



Mt. Diablo Peace & Justice Center

55 Eckley Lane • Walnut Creek, California 94596

(925) 933-7850 • www.mtdpc.org

Creating a Peaceful School

Schedule:

8:00 AM Registration/Sign in

8:50 AM Keynote/Welcome: Ian Harris

10:00 AM First Breakout

11:10 AM Second Breakout

12:10 Noon Lunch and Resource Fair

1:10 PM Third Breakout

2:15 PM Closing Thoughts and Feedback

2:50 PM CEUs

Ian Harris Keynote Address: Responses to School Violence

This presentation will review problems of school violence and provide insights about how best to respond to violent behavior in youth. Peace theory suggests three ways to respond to violence: peacekeeping, peacemaking, and peace-building. Peacekeeping depends upon force to impose order; peacemaking relies on dialogue to resolve differences; and peace-building uses nonviolence to create beloved communities. Although peacekeeping and peacemaking are most commonly used in schools, peace-building has the best capacity to foster student learning.

About the presenter: Ian Harris is a recently-retired director of the Peace Studies program at the University of Wisconsin where he was a professor Education Policy and Community Studies. He is the author of *Peace Education* and *Peacebuilding for Adolescents*.

Dan Reynolds session: Journaling for Peace and Human Rights

Incorporating the teaching of peace and human rights can be a challenge. Journals allow students opportunities to reflect, analyze, critique, and be creative. Together we will discuss the educational and personal value of using in-class and at-home journaling to develop students who value peace, nonviolence, and the rights of all people. You will leave with 90 journal prompts you can start using immediately in your classroom.

About the presenter: Dan Reynolds teaches English, Film Studies, and Human Rights Education at Mt. Diablo High School in Concord. He is a recipient of the Mt. Diablo Unified School District Teacher of the Year award and the 2011 California Teachers Association Peace and Justice Human Rights award.

Milt Panagotacos: Conflict Resolution / Peer Mediation in School

A conflict resolution / peer mediation program in your school can help lower instances of violence, bullying, and rumor spreading. In this session we will focus on programs where students work as conflict managers/mediators to help other students resolve conflicts, mediate escalating issues and/or misunderstandings and improve the overall climate of your school (regardless of how big or how small your current discipline issues may be) all with plenty of time for questions and discussion. Our hope is that you will leave this session with an understanding of how these programs can work in your school, and equipped with the materials and knowledge you may need to start a program at your site.

About the Presenter: Milt Panagotacos is a retired teacher and conflict resolution/ peer mediation program coordinator.

Jill Johnson Workshop: Teaching Nonviolence in High School

This workshop will provide you with an outline of a course on nonviolence currently being taught in a California public high school. Books, films, lessons, assignments and other resources will be shared, including practicing meditation in the classroom, writing about nonviolence, lessons on world religions, Gandhi, conscientious consumerism, community projects, peace heroes, International Day of Peace activities, A Force More Powerful lessons, and various other ideas and resources. Details on how to get a course on nonviolence adopted into your school and your district will be covered.

About the presenter: Jill Johnson is a teacher at Freedom High School in Oakley in the Liberty Union High School District where she teaches English, American Studies, Speech and Debate, Science Fiction Literature, and Peace and Conflict Studies. She organized the Educators for Nonviolence Conference in 2008-2009.

John Marvin: The Command Center - how does our brain really work? Learning, Thinking, Emotions

Recent neuroscience brings insight into the complexity and power of our brain.

Did you know we have three brains? That we all have specific brain parts for detecting danger? That those parts, when we are angry, shut off our thinking brain? This workshop will introduce the basics of the brain, gender differences, and provide teachers with handouts and reading lists for use in class. This workshop will center on how the emotional portions of the brain work, how they effect our “thinking” processes without our knowledge, and specifically, the neural workings of fear, anger, and frustration. Teachers will be provided handouts and reading lists.

About the presenter:

John Marvin became interested in the workings of the human brain four years ago when he was diagnosed with ADHD and Anxiety Disorder at age 57. As a result, he researched the brain and neuroscience, and began teaching middle school students, parents, and faculty about the brain’s direct and mostly unknown impact on our everyday lives. Mr. Marvin has taught middle school, high school, college and adult education classes. He has been awarded Outstanding Educator awards in Columbia, Missouri, and Pleasant Hill, California.

Catherine Margerin: Game + Ahimsa

Presentation of the game Gahimsa derived from Game and Ahimsa “do no harm.” Gahimsa is a computer and real-life game for youngsters ages 12 – 16 that teaches the skills of living non-violently through playful and thoughtful activities. The focus is on teaching conflict resolution and conflict prevention skills by helping teens acquire self-confidence, self-awareness, responsibility, creativity, trust, empathy and an open mind. Social skills such as active listening, positive communication, and community-building are emphasized.

About the presenter: Catherine Margerin has a dual background in education and animation production for films, videos and games. In parallel, she has been involved as a peace activist for the last 40 years and now as an AVP (Alternative to Violence Project) facilitator in prisons and communities.

Sandra Schwartz : A HIPPP/AVP workshop (Help Increase the Peace Program or Alternatives to Violence Project)

HIPPP is a dynamic, interactive and engaging program based on dialogue and active learning. Participants build skills for responding to conflicts without violence, analyze the impact of societal injustice on their lives and the lives of others, and work on taking action for positive, nonviolent personal and social change.

HIPPP workshops focus on the Head, Heart and Hand:

- **Head**—Participants analyze the root causes of violence and identify their options.
- **Heart**—HIPPP workshops build community through laughter, fun, and shared experience, focusing on self-awareness, self-esteem, empathy and listening skills.
- **Hand**—Participants develop tangible skills in cooperation, communication, and conflict resolution.

About the presenter: Sandra Schwartz is the peace education coordinator at the American Friends Service Committee where she develops and manages a variety of programs including truth-in-recruiting programs in the public schools, hosting the GI Rights hot-line, working with community groups to abolish nuclear weapons.

Diane Valentine: Yoga for Relaxation

About the Presenter: DIANE VALENTINE, E-RYT & GCFP is the Director of The Yoga & Movement Center, which is celebrating its 15th year in Walnut Creek. As a teacher of the Iyengar style of hatha yoga, Diane has taught the therapeutic aspects of yoga for more than 20 years and holds yearly teacher trainings for certification and registration with Yoga Alliance. Also a certified Feldenkrais Practitioner, Diane teaches classes, workshops, retreats, as well as private therapeutic yoga and individual hands-on Functional Integration lessons. In her practice she brings to her students the combined therapeutic gifts of Yoga and Feldenkrais. She has published articles on Feldenkrais and Yoga as well as Restorative Poses for Menopause.

Chris Giotta: Creating Watercolor Imagery around Words of Peace

This one-hour workshop will discuss the complexity of taking a written prompt from this year's Mt Diablo Peace Center Art & Writing Contest and putting it into image form. Workshop includes: how to brainstorm a writing prompt into an art form, examples of past peace posters, and time to create your own poster to take home. The media will be watercolor pencils and watercolor or prisma color pencils and ink. Having minimal drawing skills should not be a deterrent.

About the presenter: Chris Giotta has taught many levels of elementary school for the Walnut Creek School District. She currently teaches 6th-8th grade Art at Walnut Creek Intermediate. Each year her students participate in the Mt. Diablo Peace Center Art & Writing Contest, often with winning results.

Lorin Peters: Introducing Nonviolence in 10 Hours or Less

The first 30 minutes of Attenborough's film "Gandhi" offer a riveting and thought-provoking introduction to the basic principles of nonviolence. After demonstrating how to use the film, we will look at nonviolent alternatives to the three kinds of wars still in fashion – wars of freedom, of defense, and of democracy – and the new forms of nonviolence that have evolved since Gandhi. Finally we will look at nonviolent discipline – the Arab Spring did not just happen, it was carefully planned and organized. Teaching guides and resources will be available in electronic and/or paper form.

About the Presenter: Lorin Peters, who served on a peacemaking team for seven summers in Israel-Palestine, has taught 'Alternatives to Violence', based on Gandhi's principles of nonviolence, to high school seniors since 1972. He has worked with Michael Nagler of Metta Center for Nonviolence for five years.

Carolyn Janson: HeartMath for Resilient Educators and Youth

Stress is at an all time high for teachers, parents and students. Everyone is on edge! Teaching and learning have become more difficult. HeartMath strategies stop stress in its tracks. They increase coherence in the body mind system bringing more ease, resilience and joy to the lives of teachers and students. These simple and elegant tools increase one's ability to regulate emotions, solve problems and make decisions. As a result, teaching and learning improve!

About the presenter: Carolyn Janson is a staff developer, coach and former elementary and middle school teacher who knows how to create peaceful, heart-centered learning communities. She is a licensed *1 on 1 HeartMath* provider and *Qualified Resilient Educator*. In collaboration with the Institute of Heart Math, she developed *HeartSmarts*, a social and emotional learning program. Currently she serves as a BTSA coordinator in Berkeley Unified School District.

Loretta G Breuning: I, Mammal

Primates have been One-upping Each Other for Millions of Years

Abstract: When we are frustrated by conflict in daily life, it's interesting to know that every group of apes, monkeys, or even bovines has almost identical conflicts. All mammals have the same basic neurochemistry, which releases good feelings when an individual promotes its own survival. Mammals learn from experience which behaviors promote survival and which behaviors set them back. The brain learns about survival whenever neurochemicals are released, both the "happy chemicals" (dopamine, serotonin, oxytocin) and the "unhappy chemicals" (cortisol).

About the Presenter: Loretta Graziano Breuning is Professor Emerita of Management at California State University, East Bay. She is the author of the books: *I, Mammal*, *Meet Your Happy Chemicals*, and *Greaseless*. (SystemIntegrityPress.com). She has worked for the United Nations in Africa and lectured on bribery at the Communist Party Training School in Guiyang, China. As a docent at the Oakland Zoo, she leads tours on mammalian social behavior. Her blog is hosted by Psychology Today.

Teaching the Occupy Movement – A Panel Discussion

Lorin Peters, Jill Johnson and Dan Reynolds

How do we bring the Occupy Movement into our classroom? What does it mean for our students and their future? What do we say to a student who wants to become more active? To an administrator who is concerned about the topic? To parents? Where is this in the standards? What real historical impact might the movement have?

Please join us for the hour as we approach these and other questions. We also look forward to your questions also.

Presenters: Lorin Peters, Jill Johnson and Dan Reynolds will put on a panel for HS teachers. Bios previously listed

Michael McAlister: Uncovering Stillness in the Midst of Busy Lives

It is impossible for any of us to teach peace if we, ourselves, are at war. Some of us may find that we are at war with war; or we may be intolerant of intolerance; or we may find ourselves fighting against violence. We also might find that we are so busy that we don't have time for any kind of meaningful peace in our lives. The good news is that there is a way out of this common trap that allows for any of us to learn how to uncover the very stillness necessary for us to embody the peacefulness we wish to offer both our students and the world. Come join us to learn how simple practices of mindfulness, self-study and meditation can have an impact on your life as well as the lives of those you touch.

About the presenter: Michael McAlister has spent time as a Buddhist monk in Thailand, Nepal and at the San Francisco Zen Center. In 2008 his book, *Awake in This Life: A Guide for Those Climbing the Mountain of Spirit*, was published. Currently, he is the leader of the Infinite Smile Sangha, located in Lafayette, and his podcasts at InfiniteSmile.org are enjoyed by a global audience. He is the father of two girls, 4 and 2 years of age, and is one of the associate principals at Miramonte High School.

The Worldview Literacy Project - A Learner-centered Approach to Creating Common Ground and Wise Action

Each of us was born into a worldview that, for the most part, operates outside of our conscious awareness. Our worldview are responsible for shaping, coloring and filtering the way we see and make sense of the world around us. Recent developments in neuroscience are showing the truth of words written down centuries ago: "We don't see the world as it is, we see the world as we are." Drawing some 40 years of research on consciousness, the Institute of Noetic Sciences is launching a pilot course of 18 lessons that guide high school students on a path of discovery leading to a deeper understanding of themselves, each other and the world around them in ways that foster collaboration and wise action.

About the Presenters: *Katia Petersen, Ph.D.*, is an award winning educator and the creator of *Safe and Caring Schools*, an anti-bullying program used in over 35,000 classrooms. *Ken Homer* is an organizational development practitioner and the founder of *Collaborative Conversations: Include More Voices - Make Better Choices*, a consultancy that focuses on creating rapid and productive results among diverse groups of people. *Nina Fry, MA*, is a Research and Education Associate for the Worldview Literacy Project and Adjunct Professor of Holistic Health Education at John F. Kennedy University. Nina has extensive experience in curriculum and research development and implementation.

CEU credits are available for participants from St. Mary's College .5 CEU for \$25.