

# KHS Advisory Newsletter

Aug. 30, 2022

## THIS WEEK IN ADVISORY

### *"Welcome" to CharacterStrong*

Social Emotional Learning is an integral part of education and human development. SEL is the process through which all humans acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

This school year, Killeen High School will be implementing the CharacterStrong Program for character development and SEL competencies through Advisory classes. CharacterStrong is a curriculum that provides research-based Pre-K through 12th grade social & emotional learning lessons that positively impact lives. These lessons are grounded in research and focused on fostering the Whole Child with vertically-aligned lessons that teach SEL and character, side-by-side.

Character education involves developing thoughtful, healthy, and kind human beings. Our character is informed by our personal values and choices. Social Emotional Learning competencies include self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

This week, students completed the "Welcome" lesson which sets the stage for the What, the How, and the Why for Social Emotional Learning this school year.

**Quarter 1: Aug 15 – Oct 14**

SEL TEK – Citizenship

KHS Characteristic – Optimistic

KHS Values – Collaboration & School Pride



## LIFE CONNECTION

### *The Importance:*

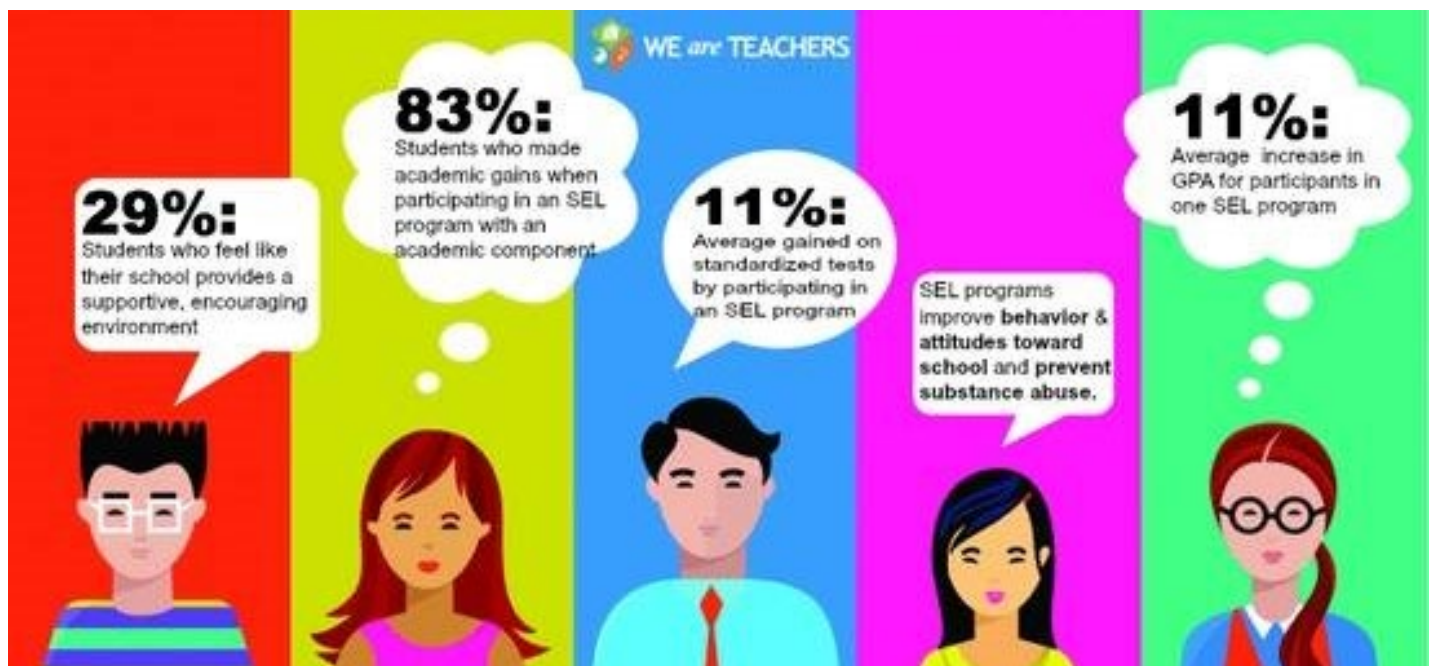
- \* SEL develops emotional intelligence
- \* Neuroscience tells us that emotional centers of the brain affect the development of neurological pathways involved in cognitive learning
- \* Children emotionally distressed are more preoccupied with the source of their stress; less likely to process information from short term to long term memory
- \* SEL improves behaviors and attendance rates
- \* Benefits of SEL are long-term: educational attainment, health, earnings, and employment
- \* Effective across all demographic groups

# Extend S.E.L. at Home

## *Family Involvement and Activities*

Here are some strategies you can do at home with your student to extend Social Emotional Learning at home this week.

- **Be a Good Listener** – many times kids just need someone to listen to them when they go through situations or expressing themselves.
- **Model the Behavior you Seek** – whether it's apologizing when you're in the wrong or treating others with respect and kindness, children learn a great deal about relationships from observing the behavior of their parents.
- **Nurture your Child's Self-Esteem** – a child with a good sense of self is happier, more well-adjusted, and does better in school.
- **Respect Differences** – every child has his/her own unique talents and abilities. Whether in academics, athletics, or interpersonal relationships, resist the urge to compare your child to friends or siblings. Instead, honor your child's accomplishments and provide support and encouragement for the inevitable challenges he faces.
- **Take Advantage of Support Services** – seek the advice and support of school counselors or other social services during times of family crisis, such as a divorce or the death of a close friend or family member.



## Next Week In Advisory

**“Building Communities”** - Connecting with peers and building friendships and relationships are important for our sense of belonging and can lay a good foundation for creating a sense of safety and community in our classroom.