

KEEPING PACE

For Parents



Sanctuary



the 7 commitments

Emotional Intelligence is one of the seven commitments of Sanctuary®, the trauma sensitive process of creating a healing community at Pace School. Each of the seven commitments identifies a value and belief that guides our daily actions.

The Commitment to Emotional Intelligence teaches us that behavior is just an expression of overwhelming emotion. By learning how to identify and manage their emotions, our children develop the necessary tools to manage their behaviors. Chronic stress and trauma interrupt the brain's ability to rationally identify or control feelings. Children are just beginning to learn how to do this and it is very difficult even without the added challenge of traumatic life experiences. For this reason, Pace School is committed to helping every member of our community develop the skills necessary to understand that feelings are valuable and meaningful and that using words to describe feelings helps others to understand you.

At Pace School we see this commitment every day in the way that staff help students to identify what they are feeling and how those feelings may be connected to what they are doing. When they understand their emotions, they can better understand why they are behaving in a certain way. As adults we can make these connections without thinking about them. As parents, we can help our children learn this important skill when we make it a habit to talk about feelings in a positive way each day. Using words to manage feelings instead of behavior is **emotional intelligence**.

To learn more about Sanctuary® and the 7 commitments, visit our new web page at <http://www.paceschool.org/about/trauma.html>

Students "Go For The Greens"

Students had a great time at the second annual "Go For the Greens" day on March 14th. This event, sponsored by the Health and Wellness committee focuses on activity and nutrition. The Pace Gym was transformed into a mini-golf course with a green vegetable theme. Students had to try a green fruit or vegetable before attempting a putt at each hole. They could then decide and vote on what fruits and vegetables they liked and didn't like. The big winner, or most liked by 90% of students, was green apples. Coming in second was honeydew with 77% of students saying that they liked this melon.

Thanks to the Health and Wellness committee for organizing such a fun event and for providing healthy activities and information throughout the year.



Save the Date

May 16th is
the date for
the world
famous Pace
Gym Show &
"Clothesline
Art Exhibit"

Students are work-
ing on their
fabulous routines
and dances. We
hope to see you
there!



Health and Wellness: Why Walk?



Benefits of Walking

- Improves health - strengthens your heart, your bones and your muscles, and helps to control your weight
- Enriches life - enriches your life in many ways
- Gives happiness - improves your mood and helps combat depression
- Makes you feel comfortable - reduces stress and calms your mind
- Gives joy - walk with friends or join a walking group and discover how much fun walking can be
- Improves many things - improves confidence, stamina, energy, weight, control and life expectancy
- Reduce potential risks - reduces risk of coronary heart disease, strokes, diabetes, high blood pressure etc.

How to Start Walking?

Try to walk on most days of the week. You could start with a 10-minute walk and gradually increase the time you spend walking. Don't overdo it on your first walk. If you are very much unfit you may want to start by walking every other day. Build it up bit by bit and know what you are aiming for.

How to Make Walking an Interesting Routine?

You can make walking an interesting routine by doing these things

- Stick to areas that you are familiar with. You can design a circular route that links your local shop with other local features
- Choose busy, more populated areas
- In poor weather conditions you can include an indoor shopping centre on your route

Investigate local parks, pathways and open spaces and walk in those routes

Pace Policy Update

As you may know, for the work at Pace to be the most beneficial to your child, it requires active participation from families. When families are working together with staff, it is important that we all remember to respect professional boundaries. Therefore, Pace has recently developed a policy for our staff that helps explain appropriate boundaries. This policy respects the intensity of the working relationship, where staff, children, and their families all share a commitment to each child's progress and success while trying to avoid the development of personal relationships and issues that could potentially interfere with this important goal. More information about this policy will be shared with you and your child over time. In the meantime, if you have any questions about this issue please share them with the Pace staff that is working with you and your child.

WE DID IT!! **Students have exceeded the 1000 book goal for the Reading Challenge.**

Any student who participated will have the opportunity to take part in the Pitch Burst activity at Pace's annual field day on June 3rd. Even though we met our goal, students are still encouraged to read books and earn tickets toward the raffle prizes in the display case.



April is National Autism Awareness Month

Autism is a complex developmental disability, which affects a person's ability in social interaction and communication. Autism is known as a spectrum disorder, because it affects each individual in different ways and to varying degrees.

Overall, the incidence of autism is four times more common in boys than in girls and typically appears during the first 3 years of life. Children and adults with autism tend to have difficulty with verbal and nonverbal communications, social interactions, and leisure or play activities.

Facts about Autism:

- Every day 60 American families are told they have a child with autism.
- As many as one out of every 150 babies born will have autism.
- Autism is growing at an alarming rate of 10 to 17 percent each year in America.
- More children will be diagnosed with autism this year than AIDS, diabetes and cancer combined.
- Autism receives less than 5% of the public funding contributed each year to fight all major childhood diseases.
- Some famous people with characteristics of autism include: actress, Daryl Hannah, artist, Andy Warhol, and mathematician, Sir Isaac Newton.

Autism Awareness Month is celebrated nationally every year in April, providing an opportunity for families, friends, and local communities to raise public awareness. This year Pace School will participate in observing Autism Awareness month. Please look for opportunities to support autism awareness in the school and community.



Volunteers at Pace

Thirteen students from Northwestern University's Alternative Student Breaks Program piled into two school vans on Saturday, March 15th to get to know each other for the first time on the eight hour drive from Chicago to Pittsburgh. Upon their arrival, the students stayed in a house donated by the Covenant Church in Wilkinsburg. On Sunday, the students explored our city with their guide and fellow Alternative Breaker, who happens to be a Pittsburgh local, Manoj Budidha.

The NWU students arrived at Pace School's Churchill location on the morning of March 17th energized and eager to get started. After having breakfast and getting to know some of the Pace School staff, the students were broken up into groups and shown to their classrooms where they would reside for the remainder of the week. The NWU students interacted with students by reading, helping with class work, playing video games, and rehearsing for the Pace School Annual Gym Show. When asked about his experience at Pace Wenhao Sun said, "With more schools like Pace, the world would be a better place. You have changed so many lives, including mine. I am inspired and proud to have been part of your mission."

Pace School welcomes both individual and group volunteers to interact with Pace's students via games, presentations, theater activities, reading, animals, and other classroom activities. Volunteers are also needed for special events such as parent night, family fun night, and the Race for Pace. The program has been designed to bring the community into the daily mission of providing therapeutic services that allow any child to thrive.

Please see attached flyer regarding a special presentation on Tuesday, April 15th.

All students 6th grade and over are invited to attend along with their families.

For more information call Mrs. Pasquarelli, Pace's Librarian, at 412-244-1900.

