

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 RRCSD counselors in providing mental health support to RRCSD students and community resource information to RRCSD 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

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

- *RRCSD 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*

The Great Kindness Challenge

- *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

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 Month

RRCSD's Mental Health Awareness Week Month 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. Information is shared in the May Counselor Corner.

Safety and Violence Education (SAVE) Students

Ohio House Bill 123, enacted by the 133rd General Assembly, requires students in grades 6 through 12 to receive at least one hour or one standard class period per school year of evidence-based instruction in each of the following:

- Suicide awareness and prevention;
- Safety training and violence prevention; and
- Social inclusion.

Child Sexual Abuse, Dating Violence and Sexual Violence Prevention

Ohio Senate Bill 288, enacted by Ohio's 134th General Assembly, requires schools and districts to provide instruction on child sexual abuse prevention to students in grades K-6 and instruction on dating violence prevention and sexual violence prevention to students in grades 7-12.

Town Hall Meetings

RRCSD 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*

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Counselor Lunch/Recess Bunch

- Small group lunches with students

Counseling Resources

- Provide videos for daily announcements about the building's different themes
- 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: Getting Along with Others
 - Problem Solving & Decision Making for Pirates
 - Personal Safety
 - Study Skills, Growth Mindset, and 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
 - Positive Youth Development and Safety
 - Interests, Abilities and Moving to RRMS

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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

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NAVIANCE Lessons Through College and Career Readiness Classes

NAVIANCE is an online 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
- 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 organizes and runs new student orientation (grades 10-12)
- Counseling department introduced at the beginning of the year at grade-level meetings
- Counselors meet with each student individually at least once per year
- New Student Luncheons to promote the social and extracurricular involvement (3x/year)
- Quarterly 8th grade CCR Tours of RRHS

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Freshmen Mentoring

- Program Mini-Lessons - 1st semester
 - 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