Parent Coffee

October 21, 2019

SAS
SINGAPORE AMERICAN SCHOOL

WELCOME!

CINDY GILBERT - School Psychologist

MARK SWARSTAD - Grade 6 Counselor

CHRISTA HAYCOCK - Grade 7 Counselor

BEN ROBERTACCIO - Grade 8 Counselor

RYAN BRUCE - Dean of Students



Well-being - Why is it important to explore?

Here’s one reason!

HEADSPACE



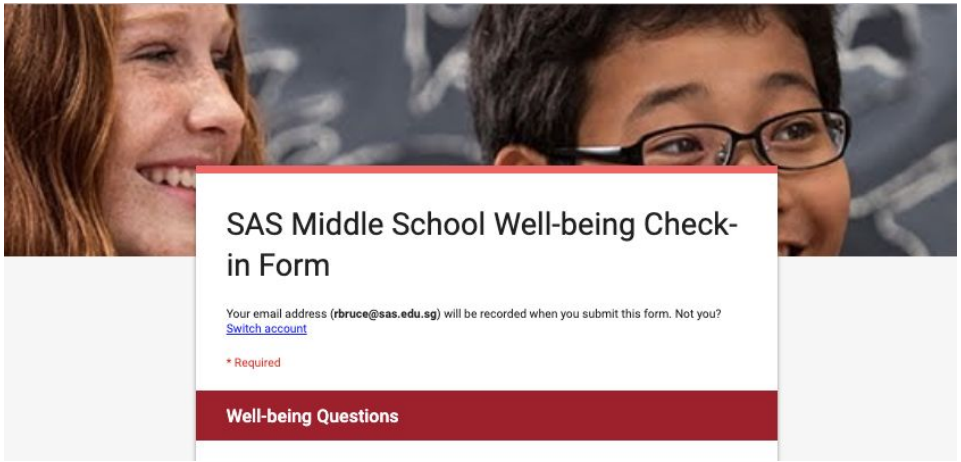
Calm

4-7-8

Well-Being Check-in Form

Short-term benefits

- Help students to reflect on their emotional state and supports.
- Identify individuals who are asking for support.
- Plan counseling interventions
- Identify areas for parent education



Long-term benefits

- Identified trends will allow us to provide targeted proactive interventions in a timely manner for large groups, small groups, and individuals.

Who has access to the data

- Counselors will have access to the data.
- Admin will only access data if counselors raise a concern.
- When appropriate, counselors alert teachers if there is concern for a particular student or group of students.
- Teachers have access to large group data, but not individual student data

Over the past 24 hours, how much happiness have you experienced?



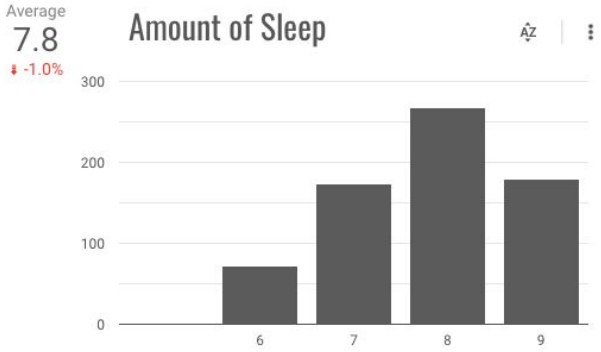
Live Well-being Survey

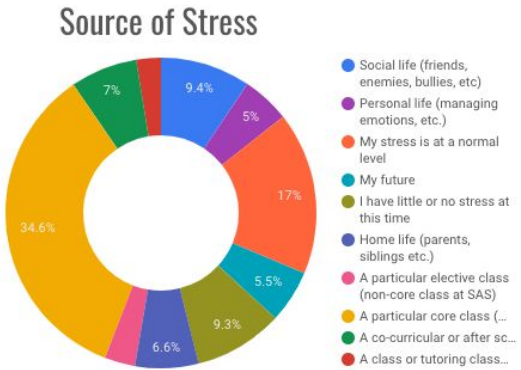
Take the survey

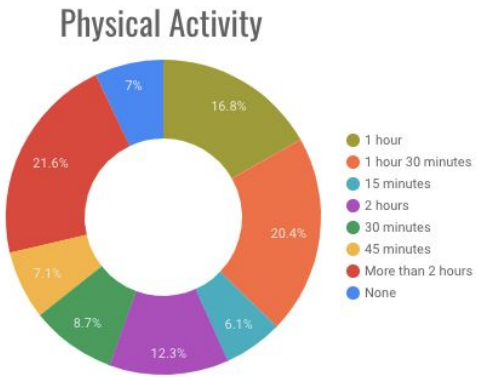
Go to www.menti.com

Stress, Sleep, Physical Activity (Grade 6-8)







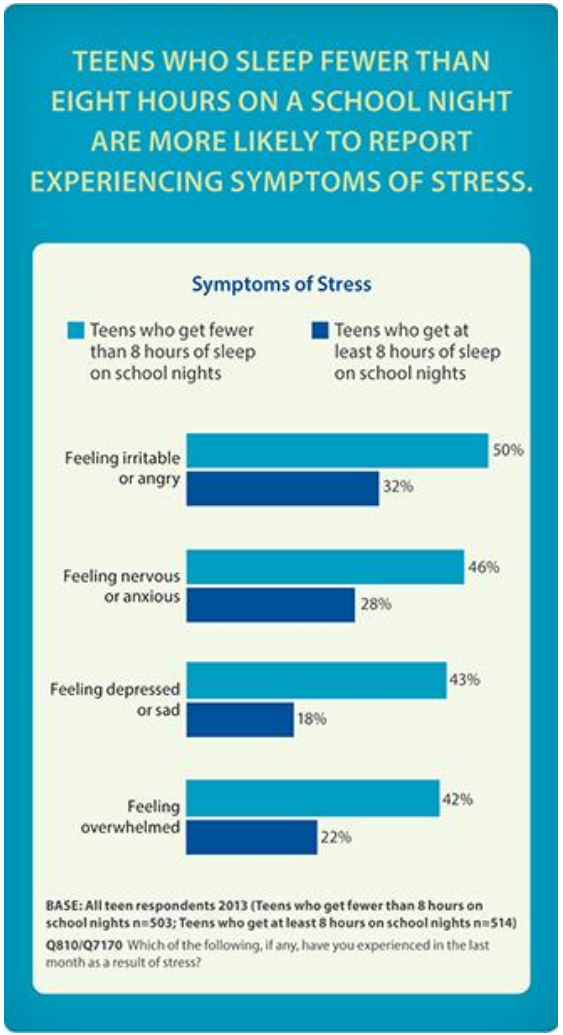


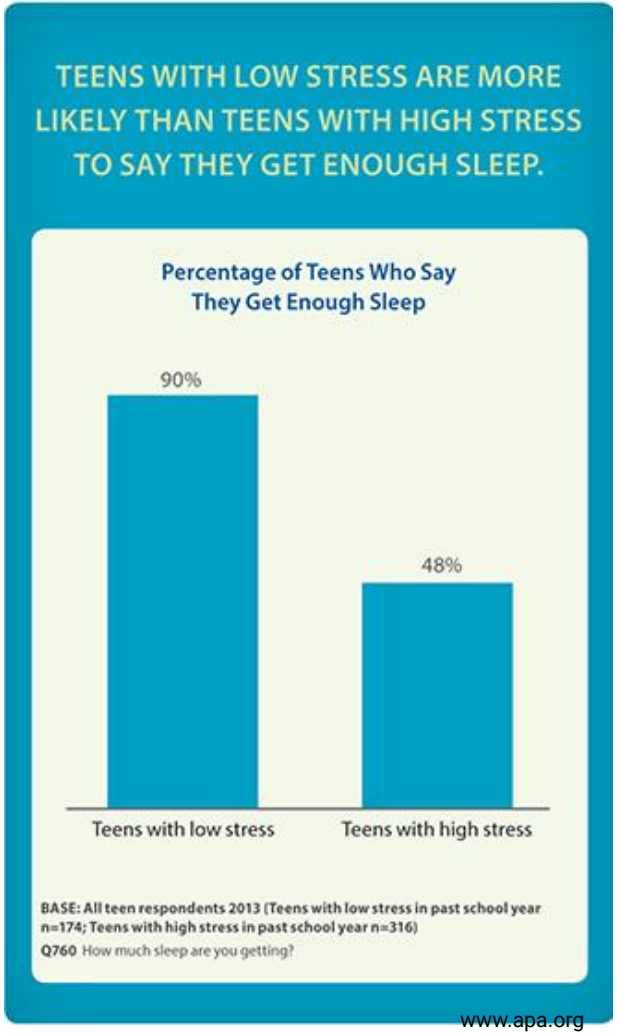
Sleep Wellness



Negative Impact ON:

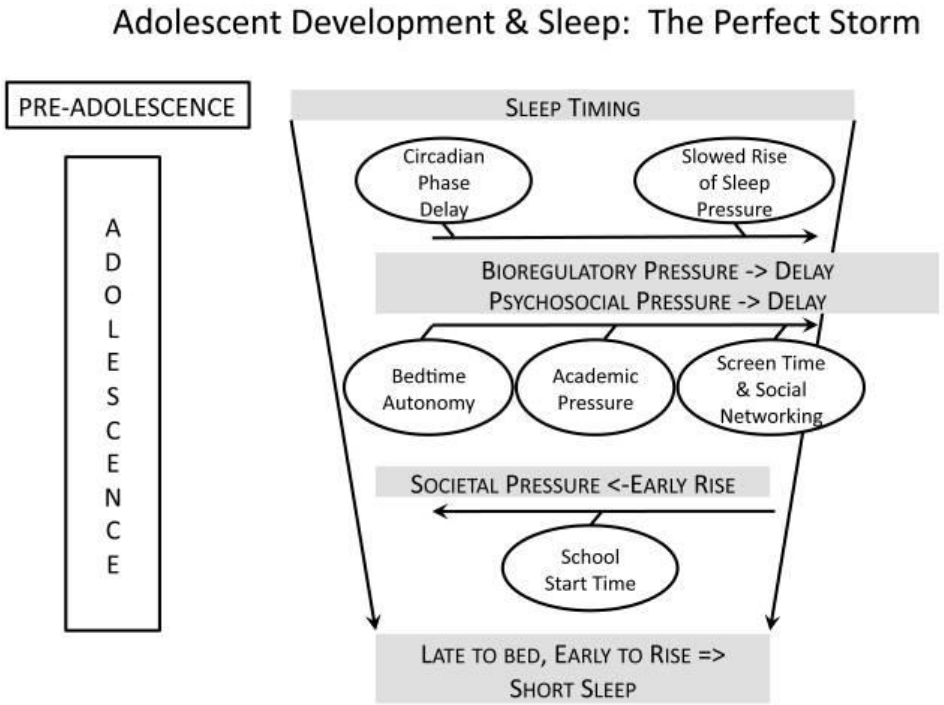
- Mood
- Stress
- Cognitive abilities
  - Memory
  - Attention
  - Decision making
  - Reaction time
  - Creativity
- Academic performance
- Growth and health
- Weight management





www.apa.org

Dreaming of Sleep?



*National Institute of Health

Average Sleep SAS 6-8

Grade 6 = 8hrs 22min

Grade 7 = 8hrs 3min

Grade 8 = 7hrs 45min



10 hrs = 5.7%

102 responses



9 hrs = 4.6%

1136 responses





8 hrs sleep = 8.6%

1679 responses

7 hrs sleep = 11.8%

879 responses





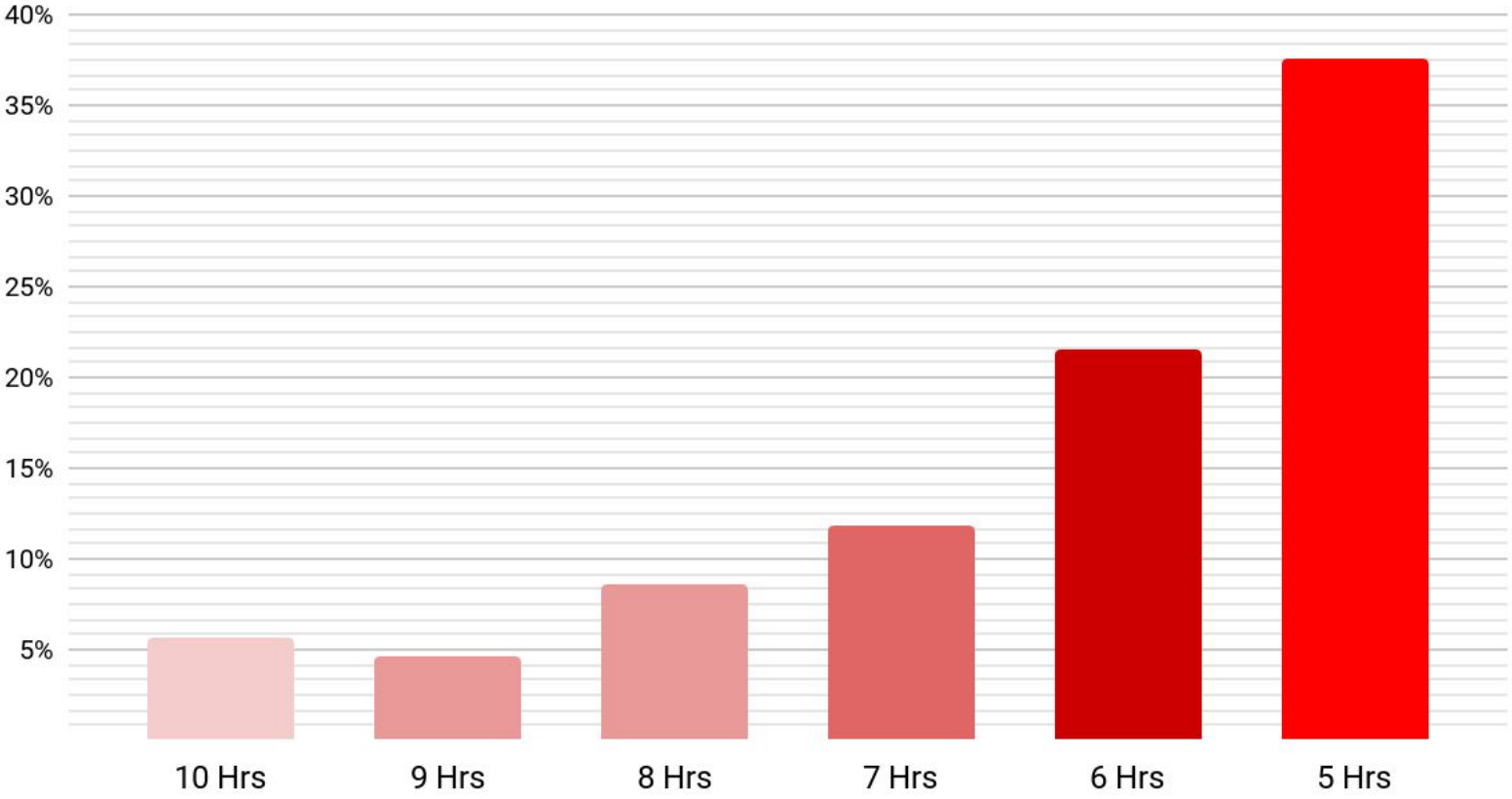
6 hrs = 21.5%

364 responses

5 hrs = 37.7%

25 responses

Sleep - Stress Relationship



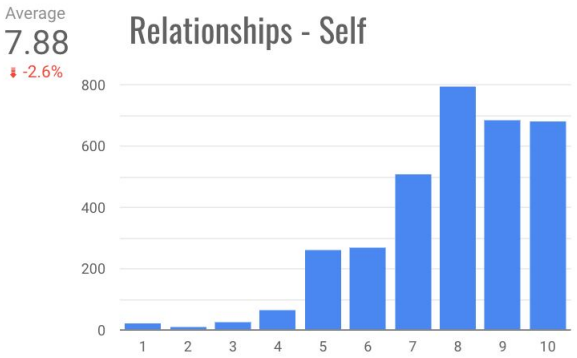
Hours of Sleep Relationship (SAS data)

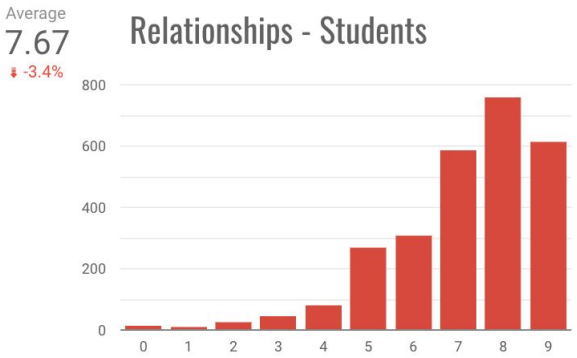


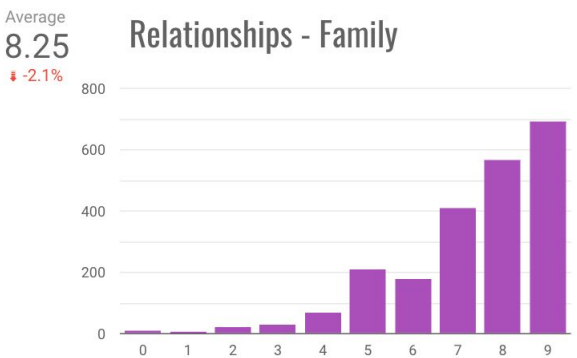
Top Ways to Manage Stress

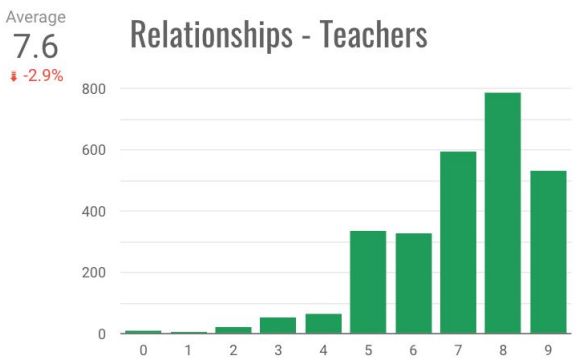
1. Sleep
2. Organization (related to studies)
3. Turn off the tech
4. Positive Thinking and Affirmations
5. Connecting with others
6. Exercise
7. Visualizations and self statements
8. Breathing
9. Healthy eating
10. Music

In the last 24 hours, I have experienced kindness and support from...









Relationships in Adolescence

ESSENCE of Adolescence

ES = Emotional Spark

SE = Social Engagement

N = Novelty

CE = Creative Endeavor

From Dr. Dan Siegel's BRAINSTORM

Relationships in Adolescence

What was the friend scene like for you in middle school?

How did friendships change for you from grade 6 through grade 8?

What skills were useful in building and maintaining relationships in MS?





Relationships in Adolescence

‘The leap from ES to MS is a vulnerable, tumultuous time. Kids suddenly have a larger pool of friends to choose from , more freedom, and less adult supervision. No one is assigning them a ‘buddy’ anymore. There’s a herd mentality as kids begin to care more about their social standing than their role in their family. They start to place a bigger premium on trust, and their friendships become more intense.’

From Middle School Matters
By Phyllis Fagell



Relationships in Adolescence

MANAGING SHIFTING FRIENDSHIPS

from *Middle School Matters*

<u>KEY SKILLS</u>

- Make good friend choices
- Negotiate conflict
- Self regulate emotions
- Make responsible, healthy, and ethical choices

The Challenge: How do parents help kids build social skills, develop resiliency, and prioritize meaningful friendships over popularity?

Relationships in Adolescence

MANAGING SHIFTING FRIENDSHIPS

KEY SKILLS FOR PARENTS

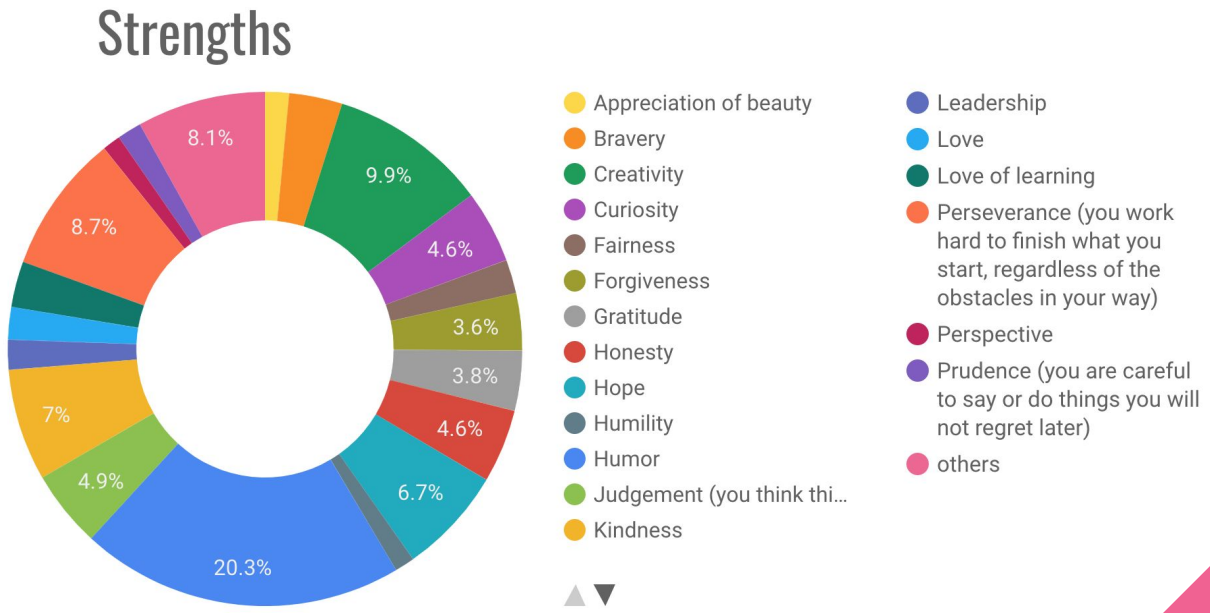
- Be non-judgemental as much as possible
- Listen to learn and not to respond
- Get them to reflect
- Self-regulate emotions
- Be a good role model
- Be present

The Challenge: How do parents help kids build social skills, develop resiliency, and prioritize meaningful friendships over popularity?

Focusing on Strengths

Character Strengths *

In the last 24 hours, I have used the following character strength the most:



What is a strength?

- **Your child is good at it (high performance)**
- **Your child feels good and becomes energized while doing it (high energy)**
- **Your child chooses to do it (high motivation)**



Why is focusing on strengths important?

Imagine this: You see your child made four As and one D on their report card. Do your eyes skim over those excellent grades and immediately focus on the D?

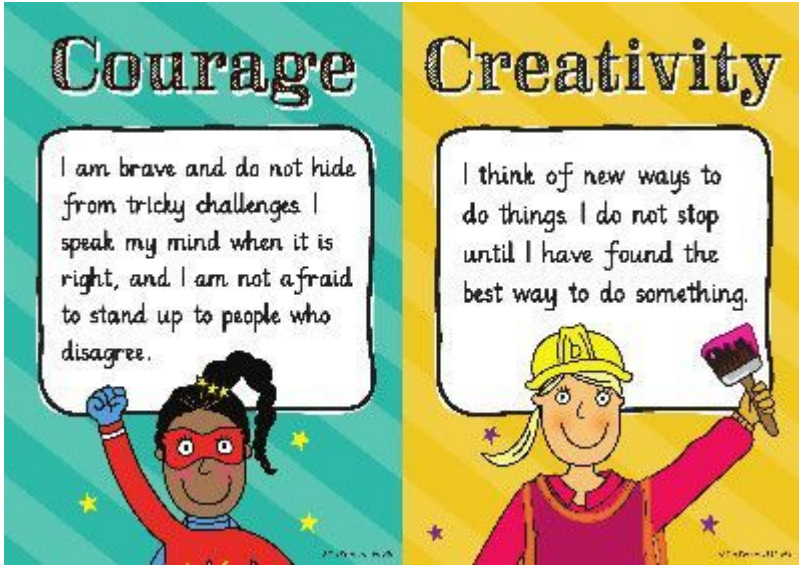


Strength Switch by Dr. Lea Waters



How can this help my child?

- **Reach full potential**
- **Yields well-being**
- **Creates a more trusting and positive parent/child bond**



Are you a strength-based parent?

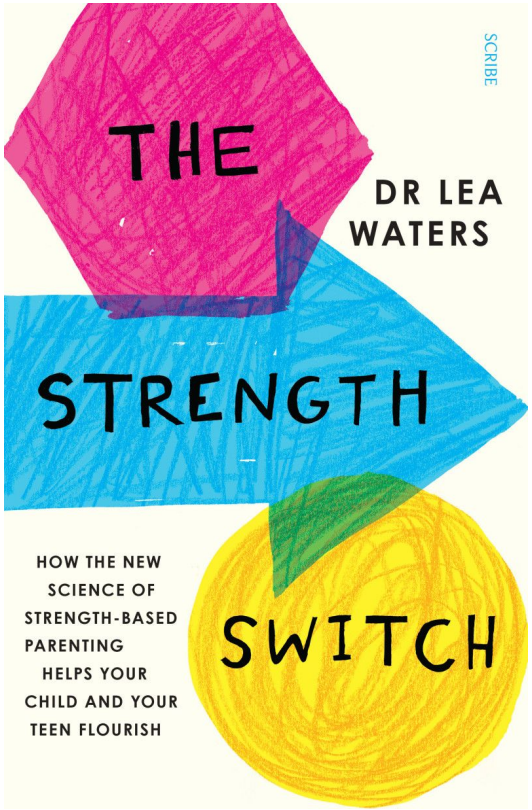
VIA Character Strengths Survey



Parent Quiz



Announcements



Parent Book Club- Beginning Friday, November 1st from 8:30-10:00. Books can be purchased through ENews link.

Counselor will post a monthly ENews article on social and emotional learning. Check out the link to see how you can partner with us to support your child's overall well-being.

Well-being, Why is it important to explore?

Add current research

American Psychological Association Survey Shows Teen Stress Rivals That of Adults

National Sleep Foundation Teens and Sleep, APA Young and Sleep Deprived

CDC Physical Activity Facts

Students at High-Achieving Schools deemed At-risk