

2022 COMMUNITY REPORT

Dear friends —

Since early 2020, our communities, especially our schools, have faced enormous challenges. We are grateful and proud to share with you — our supporters, partners, and collaborators — that with your help, Sound Discipline met those challenges and emerged stronger and more dedicated than ever to our vision of a future where everyone thrives because they know they matter and belong.

Please read and enjoy our 2022 Community Report! We have a lot to share with you about our work to help caring adults connect with kids and change inequitable school systems. Visit www.sounddiscipline.org/2022-community-report for more information.

Thanks to supporters and partners like you, 2023 is full of opportunity as we work together to build equitable communities that center the dignity, voice, and agency of young people.



Jimmy Hung, President,
Sound Discipline Board of
Directors

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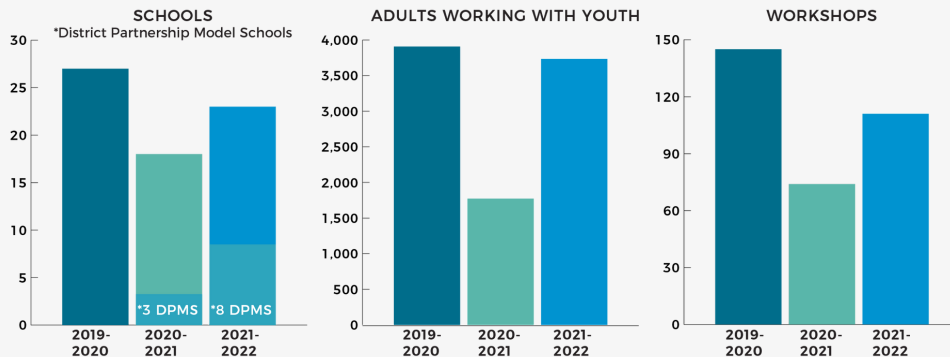
JOYCE LAM, 2021 - 2022



Sound Discipline facilitators and Designing Our Own Learning Program students celebrate after presenting at the Decolonizing Education Conference in November 2022.

PROGRAM HIGHLIGHTS & FINANCIALS

OUR PROGRAM NUMBERS TELL A PANDEMIC STORY



The 2020-21 school year was the most challenging of the pandemic, for us as well as our school partners. As these graphs show, the number of schools and adults we served, and workshops that we offered, fell sharply in 2020-2021. 2021-22 was a rebuilding year, and thus far in 2022-23 our work is more in demand than ever.

PIVOT TO HYBRID PROGRAM SERVICES

Our newest workshop on building equitable learning communities launched. *Rooted Relationships: Growing Equitable Learning Communities*, is delivered in-person and online. Our trauma-responsive practice workshop series, *Reimagining Resilience*, is now offered to the public online. Tools like our Pacing Guide have gone digital!

DISTRICT PARTNERSHIP MODEL

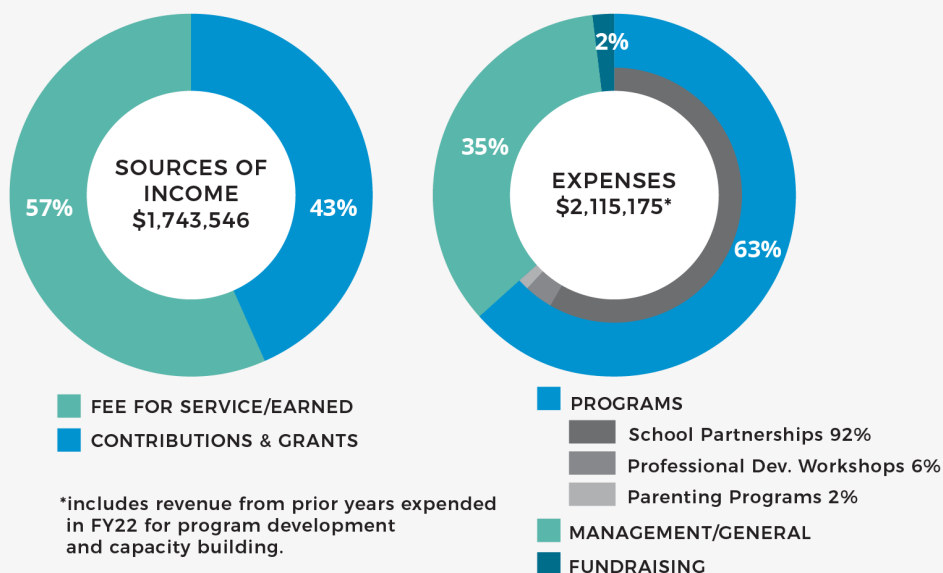
We are scaling Sound Discipline beyond Washington State by building the capacity of school districts to implement our model.

SPECIAL PROGRAMS

In partnership with schools and funders, we launched three new programs aimed at shifting school culture to increase student voice and agency.

[Learn more about our innovations and accomplishments!](#)

FY22 FINANCIALS



Sound Discipline builds equitable communities that center the dignity, voice, and agency of young people by partnering with schools and organizations to transform the ways adults teach, parent, and care for youth.

VISION

We believe in a future where everyone thrives because they know they matter and belong.

OUR VALUES

CONNECTION: We are rooted in relationships.

COURAGE: We lead from the heart and challenge the status quo.

LIBERATION: We work together to create a world that works for everyone because our freedom, joy, and struggles are deeply connected.

STAY IN TOUCH

(206) 782-1595

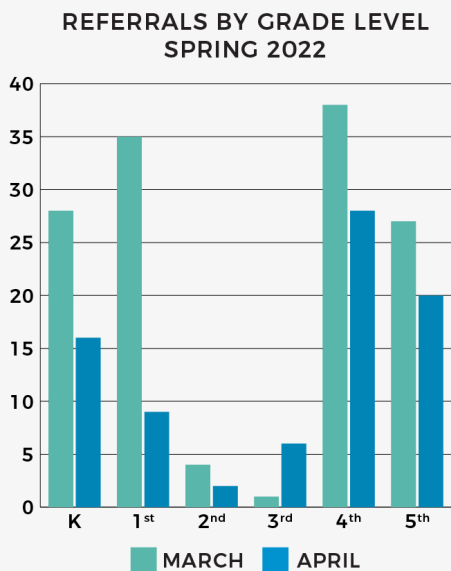
info@sounddiscipline.org

[Subscribe](#) to our newsletter!

INSPIRING STORIES FROM OUR SCHOOL PARTNERS

TERMINAL PARK ELEMENTARY - AUBURN, WA

Terminal Park Elementary School is a Sound Discipline Whole School partner. In spring of 2022, staff identified a pattern of physical aggression on the playground. With our support they decided to focus on three areas to build adult and student skills to address this issue.

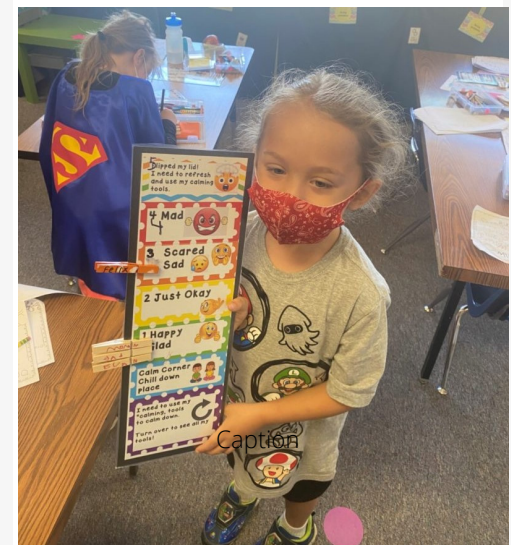
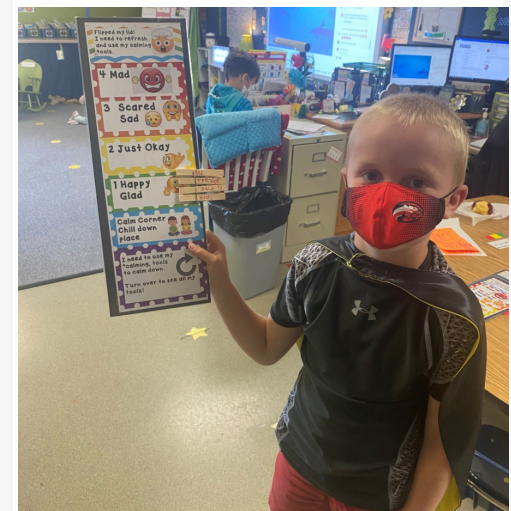


- Using class meetings to engage students to offer solutions to the playground problems.
- Providing teachers with tools to support students to identify solutions and evaluate their effectiveness.
- Building emotional self-regulation skills, for teachers and students. This included creating and showing student-led instructional videos, which were shown school-wide each day, and shared with families.

What happened: Discipline referrals for playground aggression fell dramatically. The graph to the left shows the dramatic drop between March and April, 2022.



A Terminal Park teacher and student demonstrate the self-regulation activity 'hot cocoa breathing' in a school video.



Redwood Elementary kindergartners show their feelings check-in posters that they took home over the summer to use with their families.

REDWOOD ELEMENTARY - GRANTS PASS, OR

Redwood Elementary is part of our District Partnership Model in southern Oregon. During the 2021 school year, the school's Data Team collected data to track challenging student behaviors. The most challenging to staff was defiance.

The team's first step was to talk with students. A pattern emerged: what the teachers identified as defiant behavior often arose from big feelings that students did not know how to regulate. This was an eye-opener that invited a different kind of solution.

The Data Team proposed to staff to teach lessons in emotional vocabulary and naming feelings. They began including feeling words in their daily school morning announcements.

One kindergarten teacher created a feelings check-in poster. When students arrived each morning, they put a clothespin next the feeling word that described how they felt in the moment. She also distributed a feelings chart for each child to take home to use with their families over the summer.

At the start of the next school year, teachers met with students and families to talk about how they handle big feelings, and to share the work that they did last year in the classrooms. Learning about feelings has been transformative, showing up in student and adult behavior. The adults say their school community is now truly a place where everyone knows they matter and belong.

[Read more](#) about our school partners.

HONORING THE LEGACY OF DR. JODY MCVITTIE

In October, Board members, staff, friends, family, and supporters came together for a heartfelt celebration of our co-founder, Dr. Jody McVittie. Some highlights of this wonderful event included a staff skit, personalized Board and staff gifts, and a champagne toast to the one and only, Dr. Jody McVittie.

In Jody's honor, we have launched a Fund the Future campaign. These dollars will advance the collaborative innovation that is at the heart of Sound Discipline's evolving work in schools and community organizations. Donations to Fund the Future are a demonstration of admiration and confidence in the work that Jody began 15 plus years ago. We are all touched by her legacy and share the community's deep esteem and boundless gratitude for her work. Find more information and donate at www.sounddiscipline.org/fund-the-future-campaign.



Dr. Jody McVittie co-founded Sound Discipline 15 years ago and has had a profound and positive impact on the lives of thousands of educators and children.

THANK YOU TO THE INDIVIDUALS, COMMUNITY PARTNERS, AND ORGANIZATIONS WHO MAKE OUR WORK POSSIBLE –WE APPRECIATE YOU!

BILL & MELINDA
GATES *foundation*

COLLEGE  SPARK
WASHINGTON

 **CCER**
Community Center
for Education Results

 **Fordham Street**
FOUNDATION

 **M.J. Murdock**
CHARITABLE TRUST

 **NW**
CHILDREN'S
FOUNDATION
Making hope work.