



Valor Compass Model

TN PPLS





3 Proof Point Schools + National Impact



Flagship
MS



College
Prep HS



Voyager
MS



Compass
Camp

WE EXIST TO EMPOWER OUR DIVERSE COMMUNITY TO
LIVE INSPIRED, PURPOSEFUL LIVES.

Valor's 4 Anchors



Valor's 4 Anchors



Principles

of a Powered by Compass Approach

- Schools are responsible for developing whole children.
- The primary driver for the development of whole children is the development of whole adults.
- The development of whole adults and children is foundationally dependent on the creation of safe, connected, and trusting communities.

Principles

of a Powered by Compass Approach

- Human beings are very resilient - we need to foster the conditions for resilience (safety, structure, identity affirming).
- Loving relationships are best medicine for trauma.
- Learning and growth take vulnerability and courage. We must foster these in our community for learning to occur.

POLYVAGAL THEORY

The Polyvagal Theory explains the relationship between the Autonomic Nervous System (ANS) and social behavior. The ANS is the neurological architecture of the mind-body connection. Through its sensory and motor components, it provides the physiological foundation of embodiment and the neural basis for feeling. It regulates our internal milieu and assesses safety or threat internally, in our relationships, and in our environment. This ability to detect degrees of safety is known as neuroception. Neuroception selectively engages specific neural circuits (Dorsal Vagal, Sympathetic, Dorsal Vagal) that shift depending on whether we feel safe, in danger, or under life threat. The Polyvagal Theory maps these circuits and the ways they combine into neural platforms of behavior. It affirms that human well-being is largely social in nature, and it holds significant implications for improved understanding and treatment of our physical and mental health.

Ventral Vagal (safety)

When we experience a neuroception of safety, our nervous system activates the ventral vagal pathway: the circuit enabling connection and co-regulation. This pathway regulates our physiological state through the myelinated ventral pathway of the Vagus nerve (parasympathetic). The ventral vagal pathway functions as a bridge to initiate the heart's pacemaker, supporting the calmness required to foster connection and the establishment of relationships while optimizing contribution of the sympathetic and dorsal vagal circuits to support health (homeostasis).

Sympathetic (danger)

The Sympathetic System switches on in response to threat. In our quest to survive, as the ANS withdraws from a ventral vagal state in response to a neuroception of danger (perceived), the ANS re-routes to promote body resources. Sympathetic states are high-energy (mobilized and polarized) (Jolly as figure not who is with us and who is against us). As we move into sympathetic states, our focus shifts to the ability to express wariness and positive emotion, our vision becomes primarily (modally coded), and our ears sharpen the sound of human voices, focusing instead on phosphenes (low frequency) sounds.

Dorsal Vagal (life threat)

A neuroception of life threat shifts the ANS into an evolutionarily ancient defense (engage the dorsal vagal system (dV)). Largely a system influencing the organs below the diaphragm, including our gut, the unmyelinated dorsal vagal system, when recruited to defend, is our most primitive threat response. It drops metabolic rate and immobilizes the body, slowing our system into shutdown, numbness, and collapse, while reducing the body's natural parasympathetic (involuntary) system to diminish the agency of anticipated death.



Social Engagement

The Ventral Vagal System & Social Engagement Pathway

When we feel safe, the social engagement system brings on-line a calm state that fundamentally enables connection with others. This system sends the neural pathways of the face and voice (cranial nerves V, VII, IX, and X) with the heart and the parasympathetic (vagal) system (the vagus nerve) of the heart, allowing us to attune to the voices, faces, and gestures of others. Through this system, we engage our autonomic and physiological states on our face and through our voice. Slowing of our bodily feelings through our face and voice enables us to form reciprocal social bonds.



Play

• Ventral Vagal System & Neuroception

When we are at play, both our ventral vagal and sympathetic systems are engaged, enabling us to move our bodies and be social. The ventral vagal system keeps play social. If it withdraws, play declines to competition and conflict. Viewed through a Polyvagal lens, play is a neural experience.



Shutdown

• Dorsal Vagal System & Dorsal Vagal

Shutdown occurs when the ventral vagal system is engaged in tandem with the dorsal vagal system. The nervous system is in full competition for resources and for others. The parasympathetic dorsal vagal experience of immobilization is softened by ventral vagal resources, so the experience of immobilization is without fear and has the capacity to welcome others. Edges soften, bodies soften, and we are able to offer ourselves to our own experience and to the experience of others.



Fight

• Sympathetic Nervous System

In fight, sympathetic activation takes the form of aggression and confrontation. Emotionally, it is associated with the fear continuum from surprise to rage to fight.



Flight

• Sympathetic Nervous System

In flight, sympathetic activation takes the form of avoidance and fleeing to escape the threat. Emotionally, it is associated with the fear continuum from worry to anxiety to terror.



Freeze

• Sympathetic Nervous System & Dorsal Vagal

When we say someone is frozen in terror, we are referring to a threat of sympathetic and dorsal vagal system. While the sympathetic system engages the muscles rigid, the dorsal vagal system immobilizes.



Shutdown

• Dorsal Vagal System

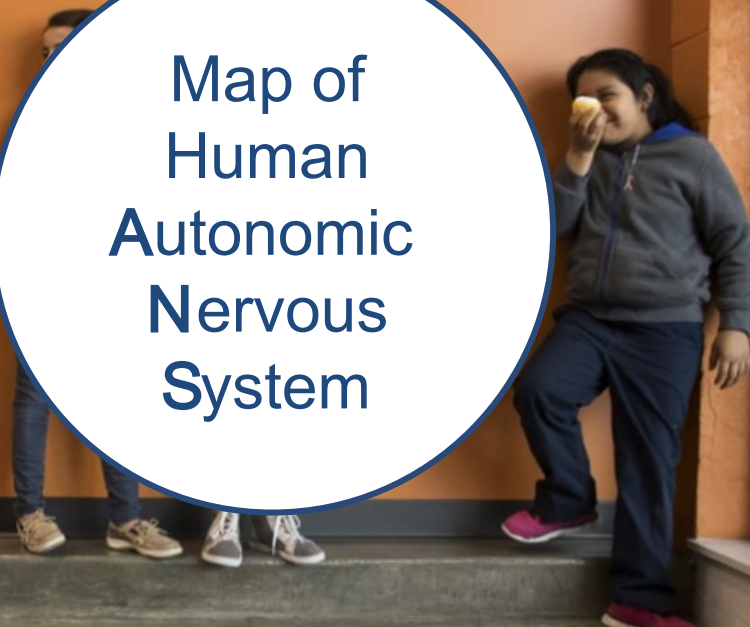
The dorsal vagal system leads to collapse and shutdown. As a state of being overwhelmed, it is associated with a continuum of dissociation ranging from dissociation, to disorientation, to depersonalization. At the extreme end of this continuum, the individual may pass out and lose consciousness.

Dr. Stephen Porges



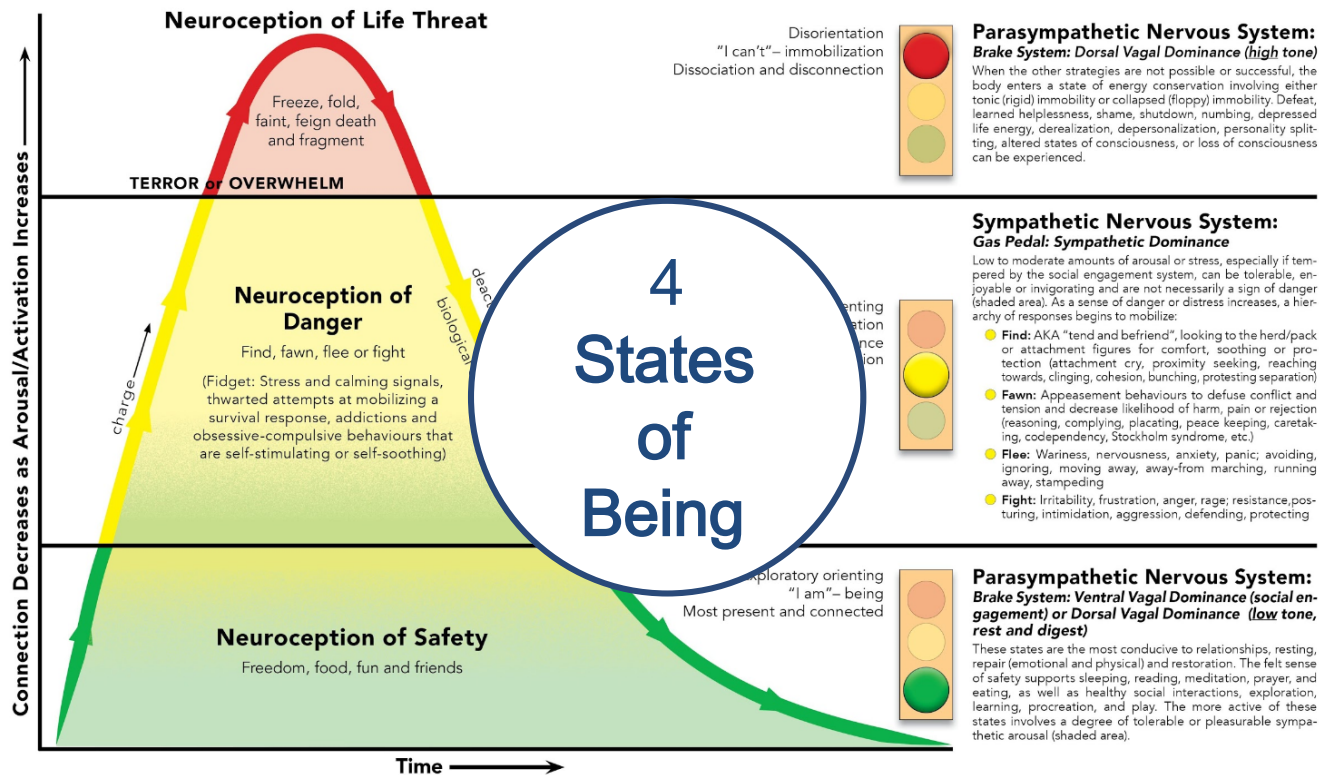
POWERED BY
COMPASS

Map of
Human
Autonomic
Nervous
System



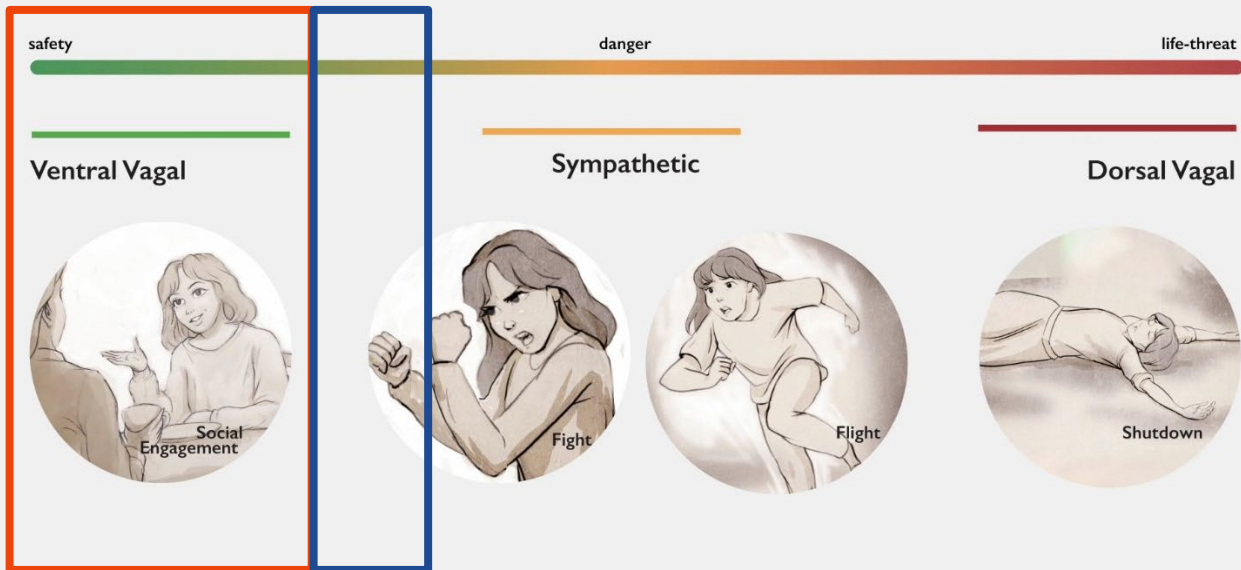


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Adapted from Porges (2011, 2017), Levine (1997, 2010), Walker (2013), Hoskinson Consulting (n.d.), Draaisma (2018), Rees (2018), Schauer & Elbert (2010), Koslowska et al. (2015), and Payne & Crane-Godreau (2015).





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COMPASS

HOW DO I KEEP MYSELF AND OTHERS IN A STATE OF
CONNECTION?



The most foundational unit of
culture is not an individual, it is
a **connection**.



Collective connection emerges from our **commitments** . If you want to create a culture of connection, teach how to form commitments. Commitments are the fabric of a connected community.



Valor Commitments

VALOR COMMITMENTS



**I COMMIT TO
KEEPING MYSELF
AND OTHERS SAFE.**



**I COMMIT TO
LEAVING NO COMMUNITY
MEMBER BEHIND.**



**I COMMIT TO
SEEKING DIVERSITY
OF PERSPECTIVE.**



**I COMMIT TO
SPEAKING TO THE PERSON,
NOT ABOUT THE PERSON.**



**I COMMIT TO
SPEAKING FROM MY HEART,
BUT USING MY HEAD.**



**I COMMIT TO
WORKING THE COMPASS.**



**I COMMIT TO
WALKING MY TALK.**



**I COMMIT TO
SHOWING UP WITH VALOR.**



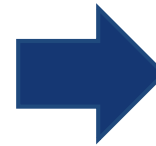
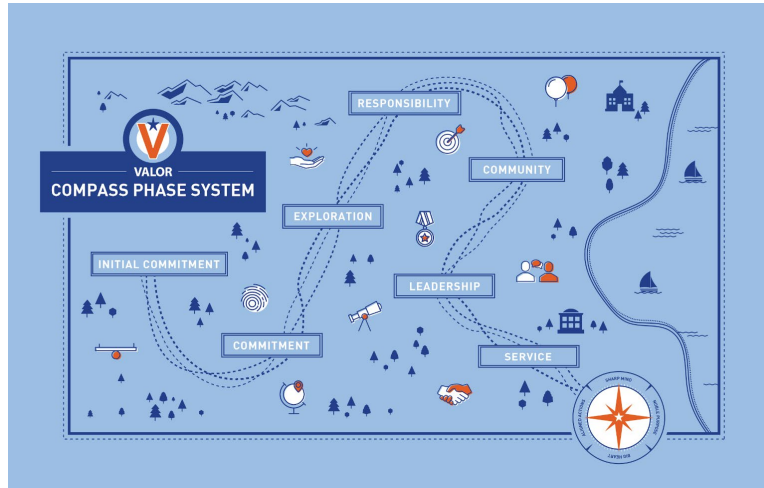
THE VALOR COMPASS

Our Compass model is a comprehensive human development model that is grounded in the foundational elements of what it means to be human. **“Working the Compass”** means growing in body, heart, mind, and spirit in pursuit of excellence in every dimension.

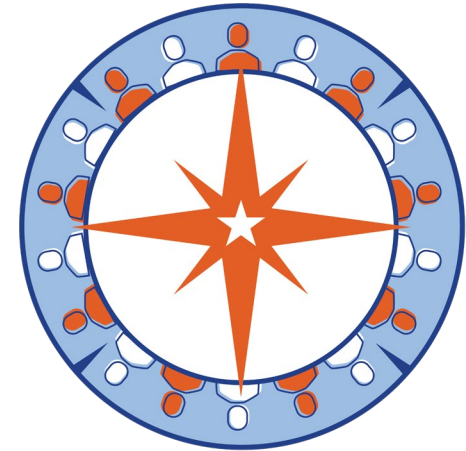


WORKING THE COMPASS

COMPASS BADGE WORK



CIRCLE





Circle in Action

<https://poweredbycompass.org/>

RELATIONSHIPS DURING DISTANCE LEARNING.

1:1 Mentor Check-in weekly

Live mentor check-ins M, W (Zoom)

Live Circle on Fridays (Zoom)

Tier 2 and 3 Engagement system

EL, SPED daily check-ins / push-in

Synch daily instruction with teachers

1. Advisory teacher conducts 15m Zoom calls with about 20 students weekly
1. Reviews goals from previous week / next week (SEL + academic)
1. Completes information in engagement data tracker (food, tech, well-being, content, engagement)

RELATIONSHIPS DURING DISTANCE LEARNING.

1:1 Mentor Check-in weekly

Live mentor check-ins M, W (Zoom)

Live Circle on Fridays (Zoom)

Tier 2 and 3 Engagement system

EL, SPED daily check-ins / push-in

Synch daily instruction with teachers

1. Advisory group all together
1. Appreciations and Check-ins
1. Commitments to support
1. Shout-outs and Celebrations

RELATIONSHIPS DURING DISTANCE LEARNING.

1:1 Mentor Check-in weekly

Live mentor check-ins M, W (Zoom)

Live Circle on Fridays (Zoom)

Tier 2 and 3 Engagement system

EL, SPED daily check-ins / push-in

Synch daily instruction with teachers

1. Advisory group all together
1. Full 60m Circle
1. Badgework presentations and resonance
1. Check-ins, Support, and Appreciations

RELATIONSHIPS DURING DISTANCE LEARNING.

1:1 Mentor Check-in weekly

Live mentor check-ins M, W (Zoom)

Live Circle on Fridays (Zoom)

Tier 2 and 3 Engagement system

EL, SPED daily check-ins / push-in

Synch daily instruction with teachers

1. Track key metrics of distance model
1. Well-being (mentor check-ins), Engagement (% logged on), Mastery (% assignments complete)
1. Set triggers for Tier 2
1. RtI for Tier 2 and 3 (increase 1:1 check-ins, office hours required, daily text system)



Compass across the Model

Working the Compass - across domains

Commitments become habits of life

Compass badgework - service in the community and in ACE

Valor's 4 Anchors





Top 1% Academics

Valor | Flagship ranked #1 in Composite Growth in the State two years in a row

Valor in top 2% for both Growth and Achievement in TN (6 schools total)

Valor ED scholars are in top 1% for ACH and GROWTH in TN five years straight



KEY LEARNINGS

Your MAIN JOB: Ask 'How do I keep myself and others in a state of CONNECTION?'

Create strong, community commitments for your school.

Develop body, heart, and spirit, not just mind. It is well worth it.

Develop your kids AND your adults.



Need more help or ideas?

1. PoweredbyCompass.org
2. tdickson@valorcollegiate.org
3. Join Compass - in - Leadership next year!



END and Guiding Questions