



# BEYOND THE *Classroom*

A comprehensive program for students,  
parents and faculty





## BEYOND THE Classroom

Casademia for schools, a learning platform, builds social and emotional skills of parents and school-based leaders. The online programs available for Spanish-speaking parents and school-based leaders has been demonstrated to improve proactive strong relationships with parents to resolve concerns with minimum impact to students, engage parents in students educational pathways, build social and emotional learning skills of adults and increase communication and conflict-resolution skills. Casademia powered by Family Bridges, which has 17 years providing SEL programs to 105 schools, empowers, equips and encourages school-based leaders with the culturally and researched-based parenting resources needed to meet the needs of minority families.

Schools who enroll in the program offerings receive:

1. Access to the online platform which includes Family Bridges evidenced-based Social Emotional (SEL) curricula: Growth and Strong Parents, Strong Schools
2. Technical Assistance
3. Facilitator Training and Coaching on:
  - Trauma and ways to respond
  - Framing and debriefing lessons, activities, and videos
  - Partner and participant recruitment strategies
  - Program adaptations

The workshops for parents align with the recommended ISBE SEL standards and OSI Competencies, teaching parents self-awareness, self-management, social awareness, interpersonal skills, responsible decision-making, problem solving, communication and conflict resolution. A community-based framework was adopted that successfully promotes the school's activities and creates wide-reaching awareness of the benefits of SEL, recruits and retains participants promoting diversity and equity of services, and effectively reaches under-served, low-income communities.

# PROGRAM FOR Students

**L.E.A.P.**

Life Changing Experience Through Active Participation

L.E.A.P. is an after-school program that teaches students social-emotional skills through the power and creativity of dance. The goal is to create a safe space for students to express themselves amongst peers while also teaching them skills for life. In partnership with ALEGRÍA Outreach, the L.E.A.P. program:

- Helps improve retention and comprehension in science, math, and literature, especially in those with learning disabilities.<sup>1</sup>
- Creates high interest in the subject being taught
- Increases motivation to learn
- Sustains higher levels of attention improving overall cognitive function.
- Increases and encourages the use of creativity in everyday activities
- Encourages students to tackle new and exciting challenges.

Outside of the benefits of dancing, L.E.A.P. wants to teach the following social-emotional skills to students:

- **Self-awareness:** Accurately assessing one's feelings, interests, values, and strengths
- **Self-management:** Regulating one's emotions to handle stress, control impulses, and persevere in overcoming obstacles
- **Social-awareness:** Taking the perspective of and empathizing with others
- **Relationship Skills:** Establishing and maintaining healthy and rewarding relationships
- **Responsible Decision:** Making decisions based on consideration of ethical standards, safety concerns, respect for others and likely consequences of various actions.

<sup>1</sup> A Report on the Impact of Dance in the K-12 Setting , Karen Bradley, Jane Bonbright, and Shannon Dooling, National Dance Education Organization



## PROGRAM FOR

# Parents

**STRONG  
PARENTS,  
STRONG  
SCHOOLS**

The school's job becomes harder when parents are not actively supporting their kid's academic career. Strong Parents, Strong Schools motivates parents to raise successful kids who have strong character development, relationship smarts, and community-engagement, that ultimately supports students in achieving academic goals.

Through Strong Parents, Strong Schools, our goal is to:

- Strengthen parent-child relationships
- Help improve the relationships between parents and academic institutions
- Promote parent engagement with their children's schools and communities

## PROGRAM FOR

# Faculty

**GROWTH**

GROWTH is Family Bridges professional development program. Family Bridges believes that social emotional learning does not only apply to students, but also to faculty and school personnel. Addressing work-life balance, communication, problem-solving, teamwork, stress management and other topics are essential to professional and personal success.

**LET'S GET**  
*Started!*



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