Trauma-Informed Campus Fact Sheet

As the guiding philosophy for our therapeutic school, Serendipity embraces the principles of Re-Education. These focus on the strength inherent in each child, employing a variety of perspectives and experiential approaches to thoughtfully move students towards independence.

A trauma-informed school meets students where they are in each moment, responding with empathy and nurturing choices. To deliver this type of care, there must be ways to be productively engaged when outside the classroom, and these alternatives must facilitate self-soothing, physical movement, and coaching.

Not all of the trauma-informed aspects of Serendipity's Therapeutic School campus are complete. See Support Serendipity on the school's website for more information.

Trauma-Informed Campus Features currently available:

Classrooms facilitating small, cohesive learning communities

Dining Room for community building activities.

Coaching rooms available for alternative activities, coaching, and taking space.

Eagles' Nest, for as-needed movement and physical activity

The Growing Minds Garden, available for coaching, alternative activities, and outdoor self-directed exploration

Library, for quiet coaching, tutoring, or reading.

Serendipity's Core Beliefs, drawn from the Principles of RE-Education:

- Trust is essential.
- Feelings should be nurtured.
- Groups are major sources of instruction.
- Community must be experienced to be learned.
- Intelligence can be enhanced.
- Competence makes a difference, especially with schoolwork.
- Self-control can be taught.
- Physical experiences help us define ourselves.
- Now is when life is to be lived.
- Time is an ally in support of positive changes
- Ceremony and ritual give order, stability, and confidence.
- Joy should be built into each day.

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Serendipity's dream for the completion of a true trauma-informed campus involves the construction of a 16,000 sq. ft. building on the two already owned lots adjacent to our current school building.

Completing the trauma-informed campus:

Serendipity is currently raising the funds and finalizing the plans for a 16,000 sq. ft. addition to complete the trauma-informed campus.

This addition will provide the following features to support our model of care:

- **Gymnasium**, for therapeutic recreation classes. This will transform students' experience with being active during the day, without consideration of the weather.
- **Fitness room**, offering drop-in exercise options. Building strength and stamina are great vehicles for setting goals and seeing one's progress.
- **Yoga room**, offering both scheduled yoga classrooms and drop in stretching activities. Yoga has been demonstrated to support behaviorally challenged youth in gaining independence at self-soothing.
- **Sensory Center**, allowing both scheduled and as-needed sensory breaks for students for whom a sensory diet is critical for remaining well-regulated and comfortable at school.
- **Art Center**, for both scheduled and drop in creative, fine-motor activities. Self-expression through art is important for all children, but particularly impactful for children with language deficits.
- **Additional coaching rooms**, for de-escalation and problem-solving. By having spaces where it is not only permissible, but encouraged to take a break, we support the critical process of students' finding successful alternatives to disruptive patterns when they feel dysregulated.
- **Developmentally appropriate separation of middle school and elementary classrooms**, allowing staff to target the environment and culture best suited to each. The reduction of noise and crowding for students with spatial and stimulation sensitivities will help establish the peace most students require to heal.

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