



## **Rocky River City School District**

### **K-12 Counseling Department Social Emotional Learning Activities**

*Counselors throughout the Rocky River City School District provide assistance and support for personal, social and emotional concerns.*

- Counseling department welcome and introductions at the start of each school year for all students
- Introduction to parents/guardians at Open House and Orientation
- Provide tours for new students and their families
- Building to building transitional events
- Individual parent meetings
- Monthly *Counselor's Corner* update from each building via principal newsletter or website
- District-wide mental health protocol: Acknowledge, Care, Tell (A.C.T.)
- District-wide implementation of Positive Behavioral Interventions Supports (PBIS)
  - Respectful, Responsible, Caring, Safe (RRCS)

### **McKeon Education Group Family Liaison**

*The McKeon Education Group Family Liaison is a Licensed Professional Clinical Counselor who assists RRCS counselors in providing mental health support to RRCS students and community resource information to RRCS families.*

- 5 days per week at RRHS
- 5 days per week at RRMS
- 5 days per week between KIS and GPS

### **Start With Hello Week (September 19-23)**

*Start with Hello week is a district-wide initiative aligned with the Sandy Hook Promise to build socially inclusive learning environments for all students. This week-long event features information and activities to reduce loneliness and social isolation while promoting and maintaining a positive school climate. It encourages behaviors that make all students feel valued, respected and accepted.*

- Goal is to build a culture of inclusivity and empathy
- Activities are listed on the district-wide flyer
- Information will be promoted through announcements and teacher classrooms
- Activities will aim to build empathy, healthy relationships, and social awareness (grades K-5)
- Activities will promote and teach empathy to empower students to end social isolation (Grades 6-12)

### **Red Ribbon Week (October 24-28)**

*The Rocky River City School District is proud to recognize Red Ribbon Week in its schools and educate youth about the dangers of drugs. This week-long event features activities to raise awareness and promote a drug-free environment.*

- Activities are listed on the district-wide flyer
- Provide thematic activities promoting overall health and wellness
- Provide examples of positive choices that lead to healthy living
- 2022 Theme: Celebrate Life. Live Drug Free

### **The Great Kindness Challenge (January 24-27)**

*The Great Kindness Challenge is a district-wide initiative to promote kindness. During the challenge, students and staff pledge to perform as many acts of kindness as possible with activities planned at each school.*

- Activities promote positive school climate and culture

### **RRCSD Say Something Week (March 13-17)**

*Sandy Hook Promise's Say Something program teaches middle and high school students to recognize the warning signs of someone at-risk of hurting themselves or others and how to say something to a trusted adult to get help.*

### **Mental Health Awareness Week (May 8-12)**

*RRCSD's Mental Health Awareness Week highlights the importance of caring for every child's mental health and reinforces that positive mental health is essential to a child's healthy development.*

### **Town Hall Meetings**

*The Rocky River City School District hosts Town Hall Meetings throughout the year for parents and guardians, students, staff, and the community. The meetings are organized by the District about topics that are often related to health, safety, social, and emotional needs.*



## **Goldwood Primary School**

### **Counseling Department Classroom Lessons**

*Goldwood counselor visits all K-2 classrooms monthly to talk about the following topics.*

- Growth Mindset
- Mindfulness
- Resiliency
- Friendship
- PBIS: Respectful, Responsible, Caring, and Safe
- Interests/careers

### **Counselor Lunch/Recess Bunch**

- Small group lunches with students

### **Counseling Resources**

- Provide videos for daily announcements and guest readers
- Share information/research with staff, parents/guardians and students

### **Counseling Department Collaboration**

- Liaison between families and Rocky River Assistance Program, Rocky River Recreation Department and Rocky River Police Department
- Co-teach with fitness teacher

### **Building Themes & Activities**

- Used throughout the school year to promote kindness, respect and positive interpersonal interaction



## **Kensington Intermediate School**

### **Counseling Lessons**

- 3rd grade lessons
  - Classroom Climate, Your Brain & Strong Feelings: Getting Along with Others
  - Your Brain & Strong Feelings: Getting Along with Others
  - Problem Solving & Decision Making for Pirates
  - Personal Safety
  - Study Skills, Growth Mindset & Self-Awareness of Personal Interests
- 4th grade lessons
  - Classmates as Teammates
  - Treating Others with Respect
  - Responsible Decision Making: Growth Mindset & Persistence
  - Academics, Interests, Abilities and Strong Feelings
- 5th grade lessons
  - Strong Feelings: Anger & Conflict
  - Your Brain and Learning Styles \*\* to replace Being the Best Student I Can BE
  - Feelings: Anger & Conflict
  - Interests, Abilities and Moving to RRMS

### **Counselor Lunch/Recess Bunch**

- Small groups to enhance and encourage positive interpersonal interaction

### **Mindful Mondays**

- Mindfulness exercises to facilitate positive transition to the school week
- Voluntary activity offered before school on Mondays (8:15-8:25am) to help ease the transition back to the school week

### **Building Themes & Activities**

- Used throughout the school year to promote kindness, respect and positive interpersonal interaction

### **Gold Slips**

- Recognition for respectful, responsible, caring and safe behavior at KIS with school-wide announcements and prizes

### **Pirate Pride Award**

- Recognition certificate, prize, announcement and group picture celebrating dedication to learning and positive interaction with others at school

## Rocky River Middle School

### Counseling Department Meet and Greets at Start of School Year:

- Support network mini-lesson & introduction/review of counseling staff and support provided to any student in need throughout the school day

### NAVIANCE Lessons Through College and Career Readiness Classes

*NAVIANCE is a career and college research tool that is available to all Rocky River Middle and High School students and parents.*

- Grade 6: Support Network, Self-Confidence, Defining My Dreams, My Present vs. Future, My Study Plan, Taking Responsibility, Using My Strengths, My Career Interests, Goal Setting
- Grade 7: Support Network, Listening to Myself, What Makes Me Unique?, Overcoming Obstacles, How I Learn, Habits for Success, Teamwork, Understanding My Interests
- Grade 8: Success, Risk and Failure, Working Through Stress, Re-Imagining Success, My Personal Support Network, Q&A Making the Transition to High School

### Counseling Department Search Institute Asset Development Building-Wide Programming

- 40 developmental assets highlighted throughout the school year in 8 clusters (October-May)
- 4 internal asset clusters: commitment to learning, positive values, social Competencies, and positive identity
- 4 external asset clusters: support, empowerment, boundaries and expectations, and constructive use of time

### Action for Happiness

- Daily announcements, monthly themes and calendars shared with students, parents and staff and incorporated in various ways throughout the building (September - June)

### “Kindness Matters” Service Projects

- Collaborate with RRMS clubs/groups to demonstrate school unity and support for kindness, gratitude and service
- 5 service projects promoted throughout the school year

### Parent H.E.L.P. (How To Enjoy Living With Your Pre-Adolescent) Sessions

- Open to all parents and guardians in grades 6-8 (October, November, January, March, May)



## Rocky River High School

### Counseling Department

- Counseling department introduced at the beginning of the year at grade-level meetings
- Counselors meet with each student individually at least once per year

### 9th grade

- PLC: Social Media Safety - September
- LifeAct: Recognizing Teen Depression and Preventing Suicide – October/November
- Freshmen Mentoring Program Mini-Lessons – 1st semester
  - Freshmen Mentoring Program Themes
  - School Procedures and Important People
  - Learning Styles
  - Time Management
  - Goal Setting
  - Homecoming 101
  - Getting Involved: Club/Activities visits to seminar
  - Comfort Zone/Getting Involved
  - Makerspace- What is it and when can we use it?
  - Etiquette/Manners
  - Public Speaking
  - Getting Your Driver's License and Distracted Driving
  - Health & Wellness: Stress Management/Mindfulness
  - Post High School Options
  - Building Healthy Relationships
  - How to get a Job
  - Dress for Success
  - Giving Back/Service
  - Making Good Choices - Social Media, Drinking, Drugs, Peer Pressure, Team Building
  - Communication
  - GPA
  - Scheduling for 10th grade
  - Study skills
  - Organization
  - PSAT and test taking strategies
  - Counseling in-class lessons
    - Mental Health and Wellness - September
    - Stress: The Good and the Bad - October
    - Stress: the good and the bad - December
    - Decision Making: Choices and Outcomes - February
    - Mental Health Coping Strategies - March



**10th grade**

- Counseling in-class lesson: Emotional Regulation and Self-Control - September
- Counseling in-class lesson: Empathy, Respect, and Inclusion - December
- PLC: Teen Dating Violence Program – February
- Counseling in-class lesson: Teamwork and Personal Responsibility - February
- Drugs negatively affecting brain development during adolescence - March

**11th grade**

- Counseling in-class lesson: GRIT, Perseverance, and Resiliency – October
- Counseling in-class lesson: Self-esteem, self-awareness, and situational EQ – December
- Counseling in-class lesson: Collaboration and Utilization of School, Parent, Adult, and Community Resources- February
- PLC: Distracted Driving - March
- Counseling in-class lesson: Drugs, Consent and Relationships - April

**12th grade**

- Counseling in-class lesson: Metacognition - October
- Counseling in-class lesson: Increasing Your Emotional Quotient and Self-Advocacy - December
- Counseling in-class lesson: Goal Setting and Self-Actualization - February
- Counseling in-class lesson: Substance use affects our physical, physiological and social health - April