

Hope Academy of NWA

Strive for progress, not perfection

QUOTES TO REMIND CHILD

Learning is never done without errors and defeat.

REMINDERS

Drop off: 7:30-8:00AM

Pick Up: 2:50-3:15PM

*Please keep your child in the car until we come out at 7:30AM for safety- we want to make sure our staff is able to enter the building so they can prepare for the day before we welcome them inside

+Parent Teacher Conferences: March 6-10, 2023

+Picture Day: March 9, 2023

* Parent Night at Amazeum: March 15, 2023

+Spring Break: March 20-24, 2023 (no school)

*Monthly, we have a fire and tornado drill.. Make sure your child knows what the plan is at your house if there is an emergency and the importance of sticking together

You do not have to attend every argument you are invited to

Discipline and Trauma Cycle:

Children/youth that have been traumatized may not feel safe and may enter a hypervigilant state. This can lead to distress behaviors when the child/youth becomes overwhelmed or triggered.

When demands are placed on the individual that they are unable to meet the situation may escalate. This may lead to fight, flight or freeze behavior, which may lead to punishment and retraumatization.

Traumatic for Parents: The use of punitive discipline can also be traumatic to parents. Parents are also impacted by past trauma. When parents feel unsafe, they may also escalate to a fight or flight response. This can lead to additional trauma and may lead the parents to be hypervigilant. In a hypervigilant state, parents may be more likely to use punitive approaches.

