An Advisory Program for Today's Student

Social-Emotional Learning, Equity, Mindfulness, and Executive Functioning Support

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Salaam, Shalom, Peace!
(“Hello” and “Peace” in Arabic, Hebrew, and English)

Thursday, February 27, 2020

Today, from 11:00 am-12:00 pm, we have a very special edition of *Good Morning McLean*, our updated Advisory Program! The schedule for our time together is as follows:

11:00 - 11:05 am  
Introduction & Executive Functioning Check

11:05 - 11:15 am  
Video & Activity

11:15 - 11:20 am  
Mindfulness

11:20 - 11:40 am  
Background & Discovery

11:40 - 11:50 am  
Action Planning

11:50 - 12:00 pm  
Question & Answer

To begin, take one moment to turn to your neighbor and greet them with one of the words above.
Pen, Pencil & Paper

No Phones!
Did You Know?

“American teens say they experience stress in patterns similar to adults, and during the school year they report stress levels even higher than those reported by adults.”

- American Psychological Association, “Stress in America” (1)
Release
Throw It Away
Why?
Available for Learning
- Lack of sleep
- Lack of sleep
- Relationship issues
- Lack of sleep
- Relationship issues
- Media coverage of gun violence
- Lack of sleep
- Relationship issues
- Media coverage of gun violence
- Worried teacher will go too fast and call on me
- Lack of sleep
- Relationship issues
- Media coverage of gun violence
- Worried teacher will go too fast and call on me
- Anxious about changing in locker room for gym class
- Lack of sleep
- Relationship issues
- Media coverage of gun violence
- Worried teacher will go too fast and call on me
- Anxious about changing in locker room for gym class
- Saddened by continued group texts calling others “gay”
- Lack of sleep
- Relationship issues
- Media coverage of gun violence
- Worried teacher will go too fast and call on me
- Anxious about changing in locker room for gym class
- Saddened by continued group texts calling others “gay”
- Scattered thoughts due to flurry of Snaps upon waking up
- Lack of sleep
- Relationship issues
- Media coverage of gun violence
- Worried teacher will go too fast and call on me
- Anxious about changing in locker room for gym class
- Saddened by continued group texts calling others “gay”
- Scattered thoughts due to flurry of Snaps upon waking up
- Dysregulated because of recent failing grade on math quiz
- Lack of sleep
- Relationship issues
- Media coverage of gun violence
- Worried teacher will go too fast and call on me
- Anxious about changing in locker room for gym class
- Saddened by continued group texts calling others “gay”
- Scattered thoughts due to flurry of Snaps upon waking up
- Dysregulated because of recent failing grade on math quiz
- Forgot homework because of sloppy binder and messy locker
- Lack of sleep
- Relationship issues
- Media coverage of gun violence
- Worried teacher will go too fast and call on me
- Anxious about changing in locker room for gym class
- Saddened by continued group texts calling others “gay”
- Scattered thoughts due to flurry of Snaps upon waking up
- Dysregulated because of recent failing grade on math quiz
- Forgot homework because of sloppy binder and messy locker
- Overwhelmed because of numerous missing assignments
Now What?
How?

Consistent, responsive, and time-sensitive content that is flexible enough to promote varied conversations reflecting each advisory’s unique personality.
How?

Building of safe spaces that affirm the values of inclusivity and understanding through open and real discussions about topics related to community issues, current events, diversity, and equity.
How?

Daily Mindfulness practice, based on McLean School’s Mindfulness Curriculum Handbook, to support focus, breathing, body awareness, gratitude, and emotional regulation.
How?

Focused and timely executive functioning support and skill-building that establish daily routines to enhance students’ availability to learn, as well as their growth in metacognition, long-term planning, and organization.
+ Regular guided checks of grades and assignments
+ Dedicated weekly time focused on lockers, backpacks, and binders
+ Regular guided checks of grades and assignments
+ Time and space to settle brain and body
+ Dedicated weekly time focused on lockers, backpacks, and binders
+ Regular guided checks of grades and assignments
+ Mindful breathing to push out distraction and to focus on school
+ Time and space to settle brain and body
+ Dedicated weekly time focused on lockers, backpacks, and binders
+ Regular guided checks of grades and assignments
+ Activity around identity, community norms, and upstanders
+ Mindful breathing to push out distraction and to focus on school
+ Time and space to settle brain and body
+ Dedicated weekly time focused on lockers, backpacks, and binders
+ Regular guided checks of grades and assignments
+ Regular representation of Windows and Mirrors
+ Activity around identity, community norms, and upstanders
+ Mindful breathing to push out distraction and to focus on school
+ Time and space to settle brain and body
+ Dedicated weekly time focused on lockers, backpacks, and binders
+ Regular guided checks of grades and assignments
+ Advisor adjusts pace and modality of lesson for all learners
+ Regular representation of Windows and Mirrors
+ Activity around identity, community norms, and upstanders
+ Mindful breathing to push out distraction and to focus on school
+ Time and space to settle brain and body
+ Dedicated weekly time focused on lockers, backpacks, and binders
+ Regular guided checks of grades and assignments
+ Safe space to talk about current events based on student interest
+ Advisor adjusts pace and modality of lesson for all learners
+ Regular representation of Windows and Mirrors
+ Activity around identity, community norms, and upstanders
+ Mindful breathing to push out distraction and to focus on school
+ Time and space to settle brain and body
+ Dedicated weekly time focused on lockers, backpacks, and binders
+ Regular guided checks of grades and assignments
+ Team building activities to support communication & relationships
+ Safe space to talk about current events based on student interest
+ Advisor adjusts pace and modality of lesson for all learners
+ Regular representation of Windows and Mirrors
+ Activity around identity, community norms, and upstanders
+ Mindful breathing to push out distraction and to focus on school
+ Time and space to settle brain and body
+ Dedicated weekly time focused on lockers, backpacks, and binders
+ Regular guided checks of grades and assignments
Available for Learning

+ Ready to start the day!
+ Team building activities to support communication & relationships
+ Safe space to talk about current events based on student interest
+ Advisor adjusts pace and modality of lesson for all learners
+ Regular representation of Windows and Mirrors
+ Activity around identity, community norms, and upstanders
+ Mindful breathing to push out distraction and to focus on school
+ Time and space to settle brain and body
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+ Regular guided checks of grades and assignments
Action Steps
1. What one to two things do you most want to bring back to your school’s advisory?

2. What are the biggest barriers/challenges to doing so?

3. What are the steps you need to take to overcome those?

4. What is the first feasible action step you will take after leaving here?
Question & Answer
McLean School
Transformative.

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