

Welcome to 10th Grade!

Today may bring you a mix of emotions. Whether you are preparing to bring your first child to school or your last (or somewhere in between!), this day is a big day. You may be feeling anxiety, relief, excitement, or a mix of all three!

We want you to know that we understand what a moment this is. Our school believes that your student will spend the next several months here discovering so much about themselves and the world around them. We also believe that we can impact the future of a child by providing the best possible educational experience, including teaching social-emotional skills and promoting good character through our partnership with Core Essential Values®.

Using this curriculum, we will teach ten values this school year, one per month, all of which focus on our **Big 3**:

Treat others right • Make smart decisions • Maximize your potential

You'll get info each month about what we're teaching, because we hope you'll join us in lifting up these Big Ideas (value words) at home as well.

2019-2020 Big Ideas

August-Big 3: Treat others right, Make smart decisions, Maximize your potential

September-Trust: Putting your confidence in someone you can depend on

October-Courage: Being brave enough to do what you should do, even when you're afraid

November-Honor: Letting someone know you see how valuable they really are

December-Joy: Finding a way to be happy even when things don't go your way

January-Knowledge: Learning something new so you can be better at whatever you do

February-Creativity: Using your imagination to do something unique

March-Forgiveness: Deciding that someone who has wronged you doesn't have to pay

April-Humility: Putting others first by giving up what you think you deserve

May-Perseverance: Deciding it's worth it to finish what you started

It's Just a **Phase**... *Don't Miss It!*

In 10 short months you'll be emptying a backpack full of broken pencils, crumpled writing assignments, and science labs. After that, your student will be an eleventh grader and you'll never know them as a tenth grader again! So we want to encourage you to embrace this phase and don't miss it.

Here's some research compiled by our Phase Project ® about tenth graders:

Tenth Graders...

- ... may have difficulty falling asleep before 11 pm, but still need nine hours of sleep and one hour of exercise per day.
- ... are overly self-aware, may think "Everybody's watching me."
- ... are wired for risk-taking and sensational experiences.
- ... are keenly aware of global issues and may be critical of the adult world.
- ... tend to be curious, inquisitive, and drawn toward the supernatural.
- ... may experience depression.
- ... desire responsibilities that increase freedom.
- ... feel empowered through choices.
- ... seek experiences that create intense feelings and emotions.
- ... respond well to specific instructions.
- ... may enjoy sharing ideas with adults who will listen.