

Trimester I

Counseling CORNER

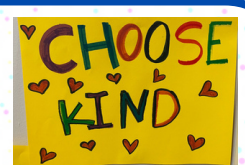
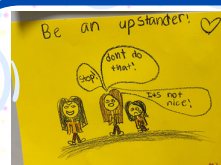
Stormonth SEL Updates

Problem Solving & Bullying

This school year has been off to a great start for our students in SEL classes. This year our SEL lessons have focused on spending more time on topics to solidify student learning to the many different topics we discuss. So far this year our students have been learning how to navigate some difficult issues including problem solving & bullying.

Our lessons on problem solving included defining problems as something that causes us difficulty and makes us feel any number of unpleasant emotions, but can be solved to help students focus on solutions instead of just the problem in front of them. To help students focus on solutions we worked towards understanding problems as small, medium, or big and determining the appropriate responses to each problem size. These steps included practicing a calming skill to make sure we are doing our best thinking, coming up with lots of ideas in a brainstorm, and then thinking about which choice may be best (older students learned about making pros & cons lists to help think through choices).

Our lessons on bullying included learning to define bullying appropriately and how to be on the lookout for bullying behavior. To help understand the definition of bullying, students discussed the similarities and differences of bullying to mean moments and accidents. Students learned that in each of these situations there is a person who has been hurt in some way, but that differs in each situation. With accidents the person has been hurt unintentionally & that both students can respond with kindness & empathy. With mean moments the person has been hurt intentionally because another person was experiencing an unpleasant emotion or trying to process their emotions in an unhealthy way. Lastly, bullying differs from these as it's both intentional and there is a pattern to the behavior (it is happening over & over again). Older grades added to this definition by also discussing how in bullying scenarios there is uneven power and students discussed some examples including: strength/size, age/experiences, and popularity. Finally students learned about the many different ways bullying can occur and to be knowledgeable of other kinds of bullying besides physical bullying. Students also learned about verbal bullying (using words to do harm), social-emotional bullying (using relationships & friendships to do harm), & cyberbullying (using technology to do harm). Next lessons on bullying include discussing what it means to be a bystander versus an upstander.



Storm Rally & School Theme

The counseling department has enjoyed working with the Stormonth Way Committee to plan our monthly Stormonth Rallies! This year our school theme has been "Build yourself up. Build each other up." This theme highlights the importance of creating healthy and positive habits in ourselves which in turn help create a strong school community. To help reaffirm this theme the whole school has participated in two all-school read-alouds. In September, students read Jabari Tries and in October students read Bonaparte Falls Apart. Older students were able to share their thoughts on these stories and how they help build each other up in class to inspire our younger students. For our November Rally we brought in a special musical guest, Tony Memmel! Tony Memmel is a singer, songwriter, and motivational speaker who spreads the message of resilience and celebrating yourself. It was a great opportunity for our students to connect to our theme of this school year, "Build yourself up. Build each other up." Students loved singing and dancing along with Tony's awesome original songs. Feel free to learn more about Tony on his website!



Tony Memmel



KINDNESS RETREAT

In October our 4th Grade students participated in a Kindness Retreat led by Youth Frontiers. Youth Frontiers is a nonprofit organization that has been running retreats for schools since 1987. They provide schools with experiences that inspire character, civility and community so that our next generation of leaders is grounded in character. The Kindness Retreat was focused on encouraging students to act with kindness to make school a welcoming place for everyone. Students loved learning about this important message through interactive songs, activities, scenarios, and small groups that were led by local Nicolet highschoolers.



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Bayside Middle School SEL Updates

Attitude of Gratitude

Bayside Middle School has had an exciting first trimester in our new building. We kicked off our new school year with a pep assembly to share in the excitement of our new learning spaces. We've definitely felt an attitude of gratitude here at Bayside!

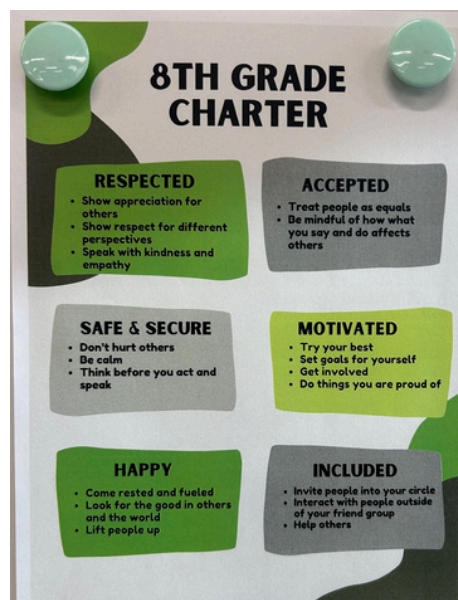
Students report our new school feels like an inspiring place to learn and they feel happy when they come to school. Our modern facilities are bright, updated and provide comfortable and flexible seating. Our collaboration areas encourage teamwork, creativity, social interaction and foster a sense of belonging. We are grateful to have this beautiful new building that reflects our community's investment in education, which inspires pride and motivates our students to be and achieve their best.



SEL / RULER Update

Our students have been participating in RULER lessons twice a week with their homeroom class. Our teachers have done an amazing job facilitating lessons with students while also using this time to facilitate community learning circles. RULER aims to contextualize students' understanding of emotions and emotional intelligence. Take a look at examples of class and grade level charters.

8th Grade Charter



5th Grade Homeroom Charter



COURAGE RETREAT



We held our annual Courage Retreat for our 7th graders on October 9th at Athlete Performance in Mequon. This retreat was funded by our Fox Point Bayside Education Foundation. We are so grateful for their financial support provided to give our students this experience. The Courage Retreat is a time to come together with trained facilitators to empower our students to be themselves and take positive risks that make a healthy difference for themselves, their peers and our school.

Have Courage