

Peace Learning Center of Milwaukee

Fall 2009
Issue 1



Thanks to these amazing schools for joining us for *Peacemakers' Workshops* this fall:

St Leo/St Rose Catholic
Urban Academy

Pierce Elementary

Maryland Avenue
Montessori

OW Holmes Elementary

La Escuela Fratney

Messmer Preparatory
Catholic School

Woodlands School

Morgandale Elementary



Our Mission is to be a catalyst in our community for non-violent conflict management and respect for self, others and the environment

Peacemakers of Milwaukee UNITE!

Welcome to the very first Peace Learning Center Student Newsletter. This is your classroom news source to discover what's happening with young peacemakers in Milwaukee.

Each newsletter will have information about peace tools you practiced during your day at PLC.

It will also include your reflections and opinions about your experiences using I-messages, taking a peace breath, playing cooperative games, or practicing Ready-Set-Go, and more.

What a great start to a new year! This fall, over 300 students joined the additional 4,000 students in Milwaukee since 2002 who are equipped with peace tools to manage conflict daily - a WIN-WIN for classrooms, schools and the Milwaukee community.

If your class hasn't visited PLC yet, we hope you can soon. We can't wait to meet you!

Use a Peace Breath

When you're sad, angry, nervous, or frustrated...or when your little brother or sister won't stop messing with you...

STOP!

Take a Peace Breath!

- 1) Fold your hands over your stomach.
- 2) Close your eyes.
- 3) Breathe in slowly for 5 seconds and out slowly for 5 seconds.
- 4) Repeat as needed.



Tara and "Bob" are reminding students that you have to ASK someone to find out how they are really feeling. Just by looking at someone's face and guessing how they feel doesn't explain how they are really feeling inside.

Remember, when you're upset or angry and you feel like you want to fight, your brain is not getting enough oxygen to help you think clearly.

Use a peace breath to calm down and think of a peaceful way to work things out with the other person.

HINT: A peace breath is also a great tool to use before taking a test to calm your nerves and to help you focus - nobody has to know you're taking one - it's a tool just for YOU!



Local peace mentor Vel Phillips pushed for open housing laws as the first woman and African American on the Milwaukee City Council.

What Burdick Elementary students said about their experience at the Peace Learning Center

I like 'Bob' because it is fun and also and easy way to find out how someone is feeling. Also you can play with two people or fifty so the point is anyone who wants to can play. I play it with my family community. --Devin

Go as fast as you can to the Peace Learning Center so you can get your Peace Heart going. --Rylee

I use the Peace Breath everywhere, but mostly at home when my brother gets me really mad. Sometimes he gets me so mad I push my teeth together so hard it feels like my teeth fell out. --Emily

Ready Set Go is a win-win solution to problems. --Jack

I like the I-message because it helps release how someone is feeling about a certain person like sad or happy so the other person knows. --Katelyn

I like the Peace Stick because at home whenever I'm talking someone always interrupts me and so it would be nice to be able to talk and not be interrupted. --Antonia

Remember Peace starts with a smile. --Morgan

I've used the Peace Breath in the bus, at home, in the park and at my cousin's house. When I do this they think I'm weird. But when I teach them they don't think it's weird anymore. They think it's relaxing. --Harry

Think about it...

The only thing controlled by you...is what YOU say and what YOU do!

Can you react to someone who is picking on you WITHOUT fouls?

My Peace Mentor's name is Mahatma Gandhi. He is my peace mentor because he helped settle Peace in India.
--Andrew

Send us your stories, thoughts or artwork expressing PEACE

We love to hear from students who have come to the Peace Learning Center! Tell us about your experience at the workshop. Tell us about how you've used the peace tools or about a situation you've seen where peace tools were used. We want to know what you are doing to be a

committed peacemaker - an example to others of peace in your school and our community.

Email your work to:
peacelearning@sbcglobal.net
or send it to:

Peace Learning Center of Milw
3224 N Gordon Pl
Milwaukee WI 53212



Nominate a class peacemaker

Is there someone in class that has shined as a peacemaker? Recognize their efforts by nominating them for a

PLC Peace Radiance Award

On the PLC nomination form, list five reasons why you feel your nominee is an example of a peacemaker, and have your teacher email it to Paul at peacelearning@sbcglobal.net

PLC Peace Radiance Award

Nomination Form

Is there someone in your class who has shown exceptional skills in peacemaking since you have visited the Peace Learning Center?

Let us know - nominate them today.

Nominee's Name: _____

School: _____

Classroom: _____ Teacher: _____

Nominated by: _____

Reasons for this nomination:

1)

2)

3)

4)

5)

Please have your classroom teacher email this nomination to the attention of Paul, PLC at:

peacelearning@sbcglobal.net

All nominations due by Friday, December 18th at 4:30pm.