

The Self-Reg Journey of

Linda Warren & Kenneth MacNaughton

"Selling Self-Reg To The System:" Reflectively Sharing Of The Language And Process Of Self-Reg At The DDSB

Former school principals, Linda Warren and current principal Kenneth MacNaughton have both been in the role of Administrative Officer for Safe Schools and part of the Self-Reg Committees bringing Self-Reg board wide.

Why Self-Reg

Ken and I "believed that all kids can be successful and that people and kids are intrinsically doing the best they can in that moment and Self-Reg really explained why kids that we thought could do better were not. Hearing Stuart speak we realized why? Self-Reg is now the foundation upon which everything else we do is built. Self-Reg is something we are invested in and the rank and file can see that it's worth investing in"

Big Picture

"Self-Reg has been part of the DDSB for 7 years, its embedded in a lot of our policies, procedures and how we do business, and we know that if we don't keep at it the Self-Reg process focus can fall off of the radar. Self-Reg has to be kept sustainable and at the core of operations."

Process at this Point

"It's a journey and a process not a program. You cannot roll it out like it is a program. It takes time and you have to keep at it." Since 2012 the DDSB have:

- Created a board level Self-Reg Leadership and Committee.
- Launched a pilot school Self-Reg training initiative.
- The model of PD delivery changed to meet increasing demand and ensure sustainability. Stuart would speak and plant the "Self-Reg Seed" and the board team would follow up with training.
- 2 Self-Reg networking symposiums were held.
- On-going school visits to understand where Self-Reg capacity is at, so that PD can be responsive to needs.
- High School has incorporated Self-Reg as part of their careers, english, and careers curriculum.
- Committee has come to understand that when sharing PD: Start from a student and a personal

level, Self-Reg is not a response to kids with special needs - it's for everyone, and the importance of getting everyone onside from senior administrators to Trustees and families. Finally, organizations also have a Self-Reg Journey.

Challenges

- Need to maintain a common Language and focus on the process of Shanker Self-Reg "Because self-regulation has become so enmeshed in other things"
- How to sustain Self-Reg growth when some are just starting and others are well on their way - managing the diversity of understandings.
- Where the message about Self-Reg has not been successful - how do we address these gaps and areas of need.

Fond Memory

- Seeing a growth throughout the whole system. People in secondary school using the same language as the kindergarten and the same diversity professionals supporting each other in learning about Self-Reg.
- In 2019 school requested that Linda did a session on "Prepping your kids for EQAO from a Self-Reg lens"

Hope!

- "Seeing Self-Reg start to weave into some of the policy docs, resources, and parent communication and a shift from the why of Self-Reg to the how - how to implement the Self-Reg process"
- The ministry of education shift to focus on well-being has made it "a lot easier to make inroads in providing Self-Reg learning opportunities because it's coming right from the top as Self-Reg is an easy fit with well-being."