

Creating A Safe Haven For Children Escaping War And Persecution – From The Polish Children Of Maharaja To The Children Of Ukraine

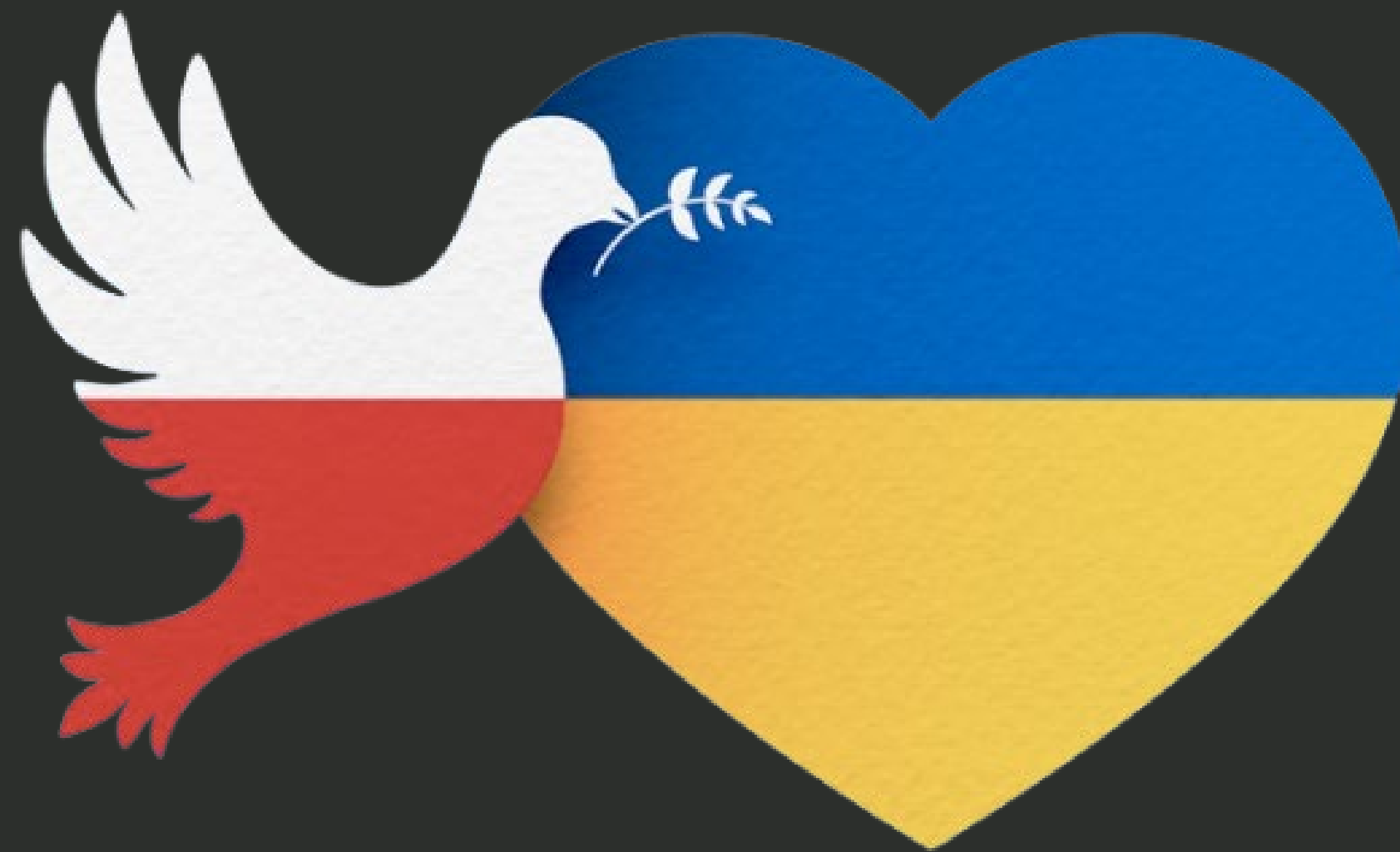


Overcoming Trauma and Displacement Together
Healing Hearts, Renewing Souls

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‘ECHOING THE COMPASSION OF THE INDIA MAHARAJA WHO RESCUED POLISH CHILDREN FROM THE SIBERIAN GULAG, POLAND NOW STANDS AS A BEACON OF HOPE FOR UKRAINIAN CHILDREN SEEKING REFUGE FROM THE RAVAGES OF WAR.’

Alexandra Hernandez ♡

HOW VOLUNTEERING IN POLAND CAME ABOUT?

AFT Teacher Delegation to Poland
Cieszanow Summer Camp 2022



AFT Teacher Delegation to Poland
Basznia Dolna Summer Camp 2023



The Kosciuszko Foundation
Delegation
Basznia Dolna Summer Camp 2024



TRAUMA IN THE
CLASSROOM:
HOW WAR AND
DISPLACEMENT
AFFECT
ACADEMIC
OUTCOMES?



TIPS FOR SUPPORTING DISPLACED STUDENTS



- Help students heal through love and trust.
- Understand and recognize stressors.
- Understand the effect of trauma on school functioning.
- Provide trauma sensitive responses and supports.
- Understand the challenges of relocation and acculturation.
- Be sensitive to family stressors.

- Understand cultural views regarding mental health.
 - Engage and empower families.
 - Focus on student strengths.
 - Access community resources.
 - Stop any type of harassment or bullying immediately.
- Don't ignore possible "red flags"

TRIGGERS

Reminders of past traumatic experiences that automatically cause the body to react as if the traumatic event is happening again in that moment, such as:

- Loud noises
- Physical touch
- Threatening gestures
- Authority figures and limit setting
- Chaos or uncertainty
- Particular spaces (e.g. bathrooms or secluded areas)



- Changes in routine
- Witnessing violence between others, such as peer fighting, Emergency vehicles
- Certain smells
- Particular times of year (e.g. anniversary of a loved one's death)

Responses can appear confusing and out of place and be misunderstood by others



COMMON RESPONSES TO TRIGGERS

- Fight responses: yelling, swearing, posturing, aggressive behavior
- Flight responses: running away, refusing to talk, avoidance, substance use
- Freeze responses: spacing out, appearing numb, disconnected, confused, or unresponsive



EFFECTIVE APPROACHES

BEST PRACTICES



- Creating a welcoming classroom environment
- Meet students where they are
 - Be aware of triggers
 - Building relationships with students
- Take care of yourself

STEPS

Three Steps to Healing from Trauma

Engage in Creativity

Having fun is a great healing tool. Engaging your brain in creative and artistic endeavors has been proven to improve physiological and psychological outcomes in people

Meditation Practice or Daily Check in System

Grounding techniques like meditation can help soothe the mind and body.

Support System

Building a strong support network is crucial for long-term healing.





HOLISTIC MODEL FOR THE EDUCATIONAL INTEGRATION OF DISPLACED STUDENTS



Learning Needs

- Language learning
- Catching-up on schooling
- Adjustment to new education system



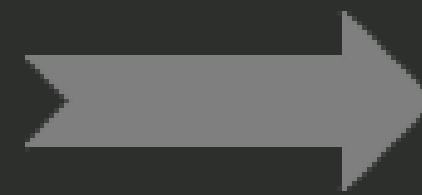
Social Needs

- Communication
- Sense of belonging and boding
- Strong personal identity



Emotional Needs

- Safety
- Coping with separation, loss and/or trauma



EDUCATIONAL INTEGRATION

Individual factors

- Language Proficiency
- Physical and mental health

Interpersonal factors

- Connections with peers
- Family support and social networks

School-level factors

- Learning environment
- School engagement
- Student/teacher interaction
- Family involvement in school

POLICIES AND PRACTICES

DEVELOP PLANS THAT EMPHASIZE



art, music, theater, poetry



social solidarity,
social-emotional well-being



team-building games, exercise



scouting; outdoor exploration

LINGUISTIC TECHNIQUES

- ❖ Provide opportunities to speak, listen, read and write for multiple purposes
- ❖ Scaffolds: model, model, model



Use Visual Aids: Video clips, Graphic organizers,
Visual Cards, Charts and diagrams,
Manipulatives

Build on Background Knowledge/ Activate Prior Knowledge

- ❖ Student Discourse; Turn and Talk
- ❖ Teach academic vocabulary in context (Vocabulary Gallery Walk)
- ❖ Language development in every area
- ❖ Leveraging and developing students L1



HEALING JOURNEY BEGINS NOW



Be informed

Learn what trauma is and how to recognize the signs in your classroom.



Change your perspective.

“Healing can begin when others stop pretending that a traumatic experience never occurred and acknowledge the pain that is felt.” –Michael Medley



Relational Pedagogy.

Develop trust-based relationships with your students so they no longer live in fight, flight, or flee.



Differentiate consequences.

Model appropriate and nonviolent conflict resolution strategies and give consequences that are appropriate but not harsh or shaming.



Building Resilience Together

Grow stronger, heal together, overcome challenges.



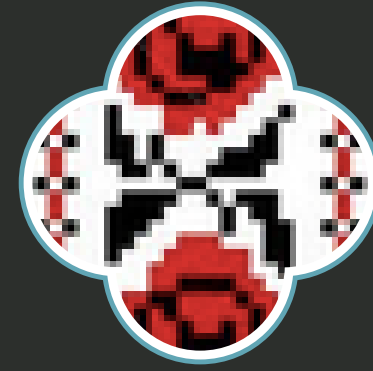
Storytelling.

Build relationships and English language vocabulary by telling stories with your students.



FACES OF HEALING: STORIES OF RESILIENCE





IMPACT BEYOND THE CLASSROOM: THE PERSONAL AND PROFESSIONAL EFFECTS OF VOLUNTEER WORK



Good morning! Thank you, our dear Mommy! We wish you a safe journey



hi!!! how are you? did you make it back to the United States? 🇺🇸 😊 3:59 PM

Today we were thinking of you a lot! Can't describe how are we grateful for your kind heart ❤️

We will never forget your kindness, mommy ❤️ We pray for you 🙏 5:13 PM

“Be ambassadors of Faith, Hope, and Love, as they are the keys to demonstrating compassion in a complex and often challenging world.”



Alexandra Hernandez ♡

DZIEKUJEMY

ДЯКУЄМО

THANK-YOU

RESOURCES

PADLET QR CODE

Overcoming Trauma and
Displacement Together
Padlet Resource Board

<https://padlet.com/ahernan162/overcoming-trauma-and-displacement-together-resource-board-n0lg7l29trmkjamg>

