

CHMS Advisory for 6th, 7th, and 8th grades

SELAS

What is SEL and why
it's important...

Daily CHMS Schedule

Short Advisory Bell Schedule (Mon., Thur., Fri.)					
6th Grade		7th Grade		8th Grade	
	Time		Time		Time
Advisory	8:25 AM	Advisory	8:25 AM	Advisory	8:25 AM
	8:30 AM		8:30 AM		8:30 AM
1st Per.	8:33 AM	1st Per.	8:33 AM	1st Per.	8:33 AM
	9:16 AM		9:16 AM		9:16 AM
2nd Per.	9:19 AM	2nd Per.	9:19 AM	2nd Per.	9:19 AM
	10:03 AM		10:03 AM		10:03 AM
3rd Per.	10:06 AM	3rd Per.	10:06 AM	3rd Per.	10:06 AM
	10:49 AM		10:49 AM		10:49 AM
4th Per.	10:52 AM	4th Per.	10:52 AM	4th Per.	10:52 AM
	11:22 AM		11:36 AM		11:36 AM
5th Per.	11:25 AM	5th Per.	11:39 AM	5th Per.	11:39 AM
	12:09 PM		12:09 PM		12:22 PM
6th Per.	12:12 PM	6th Per.	12:12 PM	6th Per.	12:25 PM
	12:55 PM		12:55 PM		12:55 PM
7th Per.	12:58 PM	7th Per.	12:58 PM	7th Per.	12:58 PM
	1:41 PM		1:41 PM		1:41 PM
8th Per.	1:44 PM	8th Per.	1:44 PM	8th Per.	1:44 PM
	2:28 PM		2:28 PM		2:28 PM
9th Per.	2:31 PM	9th Per.	2:31 PM	9th Per.	2:31 PM
	3:15 PM		3:15 PM		3:15 PM

Long Advisory Bell Schedule (Tues. & Wed.)					
6th Grade		7th Grade		8th Grade	
	Time		Time		Time
Advisory	8:25 AM	Advisory	8:25 AM	Advisory	8:25 AM
	8:50 AM		8:50 AM		8:50 AM
1st Per.	8:53 AM	1st Per.	8:53 AM	1st Per.	8:53 AM
	9:34 AM		9:34 AM		9:34 AM
2nd Per.	9:37 AM	2nd Per.	9:37 AM	2nd Per.	9:37 AM
	10:18 AM		10:18 AM		10:18 AM
3rd Per.	10:21 AM	3rd Per.	10:21 AM	3rd Per.	10:21 AM
	11:02 AM		11:02 AM		11:02 AM
4th Per.	11:05 AM	4th Per.	11:05 AM	4th Per.	11:05 AM
	11:35 AM		11:46 AM		11:46 AM
5th Per.	11:38 AM	5th Per.	11:49 AM	5th Per.	11:49 AM
	12:19 PM		12:19 PM		12:30 PM
6th Per.	12:22 PM	6th Per.	12:22 PM	6th Per.	12:33 PM
	1:03 PM		1:03 PM		1:03 PM
7th Per.	1:06 PM	7th Per.	1:06 PM	7th Per.	1:06 PM
	1:47 PM		1:47 PM		1:47 PM
8th Per.	1:50 PM	8th Per.	1:50 PM	8th Per.	1:50 PM
	2:31 PM		2:31 PM		2:31 PM
9th Per.	2:34 PM	9th Per.	2:34 PM	9th Per.	2:34 PM
	3:15 PM		3:15 PM		3:15 PM

Goals for Advisory



Social Emotional Learning for Academic Success

Competencies

Self-Awareness

Self-Management

Social-Awareness

Relationship Skills

Responsible Decision making

Standards

The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.

The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.

2021-2022 D181 Middle School-Wide Advisory SEL Plan

<p><u>Quarterly Competencies</u></p> <p><u>D181 SELAS Framework</u></p>	<p>Relationship Skills- The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.</p>			<p>Self Awareness- The abilities to understand one’s own emotions, thoughts, and values and how they influence behavior across contexts. Self Management-The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.</p>			<p>Social Awareness- The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts. Relationship Skills</p>			<p>Responsible Decision Making- The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.</p>	
<u>Holidays 21-22</u>	August	September	October	November	December	January	February	March	April	May	
Themes	Team Building/ Relationships/ Keys to Success	Team Building/ Relationship/ Keys to Success	Empathy and Relationship Skills	Gratitude & Service to Others	Future Planning & Healthy Mindset	Goal Setting & Engagement	Respect & Positive Communication	Diversity & Inclusivity	Digital Citizenship & Perseverance	Self advocacy & Independence	
Big Life Journal		Ch. 1: “It All Starts Here” / Mindset/ Connectedness (pgs. 6-33)	Ch. 2: “Exploring You”/Interests (pgs. 34-67)		Ch. 3: “Dreaming Up Your Life”/Dreams & Vision (pgs. 68-93)	Ch. 4: “From Dreams to Reality” Dreams & Vision (pgs. 96-127)			Ch. 5: “The Key to Success”/ Perseverance (pgs. 128-141)	Ch. 5: “The Key to Success” / Stress/Learning from Failure (pgs. 143-155)	
Other <u>Holidays 21-22</u>	Logistics/Drills	MAP	Guest Speaker, Unity Day	Veteran’s Day, Thanksgivi	Christmas/Hanukkah	MAP MLK	Black History Month	D.C. Trip (HMS) Women’s	D.C. Trip (CHMS)	MAP PRIDE Month (June)	

Big Life Journals

All students are completing the journals in Advisory throughout the year. The journal entries have coordinating small groups and large group lessons, guided by the advisory teachers. Some of the concepts, which highlights self awareness, covered in the journal include:

Positive mindset and growth mindset

Interest inventory

Future planning

Persistence

Goal setting



Throughout a child's advisory journey at CHMS students will be exposed to the following lessons:

- Icebreakers and energizers
- Digital Citizenship lessons
- Team- Building
- Goal Setting
- Coping and Emotional Regulation
- Mental Health Awareness
- Big Life Journals
- Relationship Skills/Friendships
- Empathy
- Email Etiquette
- Study Strategies
- Gratitude
- Self-Advocacy
- Individual Conferencing with Advisor
- And more...!

Questions?