**Nā Hōpena A‘o Statements**

**HĀ: BREATH**

Nā Hōpena A‘o or HĀ are six outcomes to be strengthened in every student over the course of their K-12 learning journey. Hawai‘i Department of Education staff should also be models of behaviors that direct students to what these outcomes might look like in practice. The outcomes include a sense of Belonging, Responsibility, Excellence, Aloha, Total Wellbeing and Hawai‘i. When taken together, these outcomes become the core BREATH that can be drawn on for strength and stability throughout school and beyond.

Underlying these outcomes is the belief that students need both social and emotional learning (SEL) skills and academic mindsets to succeed in college, careers and communities locally and globally. Thus, HĀ learning outcomes emphasize the competencies that include application and creation of knowledge along with the development of important skills and dispositions.

---

**CEEDS OF PEACE**

Seeds of Peace provides teachers, parents and all adults the tools, workshops, action plans and support they need to learn critical leadership and peacebuilding skills, so they can then teach and practice them in their interactions with children and youth to raise a generation of peacebuilders.

Imagine if we were to plant these Seeds of Peace around children and youth, and cultivate these skills in the adults who interact with them at home, in schools, and in the community, wrapping them in the practice of these skills everyday.

---

**HAWAI‘I SCHOOL PEACE GARDENS**

Hawaii School Peace Gardens (HSPG) is a community of schools, support organizations, and state agencies dedicated to developing a culture of peace on campuses across Hawai‘i through the growth and integration of School Peace Gardens.

---

**WHAT IS A SCHOOL PEACE GARDEN?**

Every school garden can be dedicated to peace. School Peace Gardens support joyful learning and the social-emotional wellbeing of students and staff by making peace an active part of our daily lives. By providing a dedicated safe space on campus for contemplation and conflict resolution, School Peace Gardens help students to transform conflict in their own lives, the community, and the world, while fostering cooperation, critical thinking, and compassion. School Peace Gardens can support the integration of Peace and Sustainability Education into the school curriculum by actively addressing local and global issues such as climate change, food access, human and ecosystem health, and more.

---

The Hawai‘i Farm to School Hui is a statewide network whose mission is to strengthen Hawai‘i’s farm to school movement by supporting our island networks in the areas of capacity building, resource development and sharing, professional development, and policy development and advocacy. The Hui is comprised of five island-level networks, community organizations, and state agency representatives. The Hui formed in 2010 and became a program of the Hawaii Public Health Institute in October 2017.
“Gardening and peace education have encouraged growth in my students' sense of community, cultivating their social development and interpersonal skills, and nurturing their interest in learning and caring about themselves, their peers, and the land.”

Bianca Yanuario, Keolu Elementary School Counselor, 2018 Hawai‘i School Counselor of the Year

BACKGROUND

The HSPG network was organized by Phi Delta Kappa (PDK) Hawai‘i from 2006-2012 and is re-emerging through a collaboration between the Hawai‘i Farm to School Hui, Ceeds of Peace, Peace Day Hawai‘i, and the Hawai‘i Department of Education (HIDOE) with an emphasis on connection with HIDOE's Nā Hōpema A'o/HĀ Framework. Much of the foundational work for HSPG is based on the International Holistic Tourism Education Centre (IHTEC) and its International School Peace Gardens (ISPG) program.

HSPG Contact: Lydi Bernal (lydi@hiphi.org)

WHY SCHOOL PEACE GARDENS?

Sense of Safety: School gardens serve as safe places for students, who report feeling safe, happy, and relaxed in the school garden (Habib & Doherty, 2007).

Tolerance/Acceptance: Children who work in gardens are more likely to accept people different from themselves (Dyment & Bell, 2006).

Cooperative Skills: Students participating in garden programs have increased self-understanding, interpersonal skills, and cooperative skills when compared to non-gardening students (Robinson & Zajicek, 2005).

Stress Relief: For teachers and staff, both visual and physical access to green space can improve job performance and help alleviate mental stress and illness. (Wolf & Flora, 2010).

Reduced Crime: Community gardens are associated with a reduction in violent and nonviolent crime in the neighborhood and an overall increase in the feeling of safety (American Community Gardening Association, 2009).

HOW TO CREATE A SCHOOL PEACE GARDEN

1. Register your involvement (and request help if needed) at: https://goo.gl/7hr27M (whether you have an established School Peace Garden or are just getting started!)

2. Form a planning team to coordinate the project for long-term sustainability (e.g. Wellness Committee or other; include students if possible).

3. Hold an annual dedication ceremony involving the entire school, families, and the community.

HOW TO USE A SCHOOL PEACE GARDEN

◆ Begin each class day in the Peace Garden.
◆ Use the Peace Garden regularly as an outdoor classroom.
◆ Hold counseling classes and sessions in the Peace Garden.
◆ Use a Peace Path for daily physical activity and walking meetings.
◆ Be sure to hold an annual dedication ceremony so that the entire school community recognizes the Peace Garden as a place for relaxation, contemplation, and peaceful conflict resolution.

SUGGESTED ELEMENTS OF A SCHOOL PEACE GARDEN

◆ Peace pole (www.peacepoleproject.org)
◆ Buddy benches
◆ Peace path(s)
◆ Peace tree(s)
◆ Peace flags
◆ Signs
◆ Native Hawaiian plants
◆ Edible and medicinal plants
◆ Pollinator plants
◆ Integrated curriculum
◆ Garden protocols (e.g. oli/chant to enter)

“The garden is a place that makes me feel comfortable and I want this to be a garden with everyone.”

Waimea Middle School Student