

sky SCHOOLS

Breathing life into education

Organization

International Association for Human Values (IAHV) offers programs to reduce stress and develop leaders so that human values can flourish in people and communities

**Youth
Empowerment**

**Prisoner
Rehabilitation**

**Trauma Relief
for Veterans**

**Universities
and colleges**

**Organizational
Excellence**

**Disaster &
Trauma Relief**

**SKY
Schools**

**SKY Prison
Program**

**Welcome Home
Troops**

SKY Campus

**TLEX
Program**

**Immediate Aid
and Long Term
Rehabilitation**

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

Module	Description
Healthy Body	Focused on physical fitness & healthy food choices through: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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:

Impact & Metrics



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**
- **Bellarmino College Prep**
- **Bowman International School**

SKY Schools Program

Students

Educators

Parents

**Taste of
YES
(TOY)
Seminar**

**YES!
Program**

**Stress
Free
Teaching
Seminar**

**YES!
Educator
program**

**Stress-
Free
Parenting
Seminar**

**YES!
Parent
program**

1-2 hours

10 hours for
3rd-8th graders
12 hours for
9th-12th
graders

45 minutes – 1
hour

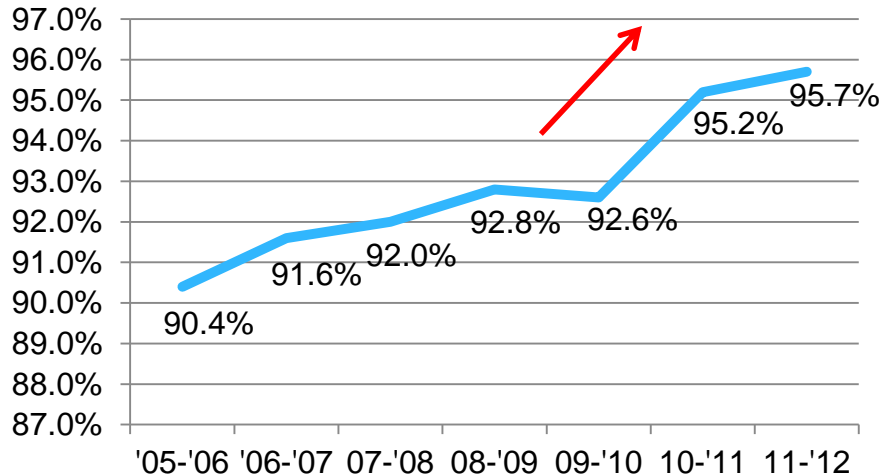
9-12 hours

45 minutes – 1
hour

9-12 hours

Sample School Data: Administrators share how SKY has improved their schools

Student Attendance



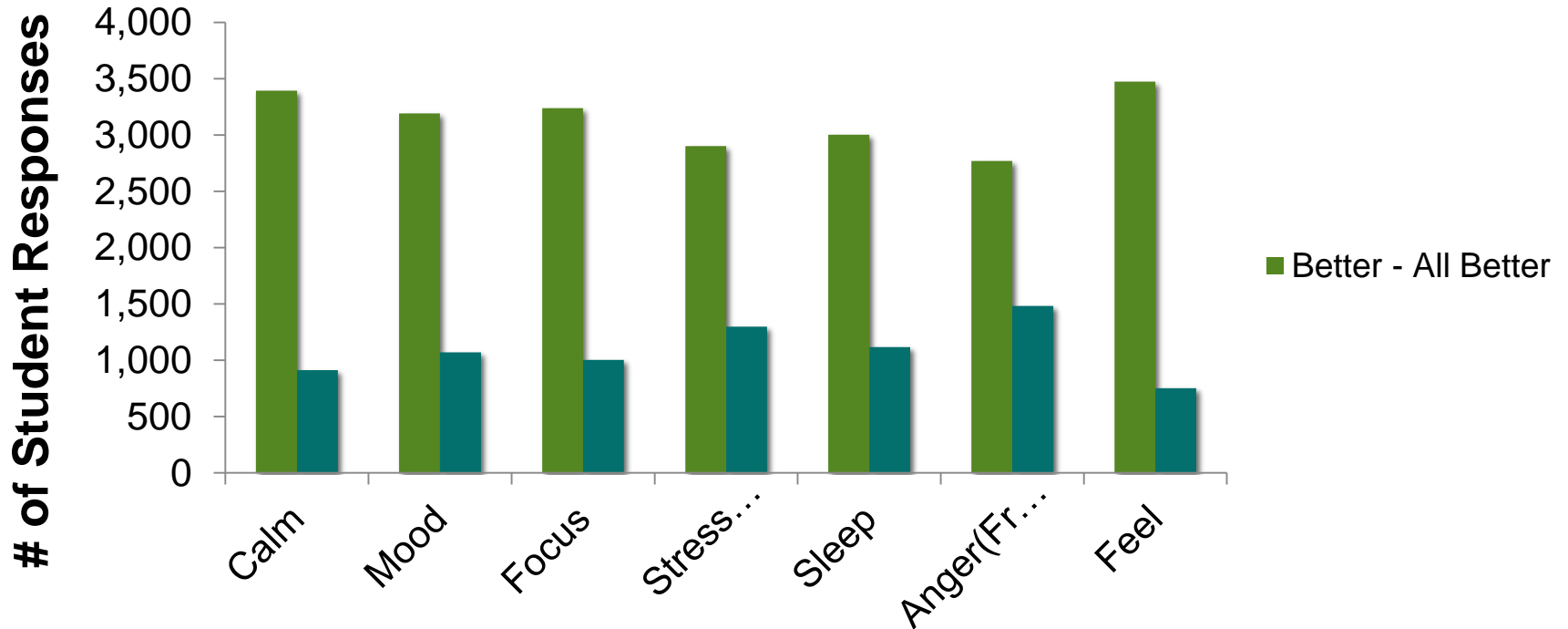
Disciplinary Action

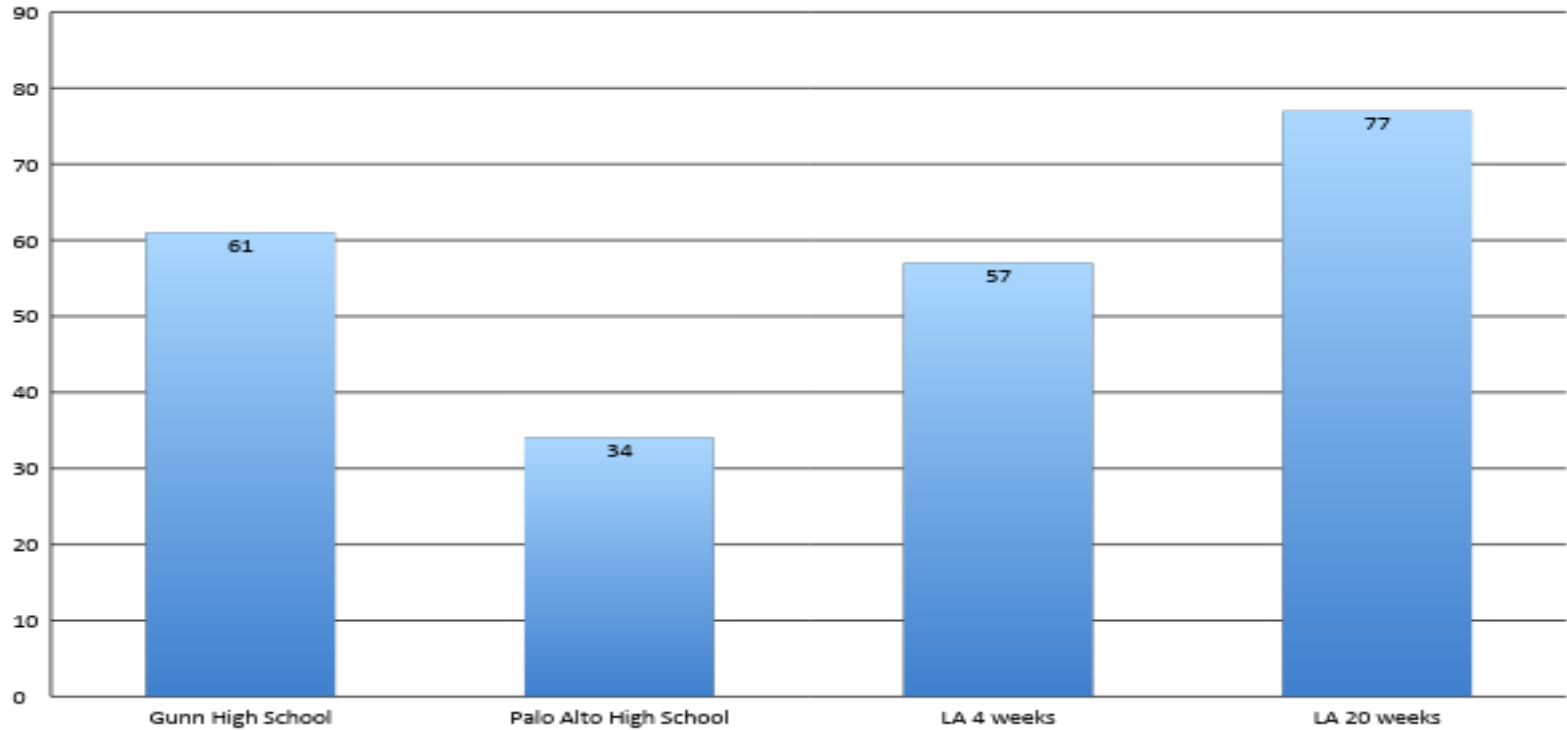
	1st Sem 2009	1st Sem 2011
Violence/Fighting	55	34
Disruption/Disturbance/Defiance	580	423
Drug/Alcohol	27	15
Suspension Periods	4,009	2,601

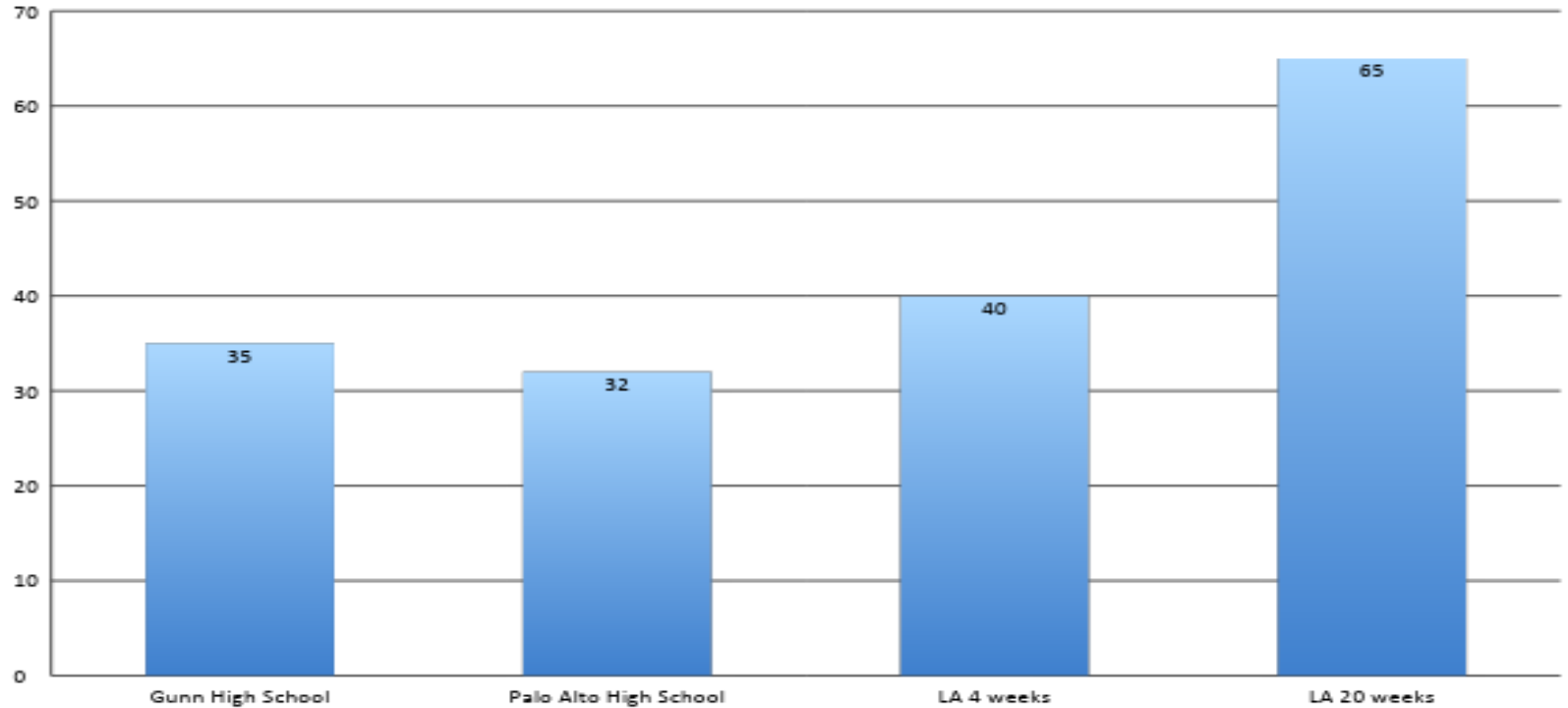
Data Source: Overfelt High School statistics, Principal Vito Chiala

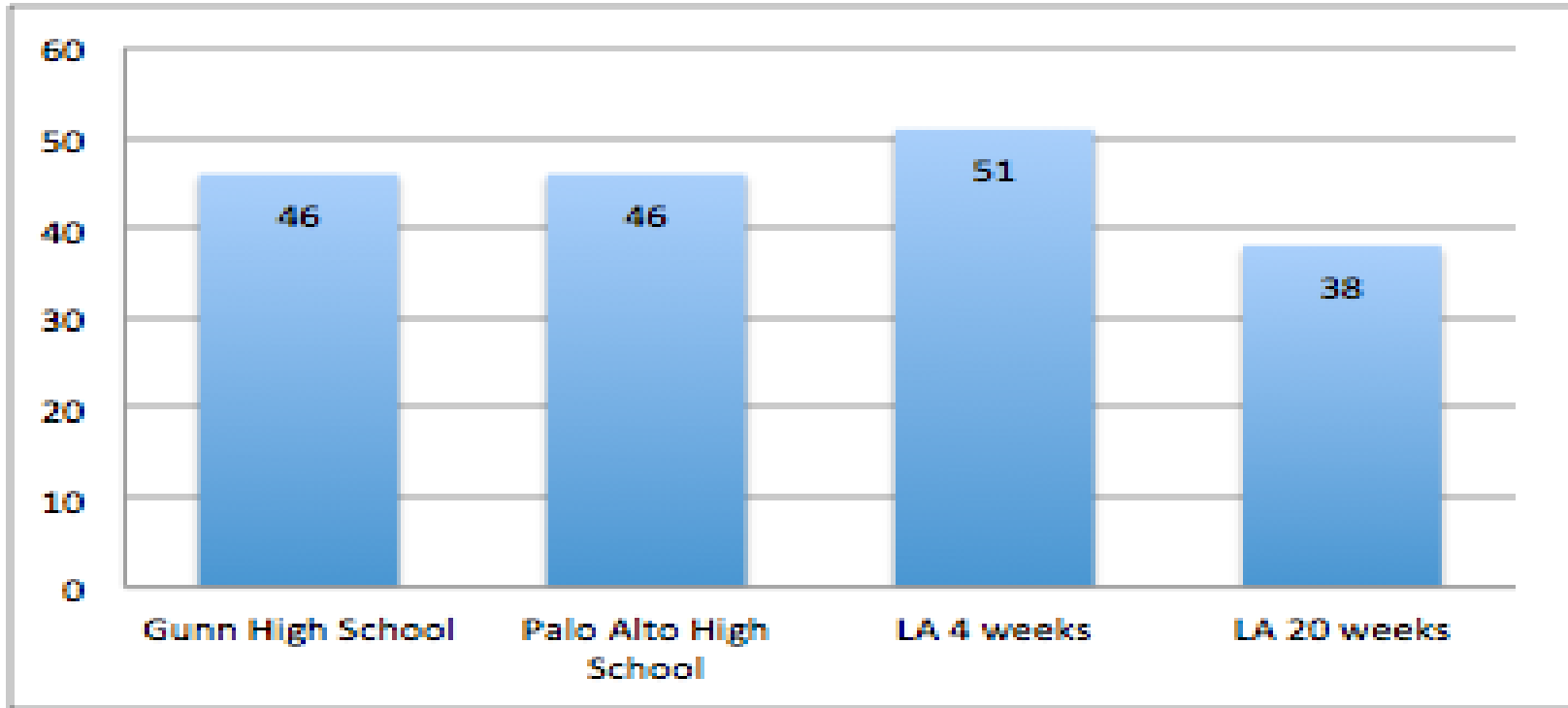
- Number of student suspensions in 2016-17 (before YES!): 76
- Number of student suspensions in 2017-18 (after YES!): 15
- **70% of students demonstrated an increase in emotional regulation after YES!**
- **51% of students demonstrated an increase in growth mindset after YES!**

Sample School Data: Student Satisfaction from SKY Program and Tools









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>