



## Community-Wide Holistic Development Scope and Sequence: 2020-2021

August/ September	October/November <i>LatinX Heritage Month, National Bullying Prevention Month</i>	December/ January	February <i>Black History Month, American Heart Month</i> <b>March</b> <i>National Nutrition Month, Social Work, Celebrating the Arts in Schools, International Women's Day</i> <b>April</b> <i>Alcohol Awareness Month</i>	May <i>Mental Health Awareness, Teacher Appreciation, Asian American Pacific Island Celebration Month</i> <b>June</b> <i>LGBTQ+ PRIDE</i>
<b>Themes:</b> <i>Community &amp; Relationship Building (Distance Learning focus)</i>	<b>Themes:</b> <i>Coping Strategies</i>	<b>Themes:</b> <i>Community &amp; Relationship Building (In-person focus when state reopen requirements are met)</i>	<b>Themes:</b> <i>College &amp; Career Development Building Life Dream/Decision Making</i>	<b>Themes:</b> <i>Community &amp; Relationship Building Decision Making (In-person focus when state reopen requirements are met)</i>
<p><b><u>Student Community Building/Advisory:</u></b></p> <p>Subtopics: Psychological 1st Aid, Epidemiology of COVID-19, Staying Healthy, Reflection/Processing, Accessing Help and Social Support, Practicing REPs, <b>Self-Care Action Plan</b>, <b>Study Skills</b>, time management and organization, utilizing office hours, Digital citizenship, &amp; Processing the Impact Systemic Racial Injustice/Civil Unrest</p> <p>College and Career Counseling: Introduction of Post-secondary Pathways (12); College Application Account Creation (12); Introduction to Naviance (9-12), Introduction to College List Building (10 and 11); Competitive Advantage (11); Introduction to Student Life (9)</p> <p><b>Primary Objectives:</b></p> <ul style="list-style-type: none"> <li>● All students will create and engage a Self-Care Action Plan</li> <li>● All students know how to access a caring adult for help</li> <li>● All students can successfully navigate and engage their class schedule</li> </ul>	<p><b><u>Student Community Building/Advisory:</u></b></p> <p>Subtopics: Life Dream Snapshot, <b>Continuing Self-Care Action Plan</b>, Identifying Emotions, Coping Skills, Strategies to Process, <b>Digital Citizenship</b>, NTA for students, &amp; Restorative Practices, Study Skills, time management and organization, utilizing office hours, Election Season Preparation</p> <p>College and Career Counseling: Advisor/Family Conferences (Academic Credit Standing); Connecting Careers to Majors; Junior College Workshop -- What You Need to Know (11); Match, Reach, and Safety Schools (11); Career Exploration on Naviance; Major Exploration (12)</p> <p><b>Primary Objectives:</b></p> <ol style="list-style-type: none"> <li>1. All students will practice self-awareness skills to identify their emotions</li> <li>2. All students will practice methods to reduce stress and increase resilience</li> <li>3. All students will know MWA resources for crisis support</li> </ol>	<p><b><u>Student Community Building/Advisory:</u></b></p> <p>Subtopics: Trauma-informed Communication (Identifying and Meeting Student Psychological Needs), Restorative Conversations, Affective Communication, Accessing Social Support Networks During the Holidays</p> <p>College and Career Counseling: Course Selection for Next Year; Career Exploration; AP/CTE Showcase; Naviance and College Lists for Document Sending (12); A-G Requirements</p> <p><b>Primary Objectives:</b></p> <ol style="list-style-type: none"> <li>1. All students will practice self-advocacy conversations (examples: for study support, goal setting with a teacher, etc.)</li> <li>2. All students will know the elements to a restorative conversation</li> <li>3. All students will know how to access support as needed during Winter Break (revisit Self-Care Action Plan)</li> </ol>	<p><b><u>Student Community Building/Advisory:</u></b></p> <p>Subtopics: Life Dream Snapshot (revisit), Career/College Exploration, Identifying Strengths/Skills/Interests, Goal setting, Time management, Organization, Asking for Help, Office Hours, Using Peers for support, Digital Citizenship, Interest and Strength Inventories, Study Skills &amp; Managing Distance Learning</p> <p>College and Career Counseling: Advisor/Family Conferences (Academic Credit Standing); Case Study and College Fair; Summer Activity Planning; College Tours for Waves; Connecting Field of Study, College Majors, and Extracurricular Activities; UC and CSU Eligibility (9-11); Post-secondary Plan Orientation (11); Community College Enrollment (12)</p> <p><b>Primary Objectives:</b></p> <ol style="list-style-type: none"> <li>1. All students will be exposed to different post-secondary and career pathways</li> <li>2. All students will explore their own strengths, skills and interests</li> <li>3. All students will set goals or next steps for how to continue their own education around a specific post-secondary or career pathway</li> </ol>	<p><b><u>Student Community Building/Advisory:</u></b></p> <p>Subtopics: Negotiating healthy relationships, Establishing and holding boundaries, Advocating for needs, Self-care in relationships, Decision making, ATOD education and prevention, <i>Healthy Relationships</i>, PMSC, Alcohol, Tobacco and Drug Education and Prevention, NTA (revisit), Review Channels for Accessing Mental Health Services, Review Community Resources (e.g. emergency hotlines), Psychoeducation on Mental Illness Prevalence, Stigma, and Peer Intervention Roles, Digital Citizenship</p> <p>College and Career Counseling: College Signing Day; Senior Panel "What I Wish I Knew" (11); Senior Transition Week (12); Concurrent Enrollment Registration (9-12); Post-secondary Pathways and Social-Emotional Fit (11)</p> <p><b>Primary Objectives:</b></p> <ol style="list-style-type: none"> <li>1. All students will practice negotiation and decision making skills in relationships</li> <li>2. Students will know the impacts of ATOD in their bodies</li> <li>3. Students will know how to access support as needed during Summer (revisit Self-Care Action Plan)</li> </ol>
<p><b><u>Teacher Professional Development:</u></b></p> <p>Topics: Psychological 1st Aid, Reflection/Processing, Listening &amp; Responding with Compassion, Foundational Protocols and Procedures (Establish REPs, Behavior Management Systems, Notice Talk</p>	<p><b><u>Teacher Professional Development:</u></b></p> <p>Training for teachers on how to have difficult conversation on race, and other sensitive topics. This can</p>	<p><b><u>Teacher Professional Development:</u></b> <b>December 11th January 8th</b></p> <p>Topics: Relationship Building: Restorative conversations, trauma-informed classroom/meeting procedures</p>	<p><b><u>Teacher Professional Development:</u></b> <b>March 26</b></p> <p>Topics: Life Dream, Mentorship and coaching, facilitating conversations around goal-setting</p>	<p><b><u>Teacher Professional Development:</u></b> <b>May 21</b></p> <p>Topics: Negotiating healthy relationships, Establishing and holding boundaries, Advocating for needs, Self-care in relationships, Time management, organization, asking for help among colleagues/ supervisors, School-based and</p>



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Act (NTA), SW/Counselor referrals)	include a process and framework.			community resources for teachers
<p><b>Parent Academy:</b></p> <p>Topics: Processing impact, Listening and Supporting Students with Compassion, Accessing School-Based and Community Resources, Supporting your students study skills, organization, routines, Powerschool refresher, Google Classroom refresher</p>	<p><b>Parent Academy:</b></p> <p>Topics: Life Dream Snapshot, Self-Care Action Plan, Coping Skills, Strategies to support your student with challenging feelings</p>	<p><b>Parent Academy:</b></p> <p>Topics: Restorative conversations,, communication styles, "Trauma 101"</p>	<p><b>Parent Academy:</b></p> <p>Topics: Life Dream Snapshot, Goal Setting, Supporting your Student in achieving goals</p>	<p><b>Parent Academy:</b></p> <p>Topics: Negotiating healthy relationships with your student, talking with your student about their relationships, advocating for your needs, self-care in relationships, Parent goals for their own education</p>

\*Note: The following topics will be cyclically revisited early and often throughout the year:a.) study skills, b.) processing the impact of Covid-19 and systemic racial injustice, c.) coping mechanisms