

KHS Advisory Newsletter

Sept. 6, 2022

THIS WEEK IN ADVISORY

“Building Connections”

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 completed the first of two sessions about building community. 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.

The goal is to begin to develop relationships and start creating a sense of safety and community in our classroom. Students spent some time getting to know who is in their class and began building a sense of community in their classroom.

To accomplish this goal, students were tasked to try to discover three things that everyone in the class has in common, to have a brief conversation on the idea of “community, and to come up with three things that they believe are important, to create a sense of community in their classroom.

Quarter 1: Aug 15 – Oct 14

SEL TEK – Citizenship

KHS Characteristic – Optimistic

KHS Values – Collaboration & School Pride



LIFE CONNECTION

The Importance:

- * Students benefit from the help they receive from others, and they can also offer support when others need it
- * Connections make students more versatile
- * Students have a network of individuals who can help identify solutions or otherwise support you
- * Students discover how much they have in common with people who live in other places.
- * Students learn to value similarities with and differences from people from different backgrounds.
- * Students open their minds to the amazing diversity on our planet

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.

- **Show Your Love** – Human touch and loving affection is needed at every stage of our lives for healthy emotional and neurobiological development. It is important that your child receive gentle, loving touch from you several times throughout the day. Treat every interaction as an opportunity to connect with your child.
- **Listen and Empathize** – Connection starts with listening. Acknowledge your child’s feelings, show them you understand, and reassure them that you are there to help with whatever they need. Try to see things from your child’s perspective. By listening and empathizing with your child, you will begin to foster mutual respect.
- **Set Boundaries, Rules, and Consequences** – Children need structure and guidance as they grow and learn about the world around them. Talk to your children about what you expect of them and make sure they understand. When rules are broken, make sure to have age-appropriate consequences in place and be consistent with them.
- **Say “I love you” Often** – It is often implied that we love our children, but be sure to tell them *every day*, no matter what age they are. Even when your child is being difficult or does something you don’t like; this can be an excellent opportunity to remind them that you love them unconditionally. A simple “I love you” can have a major impact on your long-term relationship with your child.

Reimagining Our Learning Culture

When we build **connections**,
these 5 attributes are evident in our learning environments:

1

A culture of trust appears

2

Joy exudes from learners

3

Self-directed learning flourishes

4

Peers work collaboratively

5

Student performance grows

Next Week In Advisory

“Building Community” – 2nd session about 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.