

## Middle School Student Schedule for Week One

**Tuesday, August 4th**

Time	Task	Description of the live session or learning opportunity	Academic Standards and SEL Indicator	Click on the Link below for access to the live session or use the code for the Schoology lesson
9:00am-9:30am	Community Gathering	Students will demonstrate an awareness of their emotions.	<p>6.SL.CC.1 Prepare for collaborative discussions on appropriate topics; engage effectively with varied partners, building on others' ideas and expressing one's own ideas clearly (<b>Foundational Literacy Standard: Speaking</b>).</p> <p>1A.1 Recognizes uncomfortable emotions as indicators of situations in need of attention (<b>Foundational Literacy Standard: Listening and Speaking</b>).</p>	<a href="#">Community Gathering - Middle</a>
10:00am-11:00am	SEL and Mindfulness learning opportunity	This session will focus on introductory mindfulness activities that will help you develop skills to pay attention in the present moment.	<p>6.MESH.1 Identify coping skills to deal with the health effects of stress, loss, and depression (<b>Foundational Literacy Standard: Reading, Listening and Speaking</b>).</p> <p>1A.1 Recognizes uncomfortable emotions as indicators of situations in need of attention (<b>Foundational Literacy Standard: Listening and Speaking</b>).</p>	<p><a href="#">Schoology Codes</a></p> <p>5th: 3SDX-XFNW-PB46M</p> <p>6-8: RN9Z-J9WJ-37ZMM</p>
11:30am-11:45am	Mindful Minute	This mindful minute focuses on being self-aware on thoughts and feelings.	<p>6.MESH.1 Identify coping skills to deal with the health effects of stress, loss, and depression (<b>Foundational Literacy Standard: Reading, Listening and Speaking</b>).</p> <p>1A.1 Recognizes uncomfortable emotions as indicators of situations in need of attention (<b>Foundational Literacy Standard: Listening and Speaking</b>).</p>	<a href="#">Mindfulness - Middle</a>

**Wednesday, August 5th**

Time	Task	Description of the live session or learning opportunity	Academic Standards and SEL Indicator	Click on the Link below for access to the live session or use the code for the Schoology lesson
9:00am-9:30am	Community Gathering	Students will evaluate goals to achieve success in school and life.	<p>6.SL.CC.1 Prepare for collaborative discussions on appropriate topics; engage effectively with varied partners, building on others' ideas and expressing one's own ideas clearly (<b>Foundational Literacy Standard: Reading, Listening and Speaking</b>).</p> <p>2A.2 Recognizes the affective behavioral responses to thoughts, emotions, and actions (<b>Foundational Literacy Standard: Language, Listening and Speaking</b>).</p>	<a href="#">Community Gathering - Middle</a>
10:00am-11:00am	Self-Awareness learning opportunity	This session will allow students to discover the characteristics of their own personality style and gain an understanding of other personality styles.	<p>6.MESH.2 Describe the importance of setting personal boundaries for privacy, safety, and expression of emotions and opinions (<b>Foundational Literacy Standard: Writing, Language, and Speaking</b>).</p> <p>3B.1 Describes what they learned about themselves in helping others (<b>Foundational Literacy Standard: Writing and Speaking</b>).</p>	<p><a href="#">Schoology Codes</a>            5th:            8HTT-THZH-N4WFS            6-8:            3FTX-BVV6-MKHH9</p>
11:30am-11:45am	Mindful Minute	This activity focuses on teaching students to focus on their breaths with an activity called Silent Counting Breaths.	<p>6.MESH.1 Identify coping skills to deal with the health effects of stress, loss, and depression (<b>Foundational Literacy Standard: Writing and Speaking</b>).</p> <p>2A.2 Recognizes the affective behavioral responses to thoughts, emotions, and actions (<b>Foundational Literacy Standard: Writing and Speaking</b>).</p>	<a href="#">Mindfulness - Middle</a>
12:00pm-1:00pm	Virtual Student Needs Assessment	This survey will help assess the needs for students.		<a href="#">MS Student Wellness Check</a>
3:00pm-4:00pm	Office Hours for Students	Students can ask questions to Specialists in SEL, Counseling, and Social Work.		<a href="#">Join Microsoft Teams Meeting</a>

**Thursday, August 6<sup>th</sup>**

<b>Time</b>	<b>Task</b>	<b>Description of the live session or learning opportunity</b>	<b>Academic Standards and SEL Indicator</b>	<b>Click on the Link below for access to the live session or use the code for the Schoology lesson</b>
	No School			
6:15pm-7:00pm	Optional Student learning opportunity on “Ready for Virtual Learning”	Students will engage in activities on self-care and learn tips for being successful in a virtual environment.	1A.1 Recognizes uncomfortable emotions as indicators of situations in need of attention <b>(Foundational Literacy Standard: Writing and Speaking).</b>  1C.2 Applies self-reflection techniques to recognize potential strengths and growth areas <b>(Foundational Literacy Standard: Writing and Speaking).</b>	<a href="#">Join the Meeting hyperlink</a>

Friday, August 7<sup>th</sup>

Time	Task	Description of the live session or learning opportunity	Academic Standards and SEL Indicator	Click on the Link below for access to the live session or use the code for the Schoology lesson
9:00am-9:30am	Community Gathering	Students will demonstrate an awareness of respect for others and the hard work exemplified by various heroes.	6.SL.CC.1 Prepare for collaborative discussions on appropriate topics; engage effectively with varied partners, building on others' ideas and expressing one's own ideas clearly ( <b>Foundational Literacy Standard: Writing and Speaking</b> ).  3A.4 Predicts the impact of one's own behavior on the emotions of others. ( <b>Foundational Literacy Standard: Writing, Listening and Speaking</b> ).	<a href="#">Community Gathering - Middle</a>
10:00am-11:00am	Building Relationships learning opportunity	This session will support students in developing friendships based on personal values, have the opportunity to practice reflective listening, and identify the impact of social media in developing and sustaining positive relationships.	6.MESH.2 Describe the importance of setting personal boundaries for privacy, safety, and expression of emotions and opinions ( <b>Foundational Literacy Standard: Language, Writing and Speaking</b> ).  4A.1 Practices reflective listening ( <b>Foundational Literacy Standard: Listening</b> ).	<u>Schoology Codes</u> 5th: WNV7-CK8Z-ZSW2G 6-8: B8MP-RG3F-3DZRK
11:30am-11:45am	Mindful Minute	This activity supports student focus by paying attention to one word while doing a mindful breathing practice.	6.MESH.1 Identify coping skills to deal with the health effects of stress, loss, and depression ( <b>Foundational Literacy Standard: Reading, Listening and Speaking</b> ).  2A.2 Recognizes the affective behavioral responses to thoughts, emotions, and actions ( <b>Foundational Literacy Standard: Listening and Speaking</b> ).	<a href="#">Mindfulness - Middle</a>
12:00pm-1:00pm	Netiquette: Etiquette for Virtual Learning opportunity	This lesson reviews acceptable behaviors one should follow while on virtual lessons and ends with discussion questions including sharing respectful thoughts on their own feelings regarding the start to the year.	6.W.RBPK.8 Integrate relevant and credible information from print and digital sources; quote or paraphrase the data and conclusions of others while avoiding plagiarism and providing basic bibliographic information for source ( <b>Foundational</b>	<u>Schoology Codes</u> 5 <sup>th</sup> : GGX5-N4QR-HDNVK 6 - 8: GHP9-453T-NQVZ6

			<p><b>Literacy Standard: Language, Writing and Speaking).</b></p> <p>5A.3 Analyzes the impact of media on one’s behavior <b>(Foundational Literacy Standard: Listening, Writing and Speaking).</b></p> <p>5A.4 Explains how honesty, respect, and compassion (empathy) enables one to take the needs of others into account <b>(Foundational Literacy Standard: Listening and Speaking).</b></p>	
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