helping a child to cope	<ul style="list-style-type: none"> • Breathing for relaxation • Positive distractions • Promote leadership • Encourage peer support • Ensure children have a healthy diet • Ensure children have plenty of exercise
	Use a team approach	<ul style="list-style-type: none"> • Stress inclusiveness and shared purpose • Share updates and successful strategies with other staff as appropriate
STRENGTHENING NON-COGNITIVE SKILLS (<i>I.E. SOCIAL-EMOTIONAL LEARNING</i>)	Focus on “what happened to you” rather than “what is wrong with you”	<ul style="list-style-type: none"> • Ask more questions and listen to the answers • Watch for patterns and triggers • Keep in mind the student’s history
	Encourage resiliency	<ul style="list-style-type: none"> • Focus on strengths, not deficit • Praise effort, not just outcomes • Focus on “should” rather than “should not”
	Teach coping techniques	<ul style="list-style-type: none"> • Talk about self-soothing • Talk about self-regulation • Help the student identify triggers and strategies • Show students where/how they have control
	Empower students	<ul style="list-style-type: none"> • Encourage intrinsic motivation • Build self-confidence • Promote leadership