

PEEF IMPACT THEMES FROM CAC MAY 2010 FORUMS

Motivating to learn and come to school (Athletics, Physical Education, Learning Support Professionals, Wellness Center, Peer Resources)

- *“Being in the Wellness center motivates me to want to learn more about it. There were a lot of things I didn’t know about drugs, alcohol abuse and sex.”* - High school student on the Wellness Centers
- *“The Wellness makes it a lot easier for me to come to school cuz I know if I have any problems at home or anywhere at school at any time I could come to talk to their staff because they are all really cool and easy to talk to.”* - High school student on the Wellness Centers
- *“Our teacher, she motivates us. One time I said I was going to cut a class and she was like don’t cut. She tries to find ways to make you go and she just has a positive attitude and she makes you feel wanted. And she makes you feel that you can stay in the class and just chill and the same time do work.”* – quote from Peer Resources student focus group shared by a UC Berkeley professor
- *“She helped me out a lot and helped me stay in school because honestly I felt really like dropping out in 8th grade and I’m a pretty good soccer player and I feel like doing soccer player and I felt like quitting soccer as well.”* – Middle school student on Learning Support Professionals
- *“At the beginning of the year I came from James Lick middle school and had been kicked out of that school and felt no desire to learn and just go to school at all. I just felt no desire to learn. And I think Ms. Wax throughout the whole year instilled in me like different ideas about what I had previously thought and about what the teachers actually could do to help me as well as the counselors.”* – Middle school student on Learning Support Professionals
- *“For some of them sports/athletics is the only thing they have. And the only reason they are willing to go to school and try to get an education and further they education is because they do well in sports and they have a release.”* – Athletic Director at a high school on Athletics
- *“We have found that sports complement the academic side of the school equation. It provides balance. It provides an outlet and it promotes better performance in the classroom. And that for us is particular critical particularly importance for our youngest son who has severe learning differences. The classroom is a struggle for him. Learning is a great challenge for him. But sports and team sports and afterschool team sports has helped my son in the classroom. Sports is the great equalizer. His dyslexia does not impede his ability to throw a baseball or to shoot a basketball. It has boosted his self-esteem which has increased his ability to learn and more importantly increased his enjoyment of learning.”* – Parent of middle school student on Athletics
- *“They come to school people constantly asking what’s going on in P.E. kids believe it or not will not come to school unless they know they will have P.E. that’s not all kids, but there are a lot of kids who love P.E. because they are banking on it so much.”* – Elementary P.E. specialist on Physical Education

Ceasing or preventing destructive behavior (Learning Support Professionals, Wellness Center, Peer Resources)

- *“Wellness center is a great help for all the students that have problems. For example, when I had problems with drugs, they helped me to think about all of the bad things they did do to me. They also helped me stop using drugs. Also, when I had problems with my family and with others. The wellness Center helps all bad students change into a good one.”* – High school student on Wellness Centers
- *“During middle school I had a tough time in my life. I had didn’t have many to talk to because I was not the type of person who liked to share my feelings with. I got involved in gangs and I needed someone to talk to and Ms. Wax really helped me out. She helped me see life in a different way. How I looked at my life back then was I was wasting my life away and I didn’t want to live that way. She made me opened my life to the real world.”* – Middle school student on Learning Support Professionals
- *“Prop H came in and it was like a God send. It attracts students to the sports. They come in and they are off the streets. So it’s a safety issue. They the kids that play are no longer on the streets and a lot of them were on the streets when they were younger. They can play, they can study and they have somewhere to go and they are not on the streets and they are not involved in things that could be very dangerous from drivebys to drugs and being involved with gangs.”* – Athletic Director at a high school on Athletics
- *“If I see something wrong they’re doing I just tell them, stop doing that you’re going to mess up not only your life but you’re going to mess up the team. Every single player is part of the team, so everyone is important in life.”* – High school student on Athletics

Encouraging student-centered learning (Peer Resources, Wellness Center)

- *“So I started to work with him one-on-one and slowly he started instead of me coming up to him to do the work, he would come up to me and say Ms. Kristine I’m ready to start or I had questions about last nights homework. It was really great how excited a child could be and it was also cool because the child, he failed his math class his 7th grade year so it was kinda great to feel that I helped him proceed so he was able to move onto the 8th grade.”* - High school student on Teacher Academy

Creating a safe space (Libraries, Athletic, Learning Support Professionals, Wellness Center, Peer Resources)

- *“Everyone gets treated the same at the Wellness with kindness and respect.”* - High school student on the Wellness Centers
- *“I just want to let you know that the wellness center is the most important that the schools can have, because wellness center is where every student go when they don’t feel good, or when they need to talk with someone.”* – High school student on the Wellness Centers
- *“I appreciate that we have a Wellness Center with a nurse. The nurse has listened to me and given me support whenever I needed it.”* – High school student on Wellness Centers

- *“I just feel privileged to have peer resources at Balboa high because balboa has always been known as the violent dangerous school and I feel that with peer resources it’s definitely improved. I’ve seen with its training conflict mediation and the buddy system. The crime rate and violence has definitely decreased. I think peer resources has changed my school and me for the better.”* – High school student on Peer Resources
- *“Ms. Wax offer me a place to go whether it be during lunch before school and after school when I could be off doing other things. It’s just not going to school and getting in trouble with the law whatever it be. So I always used to go to her office and I used to do a lot of studying and I wouldn’t want to study anywhere else because again I didn’t feel the need for it.”* – Middle school student on Learning Support Professionals
- *“Formerly coaching baseball in the 90s at O’connell and when you speak to them and you find out what it means to them and keeps them safe. it’s a place they go to. It’s a safe haven. It’s like a boys and girls club or the YMCA. They feel safe and feel that nothing is going to happen to them.”* – Athletic Director at a high school on Athletics
- *“When I’m in the gym playing volleyball it’s my sanctuary.”* – High school student on Athletics
- *“The library is also a safe space. Bullying happens at schools. The library is a place that they can go and be safe and it’s been helpful.”* – Parent on Libraries
- *“I am really grateful with the wellness center at my school. I would never forget what they did for me when I was arrested by an immigration officer. It was a very sad situation because I have never been in a situation like that before. I had about 10 days in detention and I told that I was alone. I received a letter from my counselor when she said to me don’t worry about anything you are not alone, we are with you and I promise you that you will get your freedom again. After that I was a little bit more happy and I continued to receive helpful letters from her.”* - High school student on the Wellness Centers

Building teamwork skills (Athletics , Wellness Centers, Peer Resources)

- *“I have learn so many thing from the wellness. I learned how to stay with a group and work together.”* – High school student on Wellness Centers
- *“Peer resources is such a great program. They strengthened my teamwork skills my communication skills.”* – Former high school student on Peer Resources
- *“That it’s a place where students work together with other students where they can be themselves express themselves and build trust with other students and really critical to this I think in that they are working on an issue that is important to them.”* – UC Berkeley professor on Peer Resources
- *“Working in groups was nothing new, we do it in other classes only this time we made it a point in how we work together because we weren’t just working for a grade we were working to make a change and I guess we had to be a lot more serious.”* – quote from Peer Resources student focus group shared by a UC Berkeley professor
- *“Our greatest strength is we have great teamwork.”* – Softball high school student on Athletics

Building school connections (Teacher Academy, Peer Resources, Arts)

- *“Taking the City college during summer supervising secondary students have helped me to realize that teaching is not just you teaching them but you helping them to realize that education is important and engaging with them building trust community with them help them and motivate them to go to school more.” - High school student on Teacher Academy*
- *“To be a part of a group that makes a change and makes me feel comfortable and makes me motivated. And the things that I learned I want to teach it to my other peers. I think that our peers individually that we are the strongest bridges to get our point across. For peer resources making a change. The peer resources programs allow us to help us do that. We get our teachers and our other leaders they come together.” – High school student on Peer Resources*
- *“It’s not just oh this is not just another class to get by throughout the day. I’ve seen me and my peers we genuinely devote ourselves into trying to help our other peers and help each other and peer resources allows you to bring such a close bond in relationship from people you can even know but you see in the hallway and you would never say hi to but constantly stay talking on a day to day basis.” – High school student on Peer Resources*
- *“We just had our first art night where our art coordinator and art teacher and the whole school community worked on. We had over 350 people there and historically at our school, we don’t get a lot of turn out for events. It was amazing. People came out to see their kids art. They came out to see kids performances and it was just an amazing event.” – Elementary principal on Arts*

Building a helping community (Peer Resources, Athletics)

- *“Like for example, last month I was having some trouble in my math class and I’m sitting there in the peer resources rooms at Lowell and I’m talking to my friends like I don’t understand this what can I do. And a girl I don’t even know who I do know was part of peer resources. She came up to me and asked me what I need help in and she started to help me. For a person I don’t even know to come help me while I was struggling it completely shocked me and I don’t know what to say because I feel that even in my own math class I don’t think that kids that even I know would necessarily go out of their way to help me.” – High school student on Peer Resources*
- *“I used to struggle in school a lot. So everyday at practice I was with them because that’s what we had afterschool. So they would do homework and I would just sit there. And day by day I have homework. So they inspire me it’s ok we are family and we are going to be with each other for 3 months.” – High school student on Athletics*
- *“Make them work and do their best. Not just on the field but to never give up in life because everything is possible in life.” – High school student on Athletics*

Relieving stress (Wellness Centers, Arts)

- *“Everyday when I come to class in the Wellness center it makes me feel happy because I get to see students coming in with problems and leaving happy.”*

- Wellness helps take away that stress so going to school could be fun. To me learning and going to school is fun only when you aren't stressing about a final or a test.* - High school student on Wellness Centers
- *"High school seems a lot more stressful than how I remembered it. They work as a team with my daughter's school counselor and therapist and make sure she's getting the support she needs."* – Parent on Wellness Centers
 - *"It like kinda calms me down, the music and sounds and we have a lot of laughs and sometimes we have some jokes."* – 5th grade student on Arts
 - *"This is the first time we had music in 5 years at mission HS. And I felt with having music this year. It has put a more positive type of environment in our high school. it has given the kids more of the opportunity to kinda release or put how they feel or how they sing out there. I've gone through things and some hard times and having choirs has given me a chance to release and make myself feel better."* – High school student on Arts

Developing friendships (Wellness Centers, Athletics)

- *"Before I had no friends. I was alone. I cannot speak clearly and loud in front of people. I cannot speak clearly and loud in front of people. In wellness program helped me "how to make a friends, how to be safe." If I need to talk to somebody, I'll go to the wellness center, because they always take care everybody."* – High school student on the Wellness Centers
- *"I have make a new friend and meet a new people. Everybody was friendly and help each other."* – High school student on Wellness Centers
- *"Your girls' group has helped me have a better attitude and meet new friends like Lani in the group. It really helped me. I hope you have one again next year."* – 4th grade student on Learning Support Professionals
- *"Team sports promotes bonding. It promotes encouragement. It promotes friendship."* – Parent on Athletics
- *"Swimming have given us not only a competitive edge but also the friends and the community that we've created from being on the swim team and participating and working hard it helps us bond. It's like a big family we see everyday."* – High school student on Athletics
- *"We are all friends. We look after each other at school. Outside of the school we hang out, we have great chemistry."* – High school student on Athletics

Learning practical life skills (Libraries, Physical Education, Arts)

- *"We have a better program in place to help our students and teach them a healthier physically active lifestyle."* – P.E. specialist on Physical Education
- *"I am really happy with librarians for many reasons. They teach me to go online on the computer."* – 1st grade student on Libraries
- *"Our lovely librarian also teaches us important things that we will need for middle school. For example, the Dewey decimal system and the difference between a bibliography and a citation. She also shows us how to do research on the computer and much more."* – 4th grade student on Libraries
- *"My daughter was a slow reader. And she struggled with reading but the librarian suggested poetry as a way for her to learn. And she got it. It was short*

rhyming words was able to read the stanzas. She has been working with the reading recovery teachers and although that was very helpful, it was the librarian that suggested the poetry which was the breakthrough for my daughter.” – Parent on Libraries

- *“Also at the library there is something called mouse squad where you learn how to use the computer and teach people to learn how to use the computer.”* – 4th grade student on Libraries
- *“We work in the excelsior neighborhood with a lot of working class families who don’t have time or money to take their children to museums, so sometimes the art experience they have in the arts is all they have in the arts.”* – 2nd grade art teacher on Arts