



MSA 3 SCHOOL PROGRAMS



Train of Thought

Train of Thought has one mission: to teach every child chess!

Lead By Niombi Harris & Coach Charles

They offer classes for 6th-12th Grade and their high school course has just been accepted as an A-G Credit Class, meaning students who take the course in High School receive credit towards UC's. Our movement began with just a passion for and confidence in the game that we believe has the power to change everything for children everywhere. We have sustained by teaching chess principles, tactics and etiquette to students at all grade levels throughout Los Angeles and the surrounding areas at more than 60 schools and organizations.

"The game of chess sifts and lifts the greatness within us all."

Visiting our page means the time has come for chess education to integrate and permeate your educational or enrichment program. Thank you for taking the first step to helping your students discover the power within.

<http://www.chesstrain.org/>



Imagine Etiquette

Bernadette Fernandez teaches our 6th-8th grade girls and boys on the power of Etiquette. She has over 15 years of experience working with and mentoring children. She has worked as an after-school assistant for Mar Vista Elementary School. During her tenure, Mrs. Fernandez assisted students with homework, maintained discipline of students in the absence of the director as well as prepared instructional materials and classroom displays. Mrs. Fernandez mentors children, specifically young and adolescent girls, of friends, relatives, and colleagues regarding self-esteem. Mrs. Fernandez also served as an Executive Board President and is currently the acting Executive Board Member of her daughter's school.

<http://www.imagineet.com/>



MALE SUCCESS ALLIANCE

Starting Monday, September, 11th, MSA will be mentoring 30 young males (6th-12th Grade). The mission of MSA is to improve access, retention and graduation rates of boys and men of color by providing academic support, professional development and mentoring. The program aims to support the college and career success of boys and men of color by utilizing a holistic approach to promote brotherhood and community through cultural awareness and identity development.

<http://www4.csudh.edu/msa/>

Edge Coaching

Jennifer Allen is our **Edge Coach and School Therapist**. She helps our general education students with executive functioning skills and ensures they are on the right path to success. She also is responsible for being a professional development/edge coach for our teachers so they can do the same and also if there is behavior management issues and a teacher is not able to get through to a student, she comes in to help do restorative circles with the kids to help ensure they return to the classroom successfully. Benefits of Edge Coaching: Students who received Edge coaching showed substantial gains in their overall approach to learning. The study showed that students, who received Edge coaching services showed significant improvement in their ability to organize, direct and manage cognitive activities, emotional responses and overt behaviors. They were able to formulate goals more realistically and consistently work toward achieving them, manage their time more effectively, and stick with tasks even when they found them challenging. It also enhanced their sense of well being and resulted in more positive emotional states, which have been linked by research to more effective learning.



Student Testimony

Edge coaching has changed my perspective on who I am and how I handle certain situations. It made me realize that not every action needs a reaction. The goals we set are personal and should allow us to grow into a better version of ourselves. It's a day by day process but I just keep getting better with time. It's important to keep these goals realistic so that you don't stress yourself out or add more pressure. Ms. Allen helps us with keeping our calm, thinking positive, and helping us along the path to accomplish our goals.

-Senior of MSA 3

Student Testimony

Edge coaching helps me keep sane. I have these tendencies to keep everything in, but when I'm in the room with my coach just talking she lets me get everything out in the open so we can start fresh. My coach helps me with college and she helps me find my place in the world. I don't know where I would be if my edge coach wasn't there to help me along the way of life. When you have bottled anger and don't know how to share your feelings it starts to hurt the more you keep inside. At one point it can become too much and you have to let it out which is why humans need someone they can confide in. My edge coach makes it to where I can be myself and don't have to hide anything from her like my anger and every emotion a teenager goes through in the most of high school. I'm very thankful that we have Ms. Jenn and appreciate all the work she does for us. Not only do we feel like we are getting help we feel like family because of the caring and because of how she actually listens and tries to help us.

-Senior of MSA 3

ETIQUETTE & LEADERSHIP

Mrs. Bernadette Fernandez is the owner and director of Imagine Etiquette & Image Consulting, Inc. Mrs. Fernandez takes pride in providing customized etiquette, leadership, and life skills programs to students from Kindergarten through 12th grade. All leadership and life skills programs include a combination of social and economic skills accompanied with proper manners and etiquette. Students are updated on current events and social topics which affect their lives now and in the future. Students are introduced to an in-depth study of history and the roles their ancestors played in developing America as we know it today. Students also learn the significance of high academic achievement and the effects of both high and low grade point averages. The etiquette portion of the course introduces the importance of accountability; while emphasizing a positive attitude; respect; social behavior; building integrity and establishing character; modeling proper manners; understanding social skills; the importance of getting along with others; how to handle peer pressure and conflicts; promoting communication skills; building self-esteem and self-worth; instilling confidence; acquiring public speaking and leadership skills; addressing personal appearance, image (which includes hygiene); introduction to business etiquette; social media etiquette; and lastly dining etiquette. These acquired necessary life skills will enable all students to feel self-assured and foster confidence by providing experiential learning opportunities in creating skill sets needed to become extremely successful in school and in life.



STUDENT TESTIMONY

Emphasizing a positive attitude; respect; social behavior; building integrity and establishing character...

I count it a privilege to tell of the amazing qualities that Life Skills Etiquette has. It teaches everybody in that class how to be responsible for all of our actions appropriately. Also, how to, not only respect others, but also respect our selves. The life lessons that Mrs Fernandez teaches show so much value; to not only me, but everybody in her class. When I walk into her class, the atmosphere brings so much joy to me. Every time she speaks to us either as a class or individual she treats us with so much respect. She doesn't just talk to us as a student, but she also talks to us mature and normal people. She helps us realize in her lessons that we can actually be good and honest people. In the past five weeks I have been taught that everything we say or do can affect the way we act and how we are treated.

As a young lady she has taught us how to dress appropriately, how to act, how to speak, how to have integrity, how to be honest, how to succeed, how to watch our attitudes, and so much more.

Part of what makes her class enjoyable is the respect that she shows all of her students. I'm not afraid or ashamed to speak out and share my thoughts without being put down.

In these past five weeks I have took all of the lessons that Mrs Fernandez has taught us and practiced them at home and many different places. If you ask my family that I live with, they will witness that they have seen a

change in the way I have been acting. That makes me proud about my character and gives me so much more self-esteem. Since I have been in this class I am proud and confident in who I am.