****FAQ’s

**What is Positive Education?**

Positive education is the application of the science of wellbeing and principles of Positive Psychology, Neuroscience and Integrative Health in order to enhance staff, student, and community wellbeing and reduce ill-being. It focuses on building positive emotions, willpower, grit, emotional regulation, resilience, mindfulness, growth mindsets and strengths.

**What are the goals of the Positive Education program?**

1. Reduce teachers’ stress by empowering teachers to build stronger relationships. Make it easier for teachers to engage with students and persist in the work they need to do to master their academic material.
2. Create a school culture that is caring and trusting, and prevent problem behavior.
3. Help students attain their highest academic potential by increasing engagement, creating more curious students, and fostering an overall love of learning.
4. Turn stress and hardship to resilience by helping students persevere, engage, and build quality relationships.

**How many educators will be selected to participate?**

Funding from the Jewish Community Foundation of Greater Los Angeles, will enable BJE to underwrite the participation of 5 educators in early childhood settings, 5 educators in part-time religious school settings, and 5 educators in day school settings for each of two-years, for a total of 30 educators. Schools interested in training additional educators at reduced rates.

**What is involved in the training?**

BJE will work with the New York based Center for Positive Education <https://thecenterforpositiveeducation.com/> to provide program participants with The Positive Education Certification (PEC Program™). This 65-hour training program consisting of 33 live/zoom hours, pre-recorded online learning and ready to use plug-and-play tools. Participants will **learn to create learning environments that foster belonging, engagement, kindness and vitality, and** build their own toolkit of self-care strategies within a fun and supportive cohort of affiliated BJE schools.

**When are the live/zoom trainings?**

* 16 Weekly Zoom Sessions starting in October after the High Holy Days
* The exact day and time for the sessions will be determined based on the availability of the cohort participants.

**How can I apply for the program?**

An application is required both from the educator and their school/institution. **Application deadline is Monday, May 7th, 2022.** The link to the application is [**here**](https://www.bjela.org/sites/default/files/uploaded_files/Wellness2021_22/BJE%20Participant%20Application%20for%20Positive%20Education.docx).

**What is required of educators accepted into the program?**

1. Attend all 33 hours of cohort training and come prepared for each session.
2. Obtain the written commitment from your school director, senior Rabbi, lay leader overseeing the education programs
3. Participate in BJE Community of Practice meetings (at least 1x/month) for the full two-years.
4. Apply the learning from the trainings in your classroom (or school) through a minimum of 3 methodologies or curricular implementations during the training, and together with the school director (if applicable), create a plan for embedding positive education methodologies in additional classrooms in the following year.
5. Share the information/curriculum/impact you develop with the cohort.
6. Write a minimum of one blog post/year for distribution to your school community and for use by BJE.
7. Share the learning from the training with your school community at least 3-4 times during the year.
8. Complete all evaluation/impact surveys on a timely basis
9. A minimum of 4 meetings/year with your school supervisor and/or Head of School to discuss what has been learned, and to plan upcoming programs for staff and parents

**What is required of Schools participating in the program?**

1. Release time for educator participation (approximately 2-hours/week for 12 weeks)
2. Written commitment to the program and its implementation from school director, senior Rabbi, lay leader overseeing the education programs as applicable.
3. Commitment to enable program participant to implement the learnings in their (a) classroom or (b) school through the creation of a minimum of 3 methodologies or curricular implementations during the training, and creation of a plan for embedding positive education methodologies for the following year.
4. Commitment for program participant to share the learning through 3-4 professional development workshops for teachers and/or family programs over the course of a year.
5. Work with participant to create a plan for embedding positive education methodologies in additional classrooms in the following year.
6. Distribution to all stakeholders (faculty, board, parents) information about why the school has chosen to participate in this program, source of funding from the Jewish Community Foundation of Greater Los Angeles, and the coordination by BJE (including what the program is, why the school is participating, what the participant will be doing, goals of the program, future role of faculty.)
7. Distribute annual blog post about the program to all school stakeholders.
8. Complete evaluations in a timely basis

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