



School Showcase

EAST RIDGE HIGH SCHOOL
ARMSTRONG ELEMENTARY
HILLSIDE ELEMENTARY

NOV. 4, 2021



East Ridge High School

Jim Smokrovich, Principal
Krista Strand, Special
Services Coordinator
Gretchen Hostager,
Teacher
Alexi Hansen, Teacher
Brooke Tolles, Teacher



EAST RIDGE HIGH SCHOOL



ERHS ASD CENTER-BASED PROGRAM

HOSTAGER



TOLLES

HANSEN

ACADEMICS

DEPARTMENT HEAD



SOCIAL SKILLS

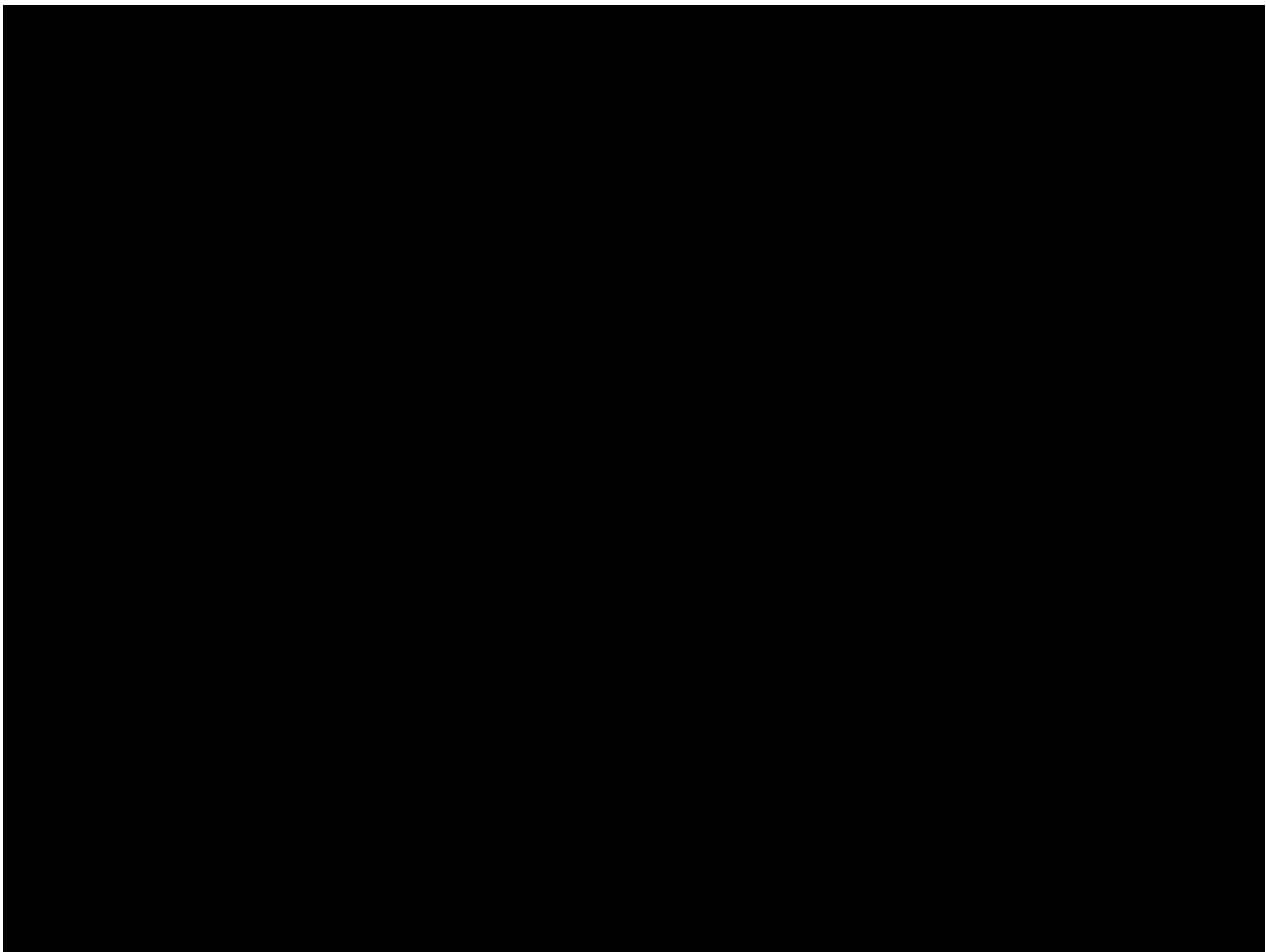
ETERNAL OPTIMIST



COMMUNICATION & BEHAVIOR

SHENANIGANS CREATOR





Armstrong Elementary

Colton Cross - President
Mason Corkish - Vice President
Andy Caflisch - Principal

so
wash
co
SCHOOLS



Introducing the Armstrong 2021-22 class officers



Colton Cross – President



Mason Corkish –
Vice President

Introducing the Armstrong 2021-22 Student Ambassadors



3rd Grade:

Hailey
Schmidt
and
Lydia
Muyanja

4th Grade:

Grace
Smith
and
Landen
Demko



5th Grade:

Mason
Corkish
and
Colton
Cross

District:

Aby
Solomon

Armstrong 5th Grade



Schedule

8:40-9:00 - Breakfast - Opening

9:00-9:30 - WIN Time

9:30-10:30 - Math

10:30-10:50 - Academic Choice Time / Snack

10:50-11:10 - Number Corner

11:10-12:10 - Specials

1 - Music/PE
2 - Media/PE
3 - Art
4 - PE/Music
5 - Media/PE

12:10-12:20

12:20-12:55 - Lunch * Recess

1:00 - 1:30 - Science/Social Studies

1:30 - 3:00 - Reading/Writing → Planners

3:00 - 3:10 - Closing

MRS. MCGUIRE'S CLASS SCHEDULE

SCHEDULE FOR DAYS 1 AND 2

8:40-9:00 BREAKFAST/MORNING CHECK-IN/CNN

9:00-9:30 WIN Time

9:30-10:30 MATH

10:30-10:40 SNACK

10:40-11:40 SPECIALS

11:40-12:20: #CORNER AND MENU CHOICE

12:20-12:55 LUNCH/RECESS

1:00-1:30 SCIENCE/SOCIAL STUDIES

1:30-3:00 LITERACY WORKSHOP

Special Activities



SCHOOLS



ROCKET RUN



so
wash
CO
SCHOOLS

KINDNESS IN CHALK



Armstrong Staff



Thank you!



Hillside Elementary

Erin Shadick, Principal
Kelsa Appel, School Psychologist
Rebecca Teuber, School Social Worker

so
wash
co
SCHOOLS



HILLSIDE MINDFULNESS/REGULATION

The WHY



- Reframing situations
- Focus on changing emotions
- Learn how to use behaviors to regulate emotions

Source: American Psychological Association

HILLSIDE MINDFULNESS/REGULATION



- Move Mindfully (breathing strategies, body awareness)
- Zones of Regulation
- Social Emotional intentional teaching
- Green Room - safe space outside of classroom
- Peace Corner - safe space in classroom

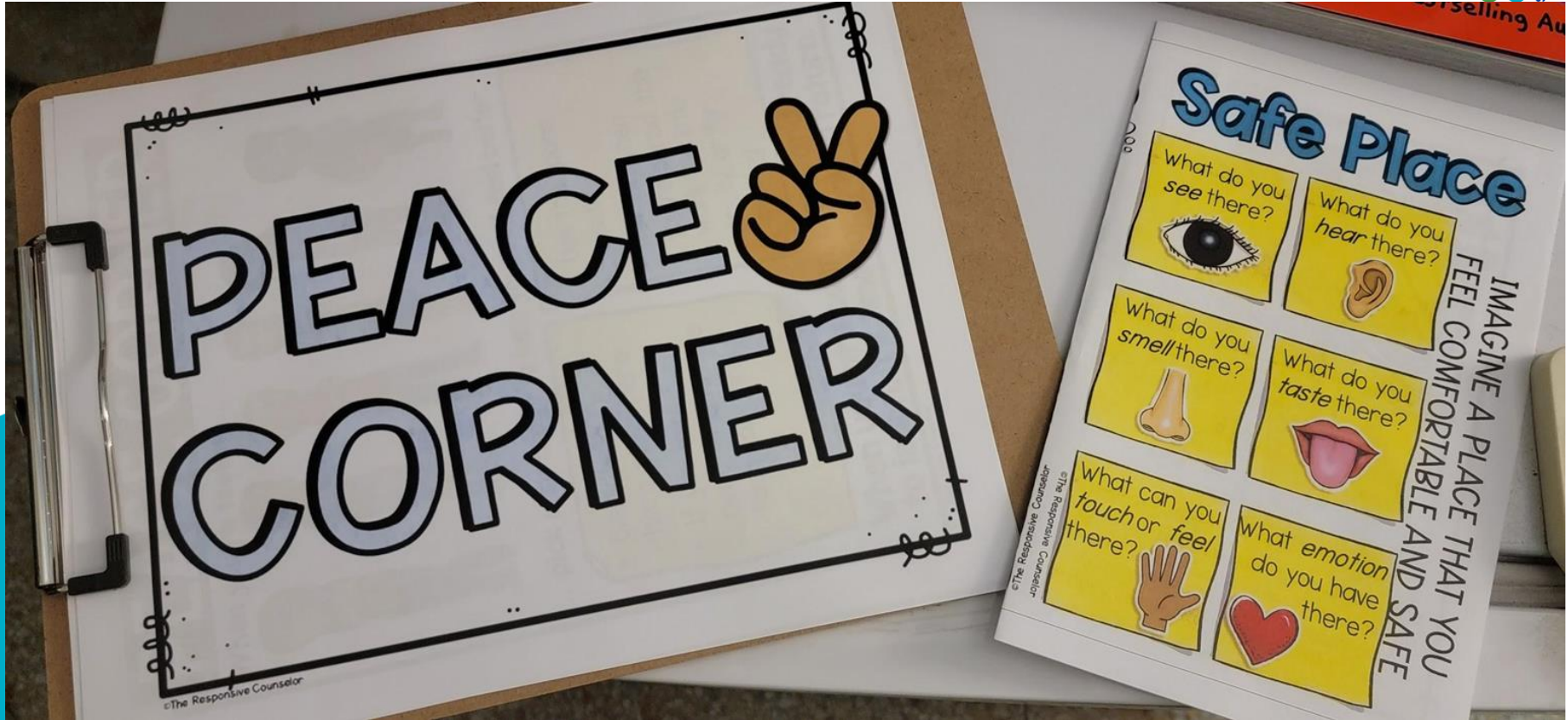




PEACE CORNER



VISUALS



IMAGINE A PLACE THAT YOU
FEEL COMFORTABLE AND SAFE

STRATEGIES



BREATHING VISUALS

1 2 3 4 5

Sllooooooowly trace the line with your finger. Breathe in through your nose as it goes up and breathe out through your mouth as it goes down.

©The Responsive Counselor

Breathe In

Hold

Breathe Out

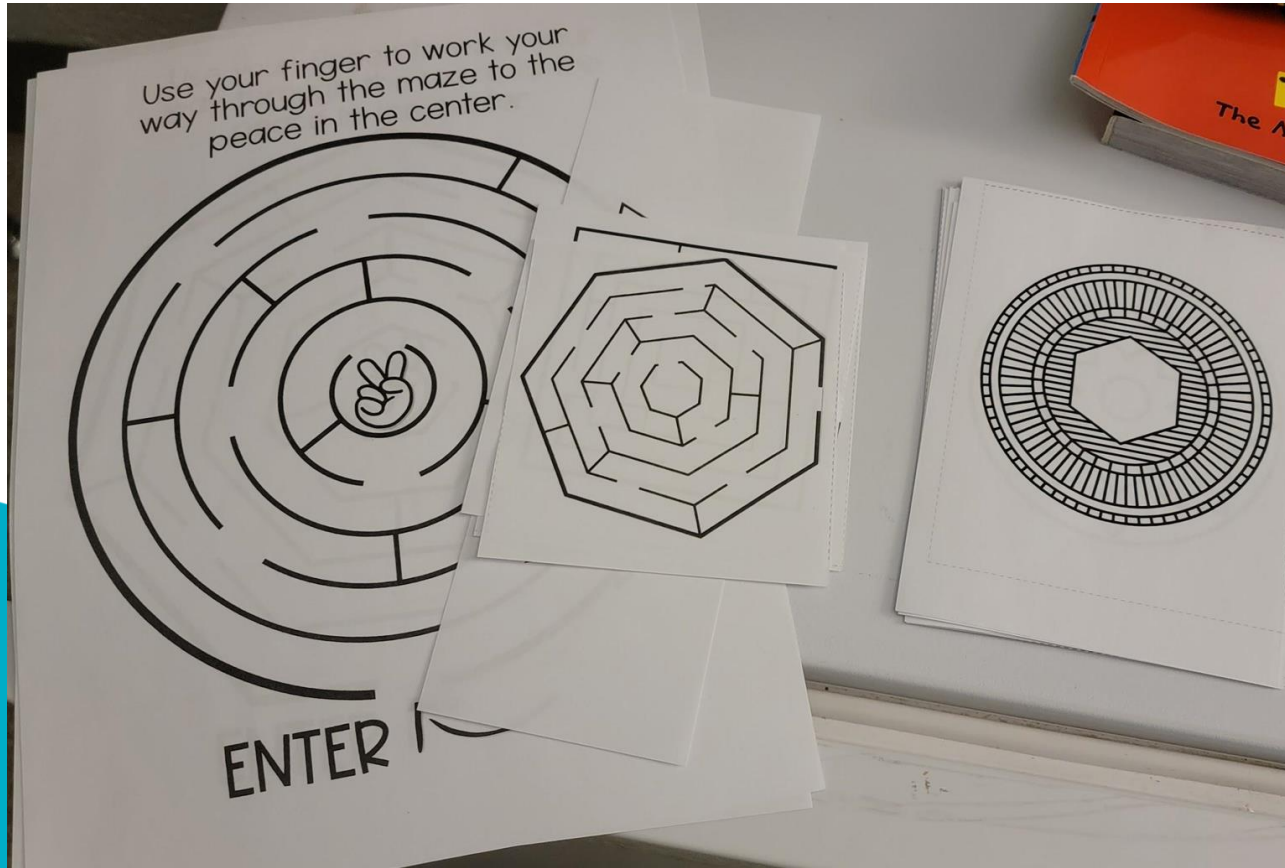
©The Responsive Counselor

THINKING ABOUT THE THINGS YOU ARE GRATEFUL FOR CAN SERIOUSLY HELP IMPROVE YOUR MOOD

- Who is a *person* you are grateful for?
- Think of something in *nature* or *weather* you are grateful for.
- What is a *memory* you are grateful to have?
- Think of something at *home* you are grateful for.
- Where is a *place* you are grateful for?
- Think of something at *school* you are grateful for.

Gratitude

MAZES AND MANDALAS



FIDGET TOOLS TO BE TAUGHT



thanks!