skyschools

Breathing life into education
International Association for Human Values (IAHV) offers programs to reduce stress and develop leaders so that human values can flourish in people and communities.
## SKY Core Curriculum

SKY Schools teaches practical tools and life skills to manage stress and emotions. Our experiential learning curriculum includes three modules.

<table>
<thead>
<tr>
<th>Module</th>
<th>Description</th>
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</thead>
</table>
| Healthy Body    | Focused on physical fitness & healthy food choices through:  
|                 | • Physical activity that includes exercise to stretch and strengthen the body  
|                 | • Experiential processes that encourage mindful eating, Interactive discussions on food and nutrition |
| Healthy Mind    | Stress management and relaxation techniques that encourage a positive mental attitude through:  
|                 | • Targeted breathing techniques that reduce stress, anger, anxiety and depression; improve focus and concentration; and enhance learning ability  
|                 | • Relaxation exercises that encourage a calm state of mind  
|                 | • Experiential processes that revitalize human values such as responsibility, respect, kindness, belonging, honesty, enthusiasm and service |
| Healthy LifeStyle | Includes social emotional learning and life skills in conflict resolution through:  
|                 | • Teamwork exercises that teach how to manage emotions & resolve conflict  
|                 | • Interactive processes that encourage pro-social behavior, problem solving and cooperation  
|                 | • Dynamic discussions that teach goal setting and good decision-making,  
|                 | • Practical knowledge that increases self-confidence and inner-strength to helps students handle peer pressure and make healthy choices when faced with life’s challenges |
In 10 years, SKY has served 100,000 students and teachers in 196 schools in the United States & has begun programs across the globe in the following countries:

- Mexico, Costa Rica, the Dominican Republic, United Kingdom, Chile, Brazil, Argentina, Australia, New Zealand, India.
List of Schools – Bay Area

ARUSD
- Horace Cureton ES
- Russo McEntee ES
- Joseph George MS
- Hubbard Media and Arts Academy
- Aptitud Community at Goss

ESUHSD
- Overfelt HS
- Yerba Buena
- Andrew Hill HS
- Mt. Pleasant HS
- Silver Creek HS
- Oak Grove HS
- James Lick HS
- Escuela Popular Charter School

PAUSD and FUHSD
- Gunn HS
- Palo Alto HS
- Lynbrook HS
- Fremont HS

East Bay
- Calaveras Hills HS
- Milpitas HS
- Hayward HS

Private Schools
- Harker School
- Bellarmine College Prep
- Bowman International School
SKY Schools Program

**Students**
- Taste of YES (TOY) Seminar
  - 1-2 hours
- YES! Program
  - 10 hours for 3rd-8th graders
  - 12 hours for 9th-12th graders

**Educators**
- Stress Free Teaching Seminar
  - 45 minutes – 1 hour
- YES! Educator program
  - 9-12 hours

**Parents**
- Stress-Free Parenting Seminar
  - 45 minutes – 1 hour
- YES! Parent program
  - 9-12 hours
Sample School Data: Administrators share how SKY has improved their schools

**Student Attendance**

<table>
<thead>
<tr>
<th>Year</th>
<th>1st Sem</th>
<th>2nd Sem</th>
<th>Increase</th>
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<tbody>
<tr>
<td>'05-'06</td>
<td>90.4%</td>
<td>91.6%</td>
<td>1.2%</td>
</tr>
<tr>
<td>'06-'07</td>
<td>91.6%</td>
<td>92.0%</td>
<td>0.4%</td>
</tr>
<tr>
<td>'07-'08</td>
<td>92.0%</td>
<td>92.8%</td>
<td>0.8%</td>
</tr>
<tr>
<td>'08-'09</td>
<td>92.8%</td>
<td>92.6%</td>
<td>0.2%</td>
</tr>
<tr>
<td>'09-'10</td>
<td>92.6%</td>
<td>95.2%</td>
<td>2.6%</td>
</tr>
<tr>
<td>'10-'11</td>
<td>95.2%</td>
<td>95.7%</td>
<td>0.5%</td>
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</tbody>
</table>

**Disciplinary Action**

<table>
<thead>
<tr>
<th>Category</th>
<th>1st Sem 2009</th>
<th>1st Sem 2011</th>
<th>Change</th>
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<tbody>
<tr>
<td>Violence/Fighting</td>
<td>55</td>
<td>34</td>
<td>-21</td>
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<tr>
<td>Disruption/Disturbance/Defiance</td>
<td>580</td>
<td>423</td>
<td>-157</td>
</tr>
<tr>
<td>Drug/Alcohol</td>
<td>27</td>
<td>15</td>
<td>-12</td>
</tr>
<tr>
<td>Suspension Periods</td>
<td>4,009</td>
<td>2,601</td>
<td>-1,408</td>
</tr>
</tbody>
</table>

**Data Source:** Overfelt High School statistics, Principal Vito Chiala
Joseph George Middle School –
Alum Rock, San Jose CA (2018-current)

- Number of student suspensions in 2016-17 (before YES!): 76
- Number of student suspensions in 2017-18 (after YES!): 15
- 70% of students demonstrated an increase in emotional regulation after YES!
- 51% of students demonstrated an increase in growth mindset after YES!
Sample School Data: Student Satisfaction from SKY Program and Tools

Impact & Metrics
Growth Mindset

- Gunn High School: 35
- Palo Alto High School: 32
- LA 4 weeks: 40
- LA 20 weeks: 65
Increased Emotional Regulation
Published Research on SKY Schools Impact on Students:

- Reduces Bullying & Depressive Symptoms (Deakin University, 2016)
- Improves Coping Skills, Problem Solving & Emotional Regulation (Deakin University, 2016)
- Reduces Impulsive Behavior; Fear & Anxiety (UCLA), 2013)
- Increases Empathy, Self-motivation, Self-efficacy, Self-control, Learning, and Executive Functions, Such as Attentional Focus (UCLA, 2013)
- Substantially Improves Students’ Ability to Emotionally Regulate, Enhances Self-awareness, Improves Interpersonal Relationships, and Student Agency (UCLA, 2013)
Next steps and contact info

Contact us for the best next steps for your school/district at sfba.skyschools@iahv.org

Our website:
http://www.skyschools.org