



ABOUT ME

What I do at Apollo

Direct Student Services

- $\circ\,$ Short-term individual counseling
- \circ Small group counseling
- \circ SEL lessons
- PurposeFull People & BPU
- $\circ\ {\rm Crisis\, support\, \&\, risk\, assessments}$
- Intervention supports to address behavior and social emotional needs

Indirect Services/Other Roles

- Consultations with teachers and parents
- $\circ\ {\rm Family\, support\, and\, resources}$
- \circ 504 coordination
- VOICE Mentorship coordinator
- \circ Power Pack coordinator
- \circ Tier 2 team facilitator
- McKinney Vento coordinator



Power Packs VOICE Mentorship PurposeFull People & Other SEL Other resources & partnerships

PROGRAMS AT APOLLO



What are Power Packs?

 Power Packs are bags of non-perishable food provided to Apollo by the Issaquah Food & Clothing bank.

Who receives Power Packs?

• Any family at Apollo who needs them. There is no qualification criteria, all you have to do is sign up.

When are Power Packs given?

• Every Friday! Students will come to me at the end of the day on Friday to collect their Power Packs.

Scan the QR code to get your family signed up!



VOICE Mentorship

What is VOICE?

• VOICE is a program where adults & high school students from the community come to Apollo to mentor students one-on-one.

Who qualifies for VOICE?

• Any Apollo student who is referred by a teacher or parent! We also identify students through our MTSS Tiered Systems of support.

When do students meet with mentors?

 Once a week for 30 minutes to an hour! We collaborate with teachers to find the best time for students to be out of class. Students & mentors may meet on the playground, in an office space, or in the counseling office/classroom.

Other Resources & Partnerships

Issaquah Food & Clothing Bank

• Supply our Power Packs & provide many other resources for families including, clothing & access to financial resources.

McKinney Vento

• Services that are made available to families who are experiencing any sort of temporary housing or homelessness.

Community Resources

 Other community resources will be in my newsletter and posted in enews as they become available. Holiday supports, coat drives, food support during school breaks, etc.



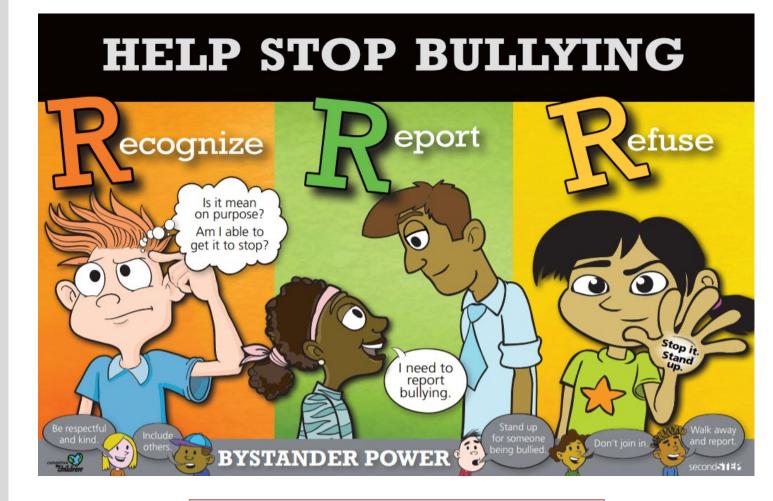
Counselor Corner

Sydney Hall |School Counselor | Apollo Elementary School

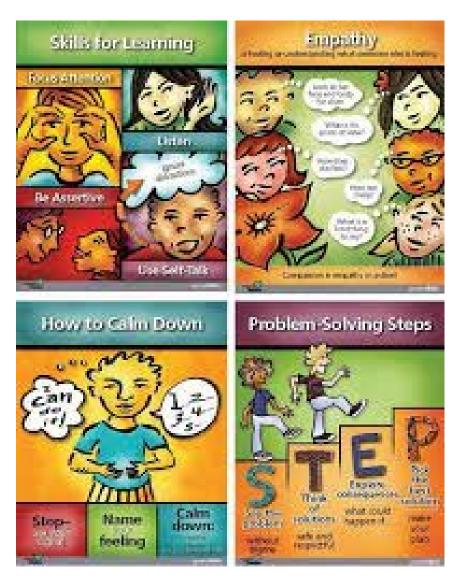
Welcome, Rockets! I am so glad you are here. Click around to navigate through different resources and information.

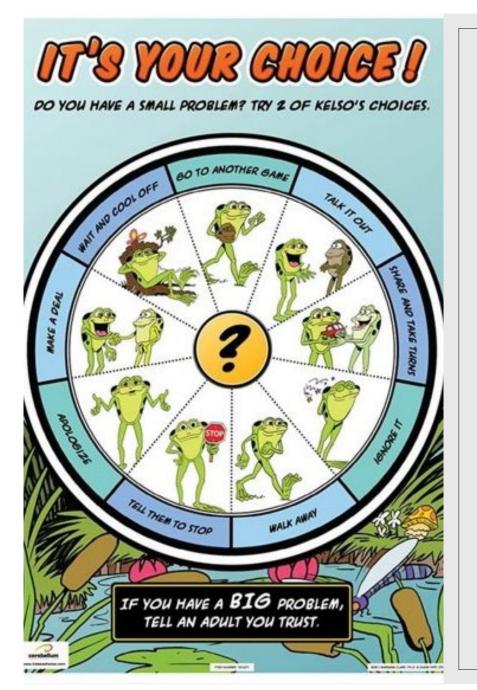
- 📏 About Me
- 💻 Bitmoji Office
- 💡 Info For Families & Staff
- 📅 Counselor Calendar

- Resources for Students
- Social Emotional Learning
- Monthly Newsletter
- 📞 Contact Me



Second Step





Kelso's Choice

We use Kelso's Choices to help solve our *small problems* such as cutting in line, not sharing a toy, or someone cheating in a game you are playing. *BIG PROBLEMS* such as hurtful words, gestures, or physical attack should be reported to a trusted adult right away.

Students should try at least TWO of Kelso's Choices before seeking help/support from an adult! These can be used at home too!

- Go to another game or activity
- $\circ\,$ Share and take turns
- $\circ\,$ Respectfully talk it over and listen to each other
- Walk away from the problem
- Ignore the problem behavior
- $\circ~$ Tell the person to stop the problem behavior
- Apologize
- Make a deal or compromise
- \circ Wait to cool off





PurposeFull Outcomes

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Be Kind

social skills



Be Strong

executive functioning





Be Well

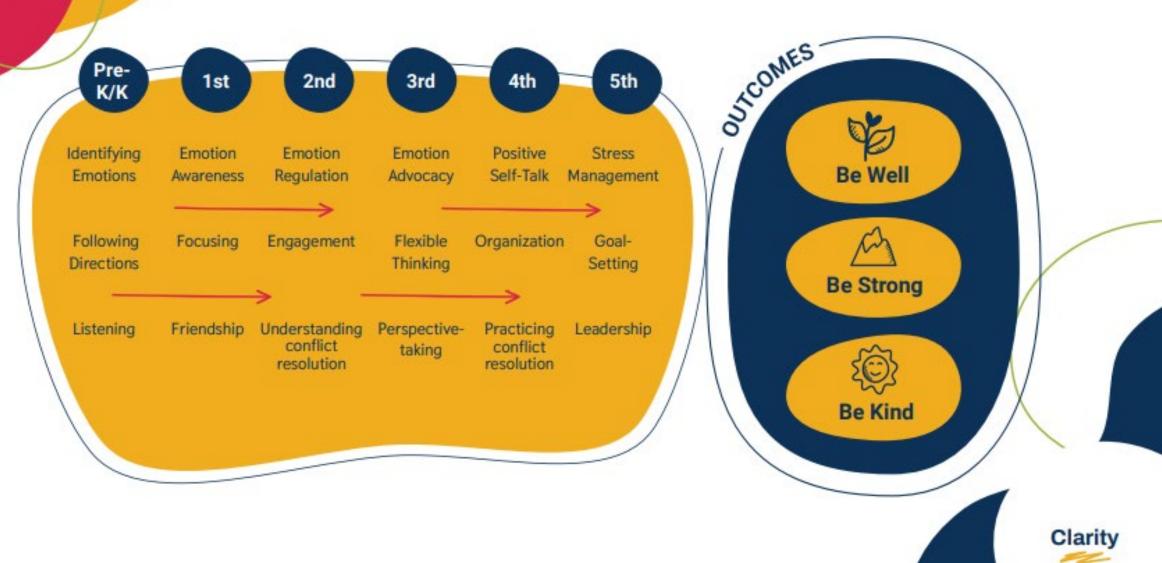
emotion regulation

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Tré

Clarity

Rrposetull People



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Competence









Connect

Grow

Respond

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Exit













Start (5-10 minutes)

What is Gratitude?

When you hear the word Gratitude, what do you think of or what do you picture? Turn and tell a neighbor what Gratitude means to you.

Introduce the Gratitude definition poster, then play the video: "What is Gratitude?"

Reflection

- What part of the definition stands out to you?
- How can Gratitude make you feel? Why?
- Can you think of the last time you showed Gratitude or thanked someone? Share examples.

WATCH: What is Gratitude?

GRATITUDE

is choosing to appreciate the

people and things in our lives

Rest Martin

Competence





Connect









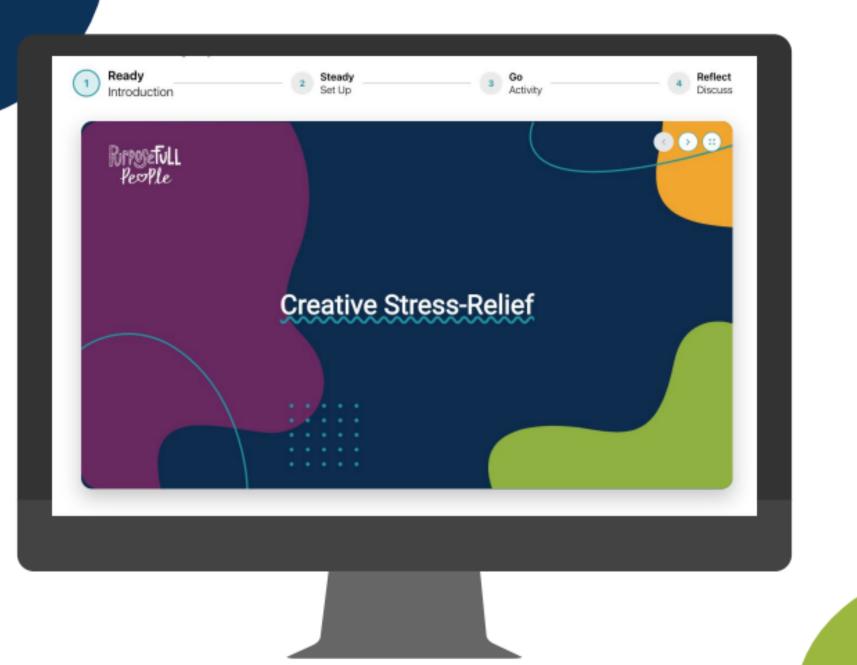




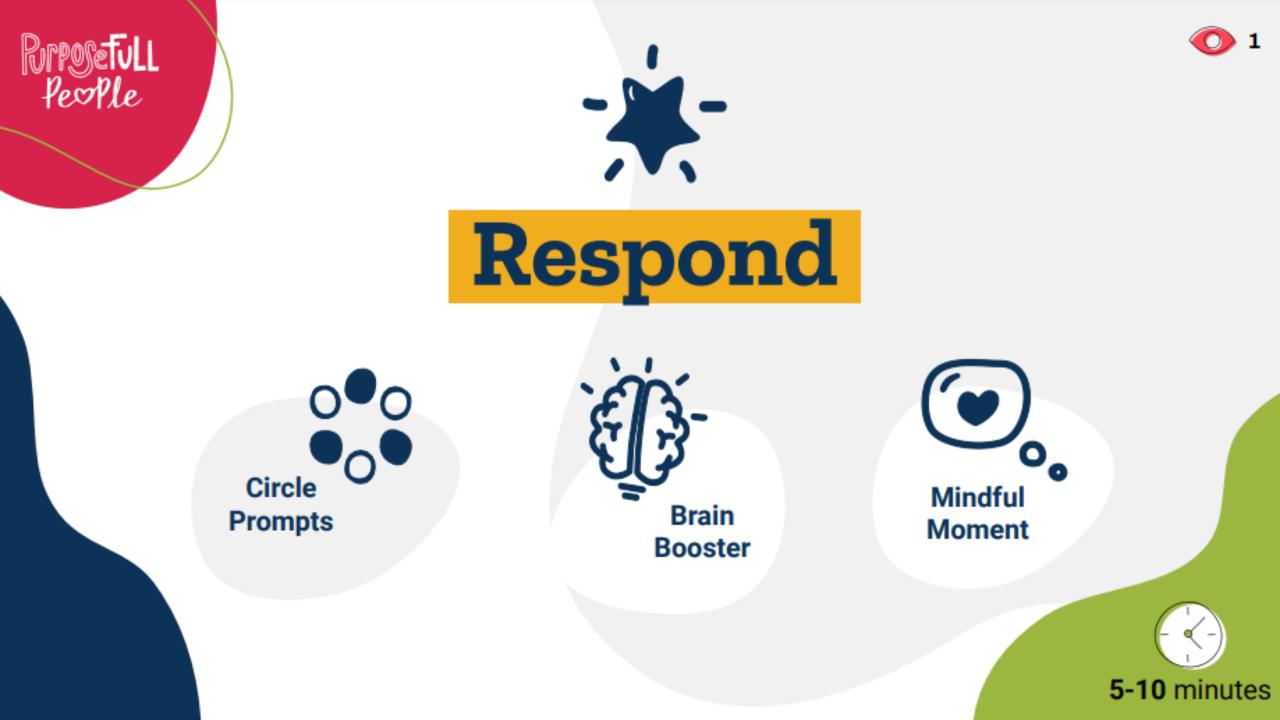








Competence





Choose What You Need

Brain Booster: Be Strong Stomp



Mindful Moment: Inhale Courage

Mindfulness is about being in the present moment, aware, and without judgment. Teach students this mindful mantra: "Inhale courage, exhale fear." As they breathe in deeply, encourage students to visualize being strong and courageous; as they exhale, encourage them to let go of what scares them and what keeps them from being strong and courageous. Repeat the mantra throughout the day as needed!

Reflection Question(s):

- What did your visualization of being strong and courageous look like?
- What is a specific time/subjects throughout the day where you might use this mantra?

Circle Prompts:

Invite students to the circle. Introduce or review circle agreements. Not sure how to set up a community circle? Watch the instructional video below!

- What gets in the way of Courage?
- How can flexible thinking help us overcome our worries and be more Courageous?
- Share about a time when you were Courageous this month.

















Fill in the Blank

Choose 2 prompts for students to reflect on:

- Today I felt _____.
- I saw someone show Respect when they _____.
- 1 thing I learned about Respect today is _____.
- I will practice being a good friend this week by _____.

Options for Reflection: Write or draw exit ticket, partner share, whole-group circle.



SEL SCHEDULE APOLLO ELEMENTARY 2022-2023

The PurposeFull People Lesson listed under each character trait is what Sydney will be teaching during her monthly lesson with each class. At the bottom you will see a menu of options you can choose from if you would like to teach SEL beyond your monthly Second Step lesson.

SEP

Second Step, Introduce Monthly Character Trait

Cooperation

K- Week 2, Silent Toss

- 1- Week 3, The Ant & The Dove
- 2- Week 2, Music to my Ears
- 3- Week 3, Cooperation Relay
- 4- Week 3, Cooperation Flag

5- Week 2, Leading Through Conflict

OCT

Second Step, Introduce Monthly Character Trait

Empathy K- Week 4, Empathy Detectives

1- Week 2, The Friendship Chain

2- Week 2, Grow with Kindness

3- Week 4, Climbing the Tree of Choices

4- Week 2, Fingerprints of Kindness

5- Week 2, Make Kindness Normal

NOV

Second Step, Introduce Monthly Character Trait

Gratitude K- Week 2, Gratitude Roll

1- Week 2, Give Gratitude a Hand

2- Week 4, Gratitude Balloon

3- Week 3, What's In My Control?

4- Week 3, Mirror, Mirror, Flip!

5- Week 2, Unexpected Gratitude





COOPERATION **Kindergarten Family Connection**









Have some fun connecting as a family this month while practicing Cooperation. Here are 3 "PurposeFull Pursuits" for you to complete together. How many can you do this month?

Pursuit #1

This week, plan a time where everyone needs to work together to accomplish a shared goal like cleaning up the space you live in or making a meal together. Make sure everyone has a role to play with specific tasks. When the project is complete, discuss and celebrate how each person's part was important to the end result.

Pursuit #2

Review Cooperation as a family! Search through your cupboards for some board games your family has not played in a while, or grab a deck of cards for a simple game of Go Fish. Pop some popcorn and have fun playing together! Look for moments of Cooperation that you can point out.

For example:

- · Choosing which game to play
- Choosing who gets to go first
- Handling wins and losses
- Working together to solve a problem

Pursuit #3

Find a time to sit in a circle together and celebrate all the ways you have seen each other practice Cooperation. Take turns sharing responses to the following prompts or make up your own! Remember to practice Cooperation as you take turns and listen to each other.

Celebration Prompts:

- · What family member(s) do you want to celebrate for their Cooperation this month?
- Share how you practiced Whole Body Listening this week.

Overview

This month's focus is Cooperation. One way to think about Cooperation is "working together to reach shared goals." As a family, talk about how this definition applies to how you work together at home. What are some goals you share?

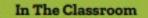
Cooperation is 1 of 3 traits we will focus on throughout the year that helps students Be Kind. Throughout the school, students will be developing skills like perspective-taking, conflict resolution, and leadership.

Conversation Starters



means? Why do you think it is important to use Whole Body Listening when practicing Cooperation?

what Cooperation



Listening to others is an important life skill - and it takes practice! In Kindergarten, we are focusing on listening skills this month. Being a good listener is also an important way to grow in Cooperation with others.

We will learn and practice these Whole Body Listening strategies at school. Try them at home with your student!

- Eyes are watching (point to your eyes)
- Ears are listening (cup your ears)
- Brain is focused (point to your brain)
- 4. Heart is caring (put your hand on your heart)



Eyes are watching

Brain is focused

Ears are listening



Heart is caring





Classroom

Cooperation

This month, partner up with a teacher in your building to plan

a cooperative activity for your classrooms. Your administrator can partner up classrooms ahead of time or leave the partnering up to teachers. Work with your partner teacher to come up with an activity that allows your classrooms to work together. Here are some ideas to get you started:

- Partner up with a younger or older classroom and plan a buddy reading time
- Partner up with a classroom for "game day" and allow students to bring in their favorite games from home
- Partner up with a classroom to play a favorite gym or recess game together



COOPERATION

