



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 at Open House and Orientation
- Provide tours for new students and their families
- Building to building transitional events
- Grades 3-5 Parent Coffee Talks about relevant social and emotional topics
- Grades 6-8 H.E.L.P. (How To Enjoy Living With Your Pre-Adolescent) Sessions, individual parent meetings
- Monthly Counselor's Corner Update from each building via Principal Newsletter
- District-wide mental health protocol: Acknowledge, Care, Tell (A.C.T.)
- District-wide implementation of Positive Behavioral Interventions Supports:
 - *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.

- 4 days per week at RRHS
- 3 days per week at RRMS
- 2 days per week at KIS and GPS

Red Ribbon Week

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

- Events and activities take place at school and home all week long
- Kick Off Event for theme reinforced throughout the school year.
- 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 that takes place in late January. During the challenge, students and staff pledge to perform as many acts of kindness as possible with numerous activities planned at each school.

- Activities promote positive school climate and culture
- Kick Off Event for "Kindness Matters" theme that is reinforced throughout the remainder of the school year

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 social and emotional needs.



Goldwood Primary School

Social & Emotional Learning Activities

- Counseling Department Classroom Lessons
- Kindness
- Growth Mindset - "Power of Yet"
- Mindfulness
- Resiliency
- Friendship
- 3 Good Things
 - Identifying "three good things" each day directs the brain towards resiliency.
- Circle of Control
 - Putting all of the things we can control inside the circle, while placing the things we cannot control outside the circle.
- Brain Research as it relates to fear, anxiety, stress
- Focus of Attitude of Gratitude on daily announcements

Counseling Department Lunch Bunch

- Small group lunches with students (with Behavioral Therapist)

Mindfulness

- Coordinate Weekly Wellness Program (Mindful Life)
- Provide videos for daily announcements
- Share information/research on brain development with staff, parents, students
- Go Noodle - engages kids with movement and mindfulness videos created by child development experts

Counseling Department Collaboration

- Coordinate D.A.R.E. lessons with teachers/police officers (2nd grade only)
- Liaison between families and Rocky River Assistance Program, Rocky River Recreation Department and Rocky River Police Department
- Attitude of Gratitude recognition and videos on daily announcements
- Co-Teach with Fitness Teacher introducing Yoga poses and relaxation techniques

Restorative Justice Circles

- Socioemotional situations and/or discipline is dealt with in a manner to promote learning and restoring relationships with adults and peers

Parent Book Club

- Held second semester using *Mindful Parenting* by Kristen Race



Kensington Intermediate School

Lessons delivered by counselors to students during the school year

- 3rd grade lessons
 - Climate & Getting Along with Others
 - Study Skills & Growth Mindset
 - Personal Safety
 - Self-Awareness of Personal Interests
- 4th grade lessons
 - Classmates as Teammates
 - Stop Bullying Now & Safety
 - Persistence & Worry
 - Personal Interests and Abilities
- 5th grade lessons
 - Positive Youth Development & Safety
 - Being the Best Student I Can Be
 - Feelings: Anger & Conflict
 - Interests, Abilities and Choices

Counselor Lunch/Recess Bunch

- Small groups to enhance and encourage positive interpersonal interaction

DARE (Drug Abuse Resistance Education)

- National drug, alcohol, and violence-resistance education program for 5th graders
- The police-officer led series of classroom lessons teach children how to resist peer pressure and live productive drug and violence-free lives.

Mindful Mondays

- Mindfulness exercises to facilitate positive transition to the school week
- Every Monday from 8:15am-8:30am
- Use of Me Moves, a self-regulation movement tool that combines movement and music

Themes

- Building-wide themes and activities to promote kindness, respect and positive interpersonal interaction

Gold Slips

- Recognition for positive attitude, helping others, positive leadership, good manners and work improvement

Student of the Month

- Recognition certificate and announcement celebrating dedication to learning and positive interaction with others at school

“Start With Hello” Week

- Suicide prevention program aiming to promote a climate of inclusion

Rocky River Middle School

Social and Emotional Learning Activities

- Counseling Department Meet-n-Greets at start of school year with every student
- Additional meetings with McKeon social workers for all new students
- 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 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 (1 cluster=5 weeks).
- 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

Diversity Center of Northeast Ohio (*Partners with RRMS to assist with the following*)

- Training for members of Be the Change, a group led by students that encourages leadership development and making RRMA a positive and encouraging place
 - Be the Change hosts a New Student Party at the beginning of each year
- 7th grade “Rethink Labels” lessons, to help people rethink the way they use labels.

Health Curriculum

- Grade 6: Communication, Tobacco/Alcohol, Communicable Diseases, Safety/First Aid
- Grade 7: Nutrition, DARE, Conflict Resolution, Non-Communicable Diseases, Environmental Health
- Grade 8: Exercise/Fitness, Drug Education, STDs, Family Living

Mindfulness

- Schoolwide initiative continues to be taught and reinforced in classrooms directly from teachers
- Mindful Mornings are held every Wednesday before school

Mix It Up Lunch Day

- Annual event teaches tolerance, acceptance and coexistence at RRMS by connecting with someone new at lunch

R-Word Campaign

- Events and activities take place at school and home all week long promoting students to make a pledge to show respect to everyone/spread the word to end the word
- Reinforces the “Kindness Matters” theme and Developmental Assets previously introduced to students and staff

Challenge Days - 7th grade only

- Increased emotional literacy, self-awareness and mindfulness combined with practical tools for engaging and compassionately relating with students in and outside the classroom
- Notice, Choose, Act is a template for making powerful and purposeful decisions guiding students to create outcomes they feel proud of and take responsibility for.

Clubs/Groups Promoting Social and Emotional Health and Wellness

- Westshore Young Leaders, Be the Change, Builders Club



Rocky River High School

Social and Emotional Learning Activities

- Counseling Department introduced in beginning of year grade-level meetings.
- Counselors meet with each student individually at least once per year
- *because I said I would* Program - September
- PLC: Vaping Prevention Education - September
- PLC: Suicide Prevention Education - September
- PLC: Positive Coaching Alliance for student-athletes - March

9th grade

- Diversity Center of Northeast Ohio Diversity Training for all Freshmen - September
 - Themes include Diversity 101, Race and Ethnicity, Bullying/cyber bullying, Religious/Race/Gender tolerance, socioeconomic status and awareness, Social Justice Movements, Student Leadership
- PLC: Social Media Safety - September
- LifeAct: Recognizing Teen Depression and Preventing Suicide – October/November
 - 2-day program through World History classes
- PLC: Emotional Intelligence - November
- PLC: Issues Impacting our Community – November
- PLC: Drugs and Mental Health - December
- Freshmen Mentoring Program Mini-Lessons – 1st semester
 - *Freshmen Mentoring Program Themes*
 - Learning Styles - Naviance
 - 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
 - Sex
 - Peer Pressure
 - Teambuilding



10th grade

- Counseling in-class lesson: Emotional Regulation - October
- PLC: Issues Impacting our Community – November
- PLC: Drugs and Mental Health - December
- Counseling in-class lesson: Empathy - January
- PLC: Teen Dating Violence Program – February
- PLC: Impact Teen Driving – February
- Counseling in-class lesson: Teamwork - March

11th grade

- Counseling in-class lesson about resiliency and grit – October
- PLC: Issues Impacting our Community – November
- PLC: Drugs, Consent, and Relationships - November
- PLC: OVI Program – January
- Counseling in-class lesson about self-esteem and self-awareness – January
- Counseling in-class lesson about collaboration - March
- PLC: Distracted Driving - April

12th grade

- Counseling in-class lesson about Metacognition - October
- PLC: Drugs, Consent, and Relationships - November
- Counseling in-class lesson about increasing Emotional Quotient - January
- Counseling in-class lesson about self-actualization - March
- PLC: College Success 101 - April

Health Curriculum

- Mental Health: happiness, self-esteem, anxiety, stress, anger management, addiction, mental illness, character development, mindfulness, depression
- Healthy Relationships: consent, abuse, recognizing red flags, date rape, dating violence
- Personal Safety: Protecting your home, safety in the community, self-defense, accident prevention, car safety, first-aid, CPR, defensive and distracted driving
- Substance use/abuse: tobacco, nicotine, alcohol, opioids, marijuana, prescriptions, over-the-counter medications, street drugs
- Sexuality: puberty, pregnancy, childbirth, STIs, sexual harassment, contraception, fetal development

Clubs/Groups Promoting Social and Emotional Health and Wellness

- Westshore Young Leaders
- SAFE Club
- Key Club