



BREAKFAST

Safe and supportive
school communities

PANCAKES AND BACON



In a healthy and healing community school, students feel safe and belong physically, academically, and socially. Students also trust the adults and other students around them.

Reviews from Michiganders

"[We] have to create a healthy village. If we're going to create healthy children, we have to create [a healthy village]"

"All cultures need to feel like they belong [in our schools], no matter if it's the child, the parent, or the staff"

"It's good to come together, let everybody bond, to make us feel like a real team. You got to do those little things"

PANCAKES AND BACON:



STUDENTS FEEL WELCOME AND CARED FOR EMOTIONALLY, PHYSICALLY AND ACADEMICALLY.

INGREDIENTS

- ▶ Time for students and adults to build strong relationships.
- ▶ Students with disabilities, Students of Color, English language learners, undocumented students, and LGBTQ+ students feel supported and included in the school community.
- ▶ Excellent strategies for preventing and responding to bullying at the school level.
- ▶ New students have extra help settling into their school.
- ▶ Schools have wellness rooms for students and staff to recharge.
- ▶ Health and wellness support staff at every school.
- ▶ Schools have clubs and services that support all kinds of students.

Cooking Instructions

1. Combine all ingredients into a single school system.
2. Melt time in your pan and add one spoonful of specific supports for each student until you have four pancakes cooking.
3. Be sure to top off with strategies to prevent and respond to bullying, hire well-trained support staff, and craft creative clubs and services.
4. Provide students with spaces to recharge and enjoy their meal.
5. Make sure you make enough for every student and teacher to have their fill.



CHEF'S TIP

Fluffy pancakes need the right mix—students thrive when schools prioritize emotional, physical, and academic well-being through trusted relationships and inclusive practices.

CEREAL AND MILK:

PROBLEMS AND CONFLICT ARE PREVENTED OR RESOLVED.

INGREDIENTS

- Educate teachers, administrators, staff, parents, and community members on restorative conflict prevention and resolution practices.
- Implement social-emotional learning (SEL) programs for all students, educators, and staff.
- Ensure diverse and sustainable leadership and holistic implementation of these initiatives.
- Remove cultural or gender-based forms of biases from codes of conduct.
- End exclusionary, harsh, and racially disproportionate school discipline.



Cooking Instructions

1. Select a variety of different strategies and engage an educated, committed group of leaders, teachers and staff in meeting the different needs and preferences of your students.
2. Support each student in figuring out the right combination of supports that will help them grow and learn.
3. When students get lost, use positive support strategies to re-engage them in learning and the school community.

CHEF'S TIP

Stirring too fast spills the milk—restorative justice and social-emotional learning help schools address conflict in ways that keep students engaged rather than pushing them out.

Schools should support healthy student development and build strong relationships among and between students, teachers and staff. School staff should aim to build and restore connections between schools, families, and communities.

CEREAL AND MILK



Reviews from Michiganders

"I lean towards restorative practices. I don't know if punishment fixes anything, it's only consequences without any support or structure that doesn't help students grow."

"We need a dedicated decompression space so that kids can remove themselves out of situations that are getting heated and calm down before returning so that issues don't escalate."

"[Disciplinary actions compound inequity] because...[students] don't have the services they need in the first place and then they're punished for not having them at higher rates than their peers."