

KHS Advisory Newsletter

Sept. 20, 2022

THIS WEEK IN ADVISORY

“Community Agreements”

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 week, students developed Community Agreements with their Advisory class. This process is meant to bring many voices forward to make sure everyone has an opportunity to reflect on and discuss how we want to treat each other. These agreements are designed to help the class to become a safe place where people can be genuine without fear of mistreatment. The agreements are designed to serve as guidelines we can refer to throughout the year.

During this session, students and their teacher collaborated on the different ways they will treat each other in class. Treatments were voted on how the student will treat the teacher, how the teacher will treat the student, and how the student will treat other students. Community Treatment Agreements were then created on a poster and posted in the classroom as a reminder of how they agreed to treat one another.

This session uses powerful words and quotes from all over the world to set up the content and prompt reflection. Students will also start with a gratitude practice or a mindfulness prompt to set up reflective thoughts about how we are treated and how to treat others.

Quarter 1: Aug 15 – Oct 14

SEL TEK – Citizenship

KHS Characteristic – Optimistic

KHS Values – Collaboration & School Pride



REAL WORLD CONNECTION

The Importance:

- * Community agreements are established to facilitate discussion.
- * Ensures that the class environment is respectful and that everyone has an opportunity to participate.
- * Encourages students to work collaboratively in developing a respectful environment.
- * Give students a stake in abiding by the agreed-upon guidelines.
- * Establishes a process of group participation rather than instructor-led lecture.
- * Creates an atmosphere in which all students feel free to participate.
- * Reminds students of the need for respect, openness, and sensitivity.

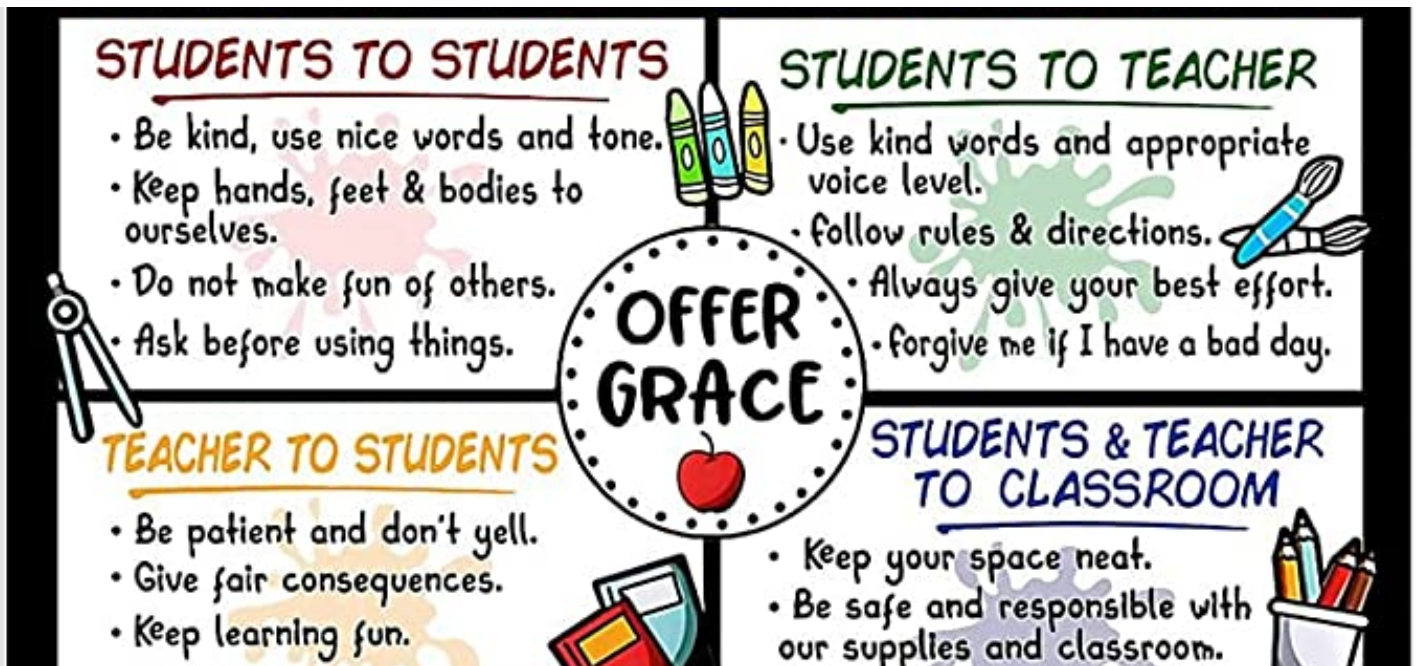
Extend S.E.L. at Home

Family Involvement and Activities

Strategies you can do at home with your student to extend Social Emotional Learning this week.

- **Collaborate** – discuss with your family what your family values (kindness, compassion, respect, forgiveness, generosity, teamwork, resilience, etc.) are. It's important to ask your child for their thoughts and input. Be prepared for and encourage all kinds of answers as you record everyone's contributions. Have all family members contribute to the treatment agreement.
- **Generate** – Print the following **Family Treatment Agreement** or using a blank sheet of paper, fold it into four sections labeled - 1. Parent to Child/Children 2. Child/Children to Parent 3. Sibling/Sibling (or Family to Home) 4. Make It Right

- **Create** – Keep it simple and positive. In each section together create 3 – 5 clear, easy to remember, action-oriented agreements that cover a broad range of situations. Focus on what you expect to see and hear. Use positive, concrete, and specific language. Be sure all participants sign the agreement, so everyone is held accountable
- **Reintegrate** – When creating the Family Treatment Agreement engage in a conversation with your child on what to do when an agreement has been broken. Be flexible yet consistent in how you handle broken agreements. How will your child, or you, Make It Right? Remember, these are Family Agreements – for both child and adult. Let your child know that they can remind you when you're not following an agreement – they'll feel more ownership if it's a two-way street.



Next Week in Advisory

9th grade: "Worries & Wonders – focuses on belonging.

10th grade: "Mental Health Foundations" – what is good mental health.

11th grade: "To Be Lists" – how actions can reflect values.

12th grade: "What Does it Mean to Lead" – how we can be positive leaders.