



South Junior High School

GO TIGERS!

Joel Heitkamp - South Junior High Principal
January, 2021

St. Cloud Area School District 742
Prepare. Engage. Educate. Empower. Inspire.

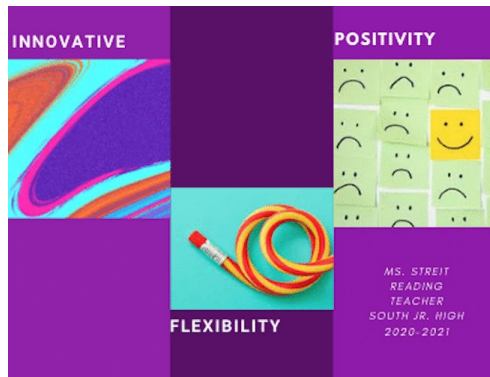
My Three Words



Relevant
Patient
Courageous
MY THREE WORDS
MS. KLUG



My Three Words



BE The Difference!



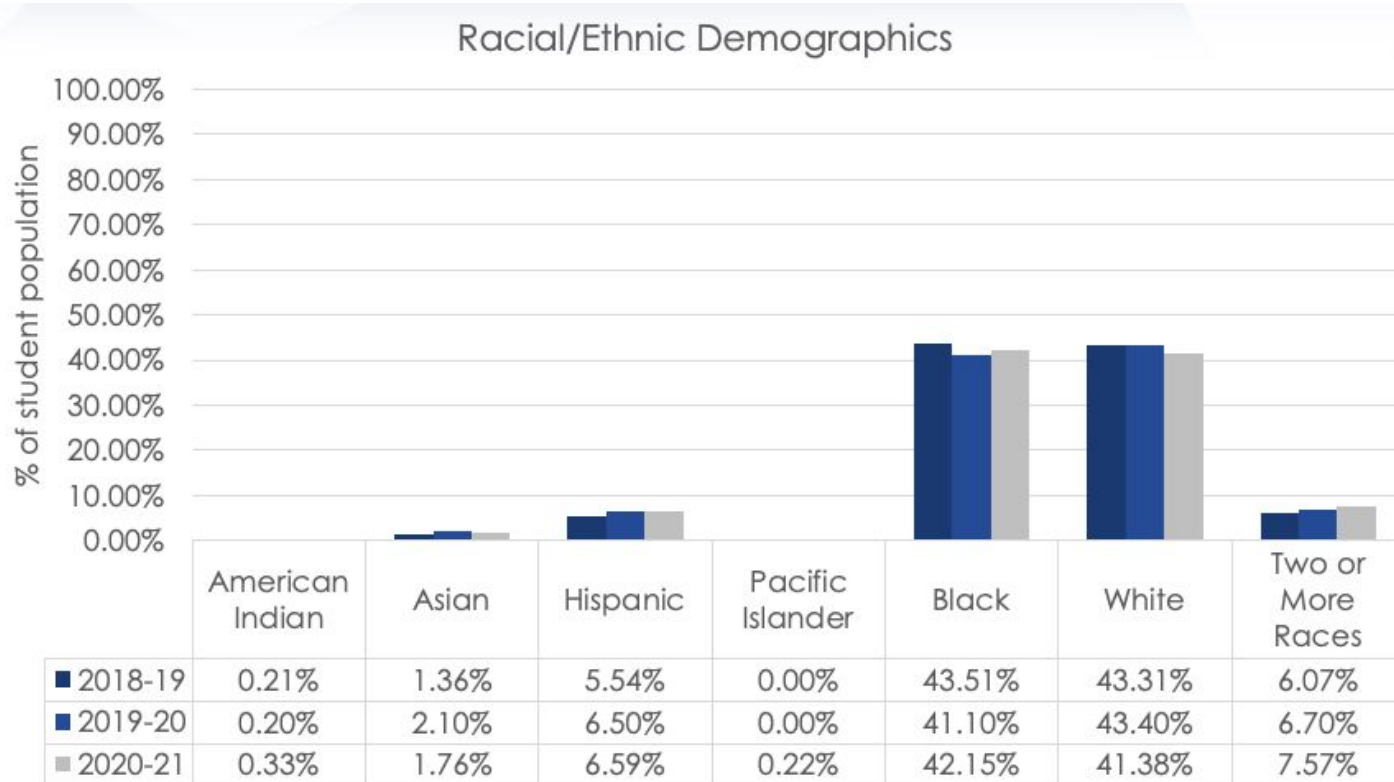
#SOUTH

BE

the Difference.

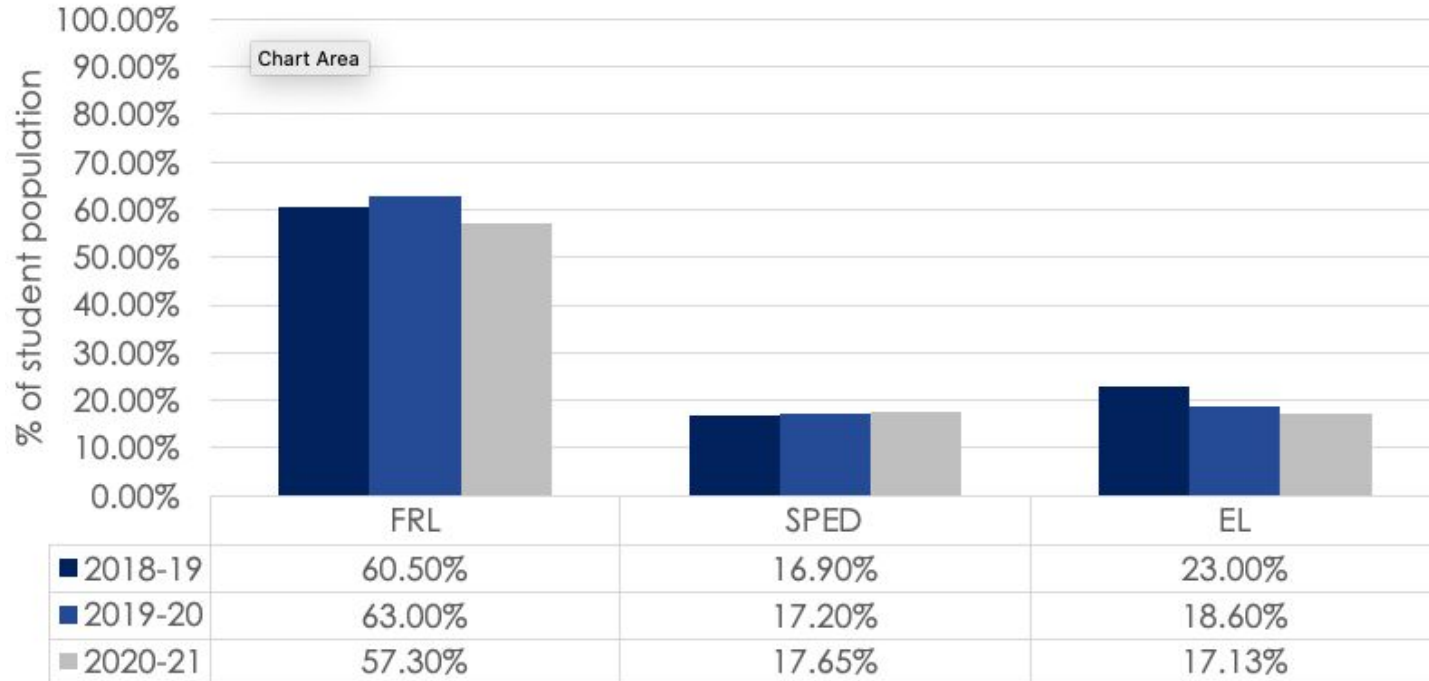


Who Are Our South Students?



Who Are Our South Students?

Student Group Demographics



South PBIS - A Kind, Cooperative, Community



South Junior High School is a Kind, Cooperative, Community!

South's SEL Support Team Action Statement

At South, we work collaboratively to foster a kind, cooperative community by providing positive and caring role models, promoting safe and healthy relationship building, and upholding a respectful learning environment that celebrates diversity and promotes inclusiveness for all.



	Kindness	Cooperation	Community
Schoology	<ul style="list-style-type: none"> Be friendly to all. Use kind words. Encourage others. Listen with respect. 	<ul style="list-style-type: none"> Be respectful and positive. Take pride in the activity. Do your own work. Think before you hit the Send button. 	<ul style="list-style-type: none"> Help your neighbor. Wait patiently. Be considerate of others. Welcome and accept others' skills and ideas.
Chromebook	<ul style="list-style-type: none"> Use device appropriately. Be Prepared. Keep your device in a safe place. 	<ul style="list-style-type: none"> Keep the device charged. Use headphones if you have them. Use the internet and ipad for positive, educational purposes. 	<ul style="list-style-type: none"> Let an adult know if there is a problem with your device/internet. Use internet safety when visiting websites. Make sure to log out of your account when you're done working.
Virtual Meetings	<ul style="list-style-type: none"> Check your surroundings. Be focused and pay attention. Make sure you log out of your account when you're done working. Use appropriate and respectful language 	<ul style="list-style-type: none"> Listen and respect others. Be Camera Ready. Find a quiet space to work. Mute your microphone when necessary. 	<ul style="list-style-type: none"> Use Headphones if you have them. Be an active participant. Use chat features responsibly and appropriately. Keep conversations school related.

South Junior High - A Kind Community

Dexter R. Stanton Celebrating Martin Luther King

8th Grader Essay Winner - Naderah Oler

"I think that there are several different ways to help others, even if it is just simple things. One thing you could do is help a classmate when they don't understand an assignment. You could also help by shoveling your neighbor's sidewalk. Another way you could help is by having a conversation with someone, which can help someone feel welcome. A kind action doesn't have to be something big to be an act of kindness. Maybe when you help someone, they'll help someone out too, and it might create a sort of chain reaction of kindness, which would not only be cool, but it also would help the world become a better place. If we all start helping others, even just doing a simple kind act, it helps us become more united, and I think Martin Luther King's dream was for our nation to have a unity that extends to all races, not just people of a similar ethnic group. This would help Martin Luther's dream get closer to being fulfilled. The fulfillment of Martin Luther's dream would benefit everyone. It would help bring peace, which especially is needed after some recent events that have caused division in our nation."

Looking Out for Your Neighbor!

Tayten Odenthal-Kranz

Tayten Odenthal-Kranz picks up not only his lunch in the morning, but he also gets his neighbors across the street lunches and delivers them to their house. He does this because they can't or don't get up earlier enough. He asked the drivers several other options before settling on this option. The other options were not possible. Tayten is not doing this because he was asked, he is doing so out of the goodness of his heart.

- Transportation Department "Shout Out"



Advisory - Meeting Our Students' Social Emotional Needs

Advisory Calendar				
December 2020				
ISD742 Secondary Virtual Reset Room				
Monday 12/7	Tuesday 12/8	Tuesday 12/1	Wednesday 12/2	Thursday 12/3
PBS - Self-Care! Day 1 Week for Music/Phys. Ed.	Morning Meeting: Making Us a Stronger Team Part 2	Morning Meeting: Making Us a Stronger Team Part 1 Day 2 Week for Music/Phys. Ed.	Gear Up/Get Ready - 6th Gr. Lesson (What's Drive?) 7th Gr. Lesson (What Drives You?) Settling new SMART Goals, 8th Gr.	6th and 7th Grade - Finish Gear Up/Get Ready lesson from yesterday! Finish Settling new SMART Goals, 8th Gr. /Teacher's Choice 8th gr.
Monday 12/14	Tuesday 12/15	Wednesday 12/9	Thursday 12/10	Friday 12/11
PBS - Cooperation Day 2 Week for Music/Phys. Ed.	Morning Meeting: A Fresh Start /Teacher's Choice 6th & 7th Grade	Digital Citizenship: Cyberbullying Part 1 *Lesson in Wed. 12/9 folder in your December Schoology resource!	Digital Citizenship: Cyberbullying Part 2 *Lesson in Thurs. 12/10 folder in your December Schoology resource!	*6th/7th optional lesson - Settling new SMART Goals
Monday 12/21	Tuesday 12/22	Wednesday 12/16	Thursday 12/17	Friday 12/18
PBS - That's Me! Day 1 Week for Music/Phys. Ed.	SEL: Mindfulness Meditation	Gear Up/Get Ready - 6th Gr. Lesson (Finding Us Support) 7th Gr. Lesson (Circle of Support) Morning Meeting: Bouncing Back from Setbacks , 8th Gr.	6th and 7th Grade - Finish Gear Up/Get Ready lesson from yesterday! ISD 742 Secondary Virtual Reset Room, 8th Gr. /Teacher's Choice 8th gr.	*6th/7th optional lesson - Bouncing Back from Setbacks
Monday 12/28	Tuesday 12/29	Wednesday 12/23	Thursday 12/24	Friday 12/25
No School: Winter Break	No School: Winter Break	No School: Winter Break	No School: Winter Break	No School: Winter Break
Monday 12/21	Tuesday 12/22	Wednesday 12/30	Thursday 12/31	
No School: Winter Break	No School: Winter Break	No School: Winter Break	No School: Winter Break	

Activities designed to help you take care of yourself and manage your stress in a time of social isolation

Well-being Board for Secondary Students

Designed by Catlin Tucker & Dr. Maria Hersey
@Catlin_Tucker & @mhersey

Mindful Movement

Search for a basic yoga or movement practice that you can follow along with to spend time stretching and videos on YouTube that are relatively short and are easy to try for those who are brand new to yoga. [Click here](#) to view a sample 20-minute yoga practice designed to relieve stress and anxiety.

To My Future Self

Write yourself a letter and date it one year in the future. Tell your future self about your life right now. How do you spend your days? What is your current mood? How are you feeling? What are you worried about? What do you miss most about your normal routine? What are you looking forward to when life returns to "normal"? You can write your letter on paper to open at a later date, or you can use [FutureMe.org](#) to type your letter and have it sent to you electronically in the future.

Family + Furry Four-legged Friends

Who or what do you like to spend time with...a family pet, a parent, a sibling, or a friend? Spend 15-20 minutes giving this special person or four-legged friend some love and attention. Snuggle, play, and enjoy connecting. If everyone seems busy, search YouTube for funny animal videos and remember that laughter is the best medicine.

Mindful Eating Healthy Snack

How do you feel after eating a healthy meal or snack? Find a simple recipe online and spend time in the kitchen preparing yourself a nutritious meal. When you finish, take a photo of your creation and share it with the class. Please include a link to the recipe.

Quiet Moments

Find a quiet spot in your home or outside. Make yourself physically comfortable. Set a timer for 3-5 minutes. Close your eyes and focus on your breathing. Try to clear your mind of thoughts. Each time a thought enters your mind, let it go. Immediately following your reflection, spend a few minutes journaling. You can journal on paper or create an online journal with [Penzu](#). What was the experience like? What do you notice about how you feel after spending a few quiet moments with yourself? What was the most challenging part of this practice? As you make this practice a regular part of your daily schedule, see if you can extend the time to 5 or 10 minutes.

These Feet Were Made for Walking

Go for a brisk 20-30 walk around your neighborhood. Leave your phone at home and spend this time outside observing your surroundings. If you have access to green spaces, walk where you can "feel" like you are in nature. Notice the flowers, trees, rocks, sky, and other details. What do you see, hear, smell, and feel?

An Attitude of Gratitude

Begin a gratitude journal. Each night before bed or first thing in the morning when you wake up, write down something that you are grateful for in your life. Describe how this thing is positively impacting your life.

Connect with Friends

Organize a virtual get together with a friend or group of friends using a video conferencing tool, like Facetime, Zoom, or Google Hangouts. Spend some time catching up and checking in with each other. How is everyone coping with this new normal? What are they doing to pass the time at home? What are they missing?

Mindful Listening: The Magic of Music

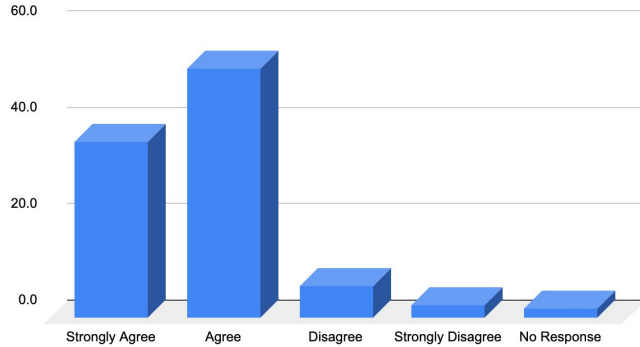
Find or create a playlist that makes you happy. Spend some time by yourself listening to music that brings you joy or makes you feel better about life. How does it make you feel? If your music makes you want to dance, move around! How can you find more time each day to disconnect and listen to your favorite tunes?

Shared with families weekly to make these connects at home as well!

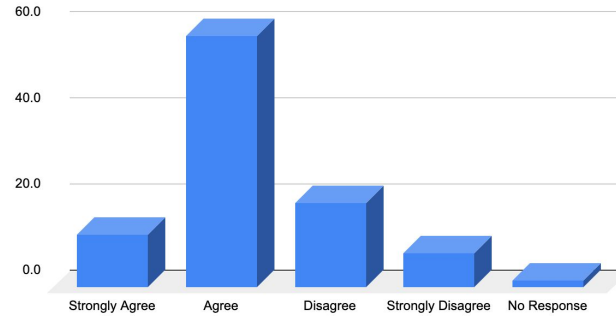


School Climate Survey Data

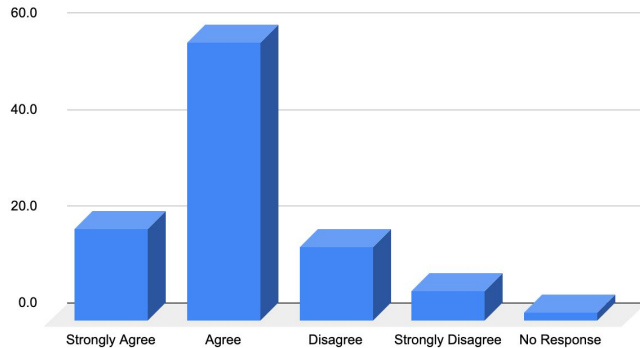
My teachers expect me to do my best all the time.



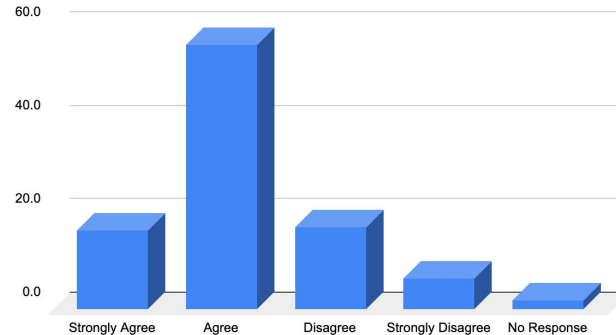
Adults working at this school help students develop strategies to understand and control their feelings and actions.



My teachers really care about me.

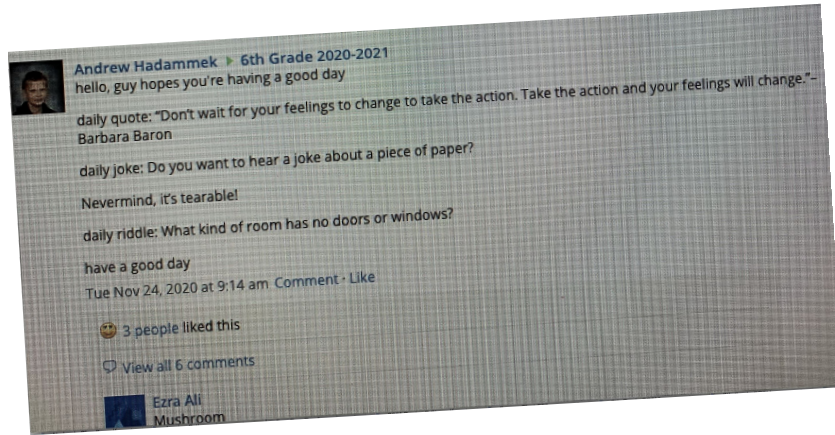


I can talk to my teachers about problems I am having in class.



Relationships Matter!

A Community of Belonging and Inclusion



South's Attendance Challenge & PBIS Incentives

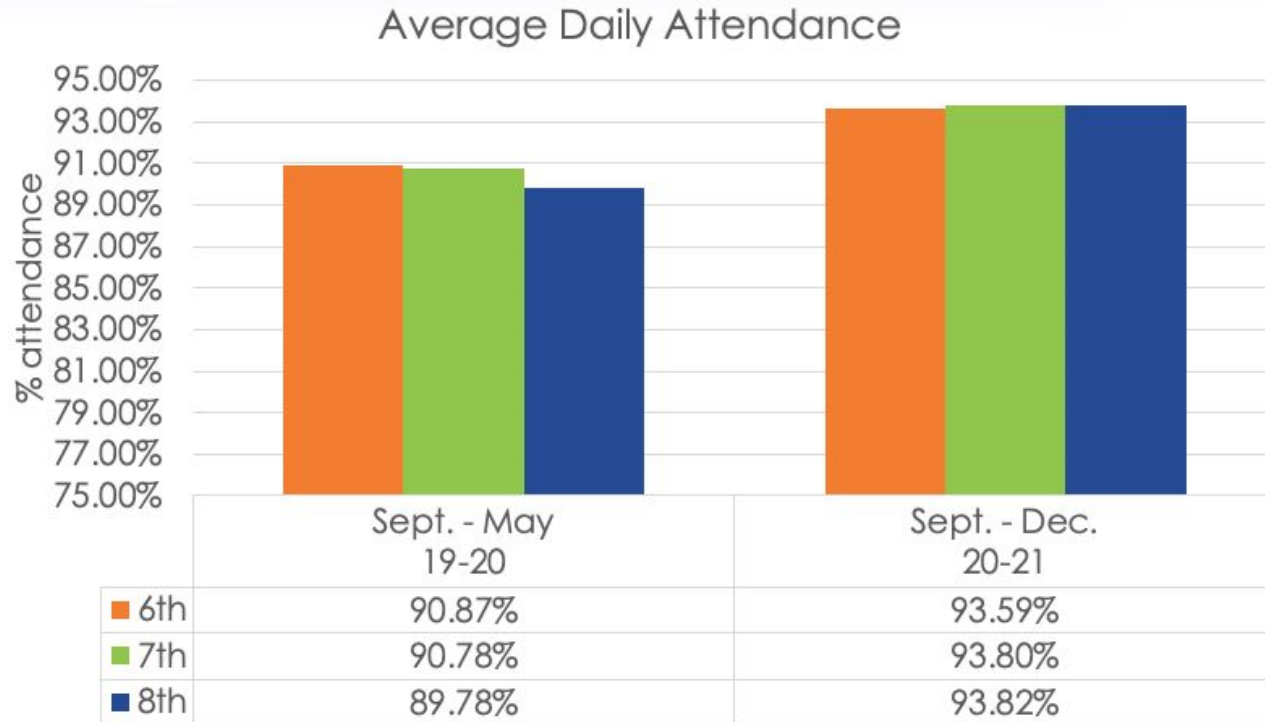
Staff-Student Relationships Matter!

- PBIS Pawsitive Weekly Drawings
- Attendance Challenge Wheel of Doom!



South's Attendance Challenge

Staff-Student Relationships Matter!



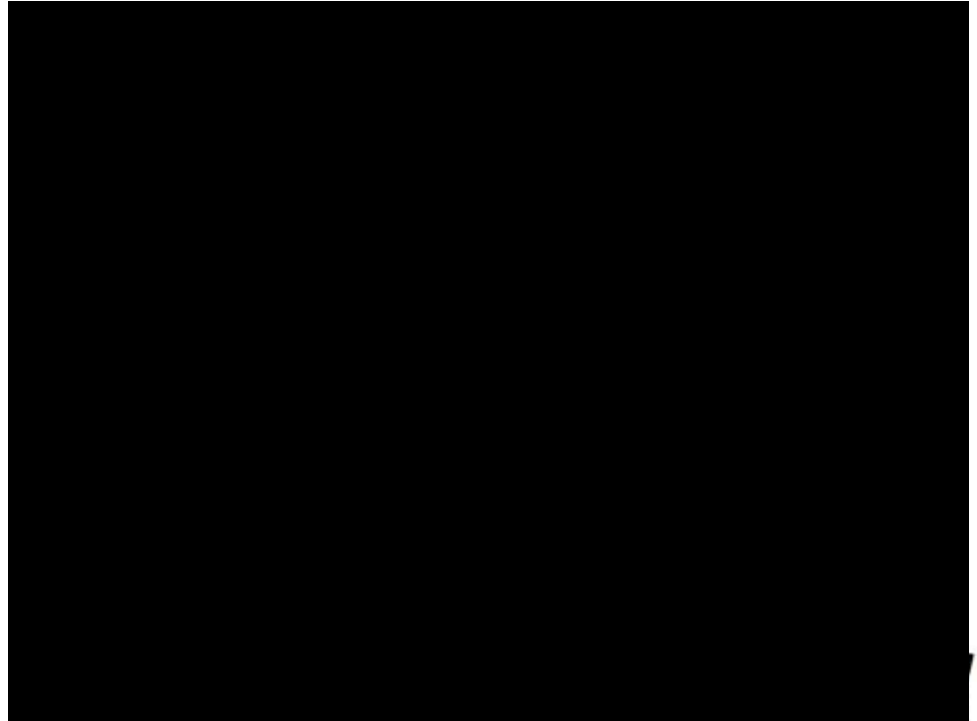
Making Authentic Connections

Staff-Student Relationships Matter!

Mr. Aksel's Weekly Originals!

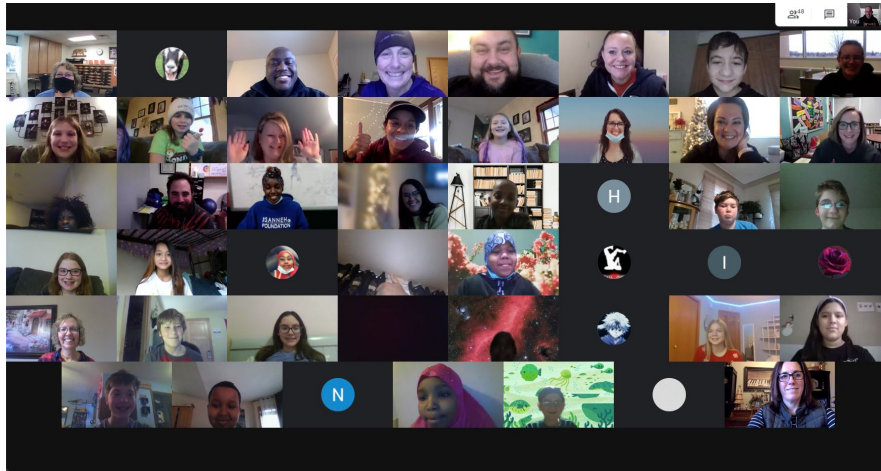


- Virtual Cafeteria
- Friday Social Meets



Weekly & Monthly All-School Events

Building Student-Student Relationships



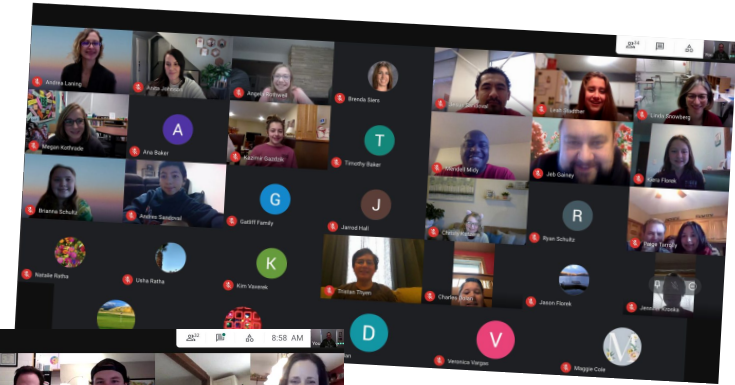
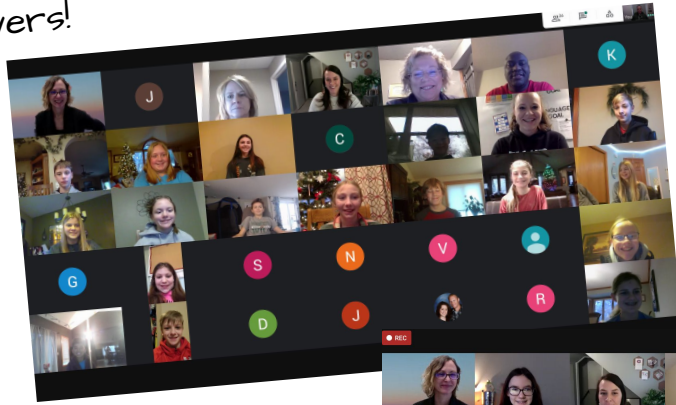
TURKEY Bingo, Blizzard Bingo, Friday Social Meets, Mr. Aksel's Originals, Virtual Lunch, Daily Advisory Lessons



Student of the Month & Academic Achievers

Building Family-School Relationships

Trimester I
Students of the
Month &
Academic
Achievers!



- Monthly Parent Meetings
- Family Engagement Nights
- Get to Know You Conferences & Open House Nights
- South Parent Roar!
- Activities



Valuing Our Staff

Staff-Staff Relationships

JOY BOMBS!

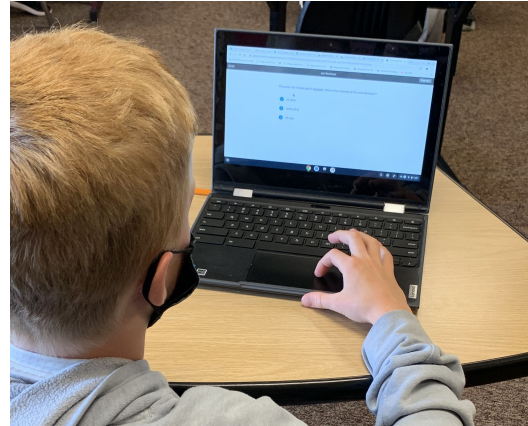
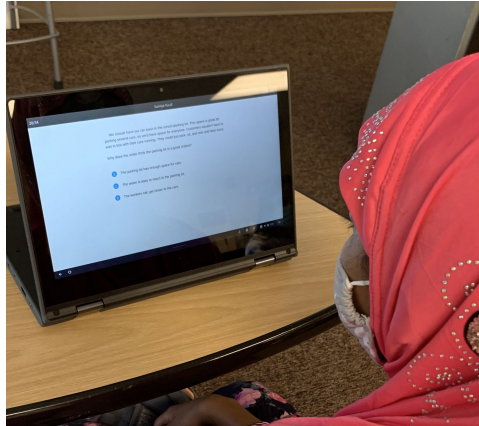
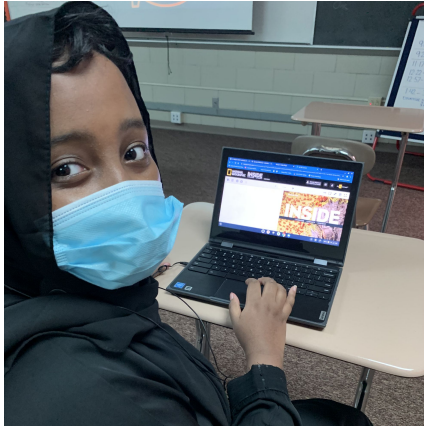


- Trimester Highlight Videos
- Staff of the Week
- Mystery Staff



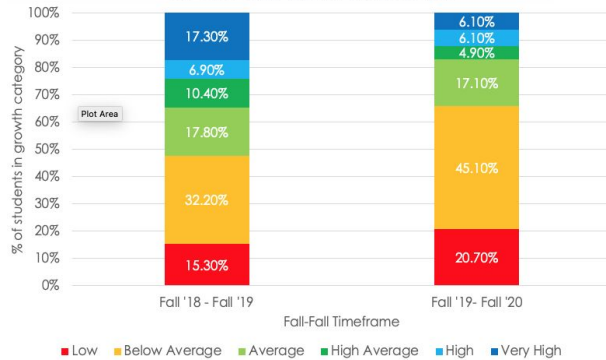
Reaching For Our Achievement Goals

Ensuring students having the feelings of inclusion, belonging, and the recognition of their hard work, leads to being the best versions of oneself & allows for achievement at the highest levels for all students and to instruction at the highest levels for all staff!

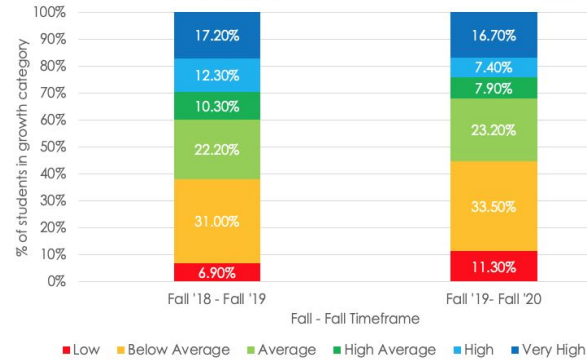


Achievement Data - STAR Math Growth

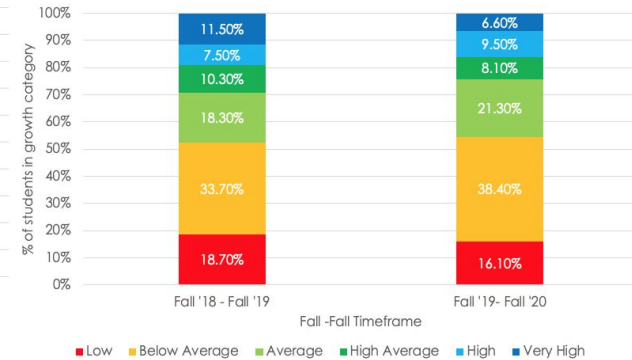
6th Grade: Fall-Fall Star Math Growth



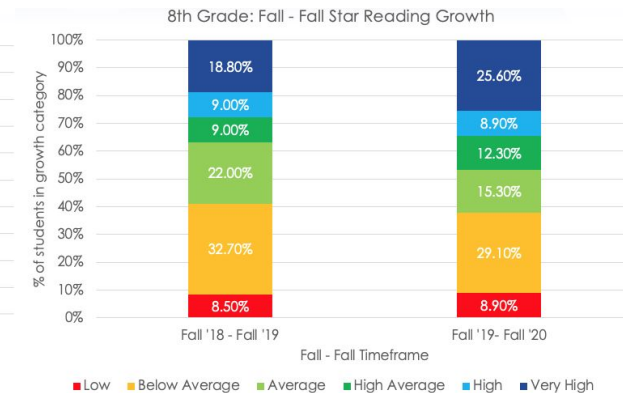
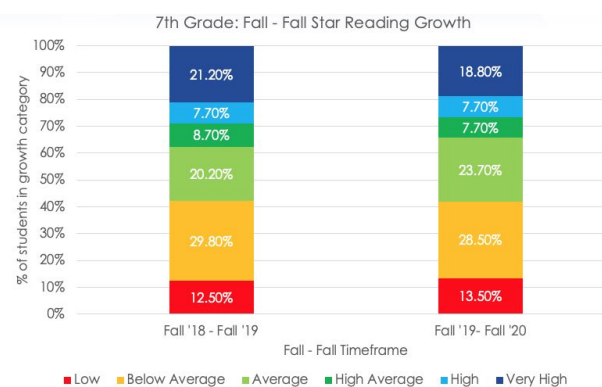
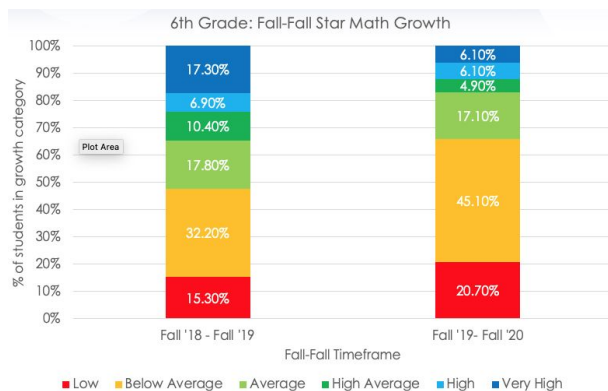
7th Grade: Fall - Fall Star Math Growth



8th Grade: Fall - Fall Star Math Growth



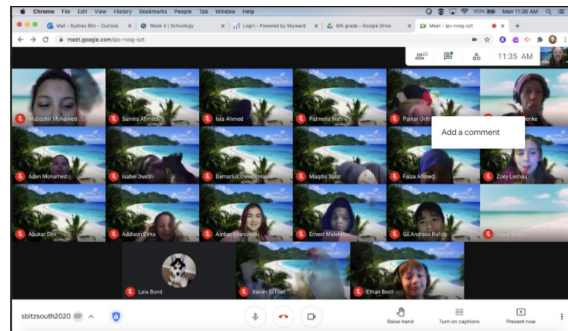
Achievement Data - STAR Reading Growth



Providing Student Experiences and Exposure

- Enrichment Days
- Allied Courses
- Spanish Immersion
- AVID
- Gear Up Get Ready Events
- Monthly Parent Meetings
- STEAM Night
- Cultural Night
- Afterschool Sports and Activities
- South Parent Roar

Bitz@the Beach



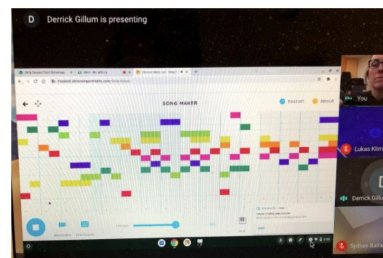
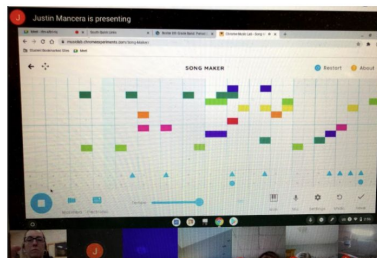
Snowflakes With Ms. Bray

<https://docs.google.com/presentation/d/19sQIR6j6adfPc7IE6u3odKtS0zvfR0OxCk5e1xqoYAY/edit?usp=sharing>



Chrome Music Lab - Song Maker With Ms. Boster

https://drive.google.com/file/d/1EkMMTMai3swOsXeq3TeL2fS_X9TJqIQI/view?usp=sharing



Student Experiences - Governor's Visit

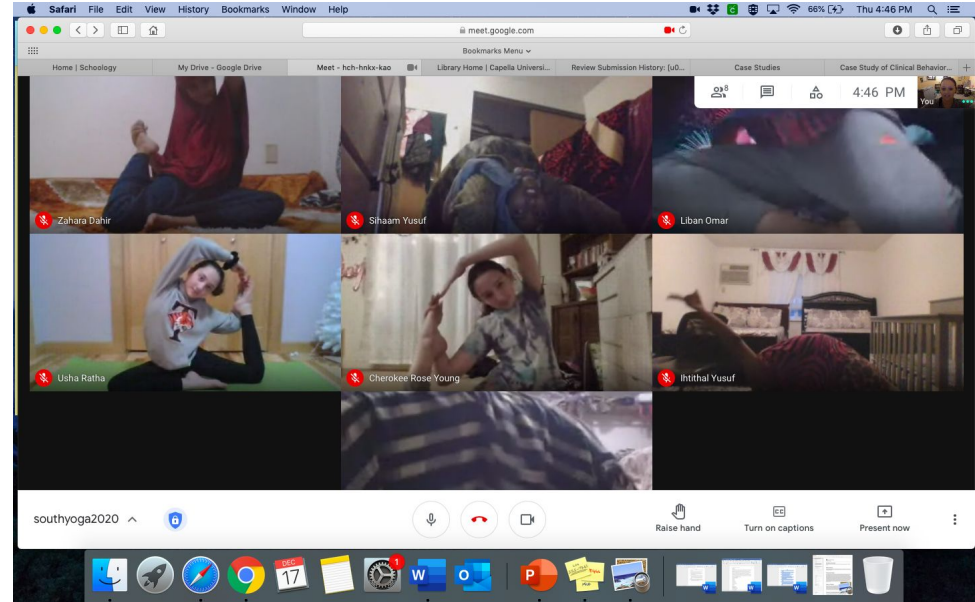


21st Century Learning Grant

Keeping Our Connections With Students Outside of the School Day

Y O : G A
O'CLOCK

- After School Academic Supports
- SEL Check-ins and Supports
- Yoga
- Somali Parent Connections Weekly
- Mentorship Opportunities
- STEAM Summer Programming





Thank You!

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