

HAVERFORD SCHOOL DISTRICT

Produce a community of empathetic and resilient learners with skills to socially and emotionally flourish.



ELEMENTARY SPOTLIGHT

Through the hustle and bustle of the Holiday Season, and with 2022 only a month away, teachers will review with students their current routines for the new year. In this article, you will find a breakdown of the importance of routines. [Click here](#) for a responsive classroom article written around routines.

MIDDLE SCHOOL SPOTLIGHT

Students in Mrs. Gavio's ELA class enjoying a "sticker by numbers" activity during a much earned wellness break.



HIGH SCHOOL SPOTLIGHT

Update on the PATH (Preparing Adults to Transition from Haverford) Program - Students are teaming up with our Social Workers to assemble small snack bags to be provided to the hungry in Chester. The program also commits to discussing "random acts of kindness" at least two times per week.

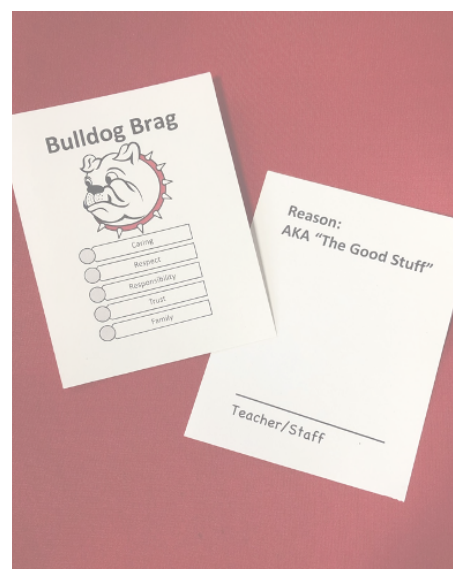


ELEMENTARY SCHOOL UPDATE



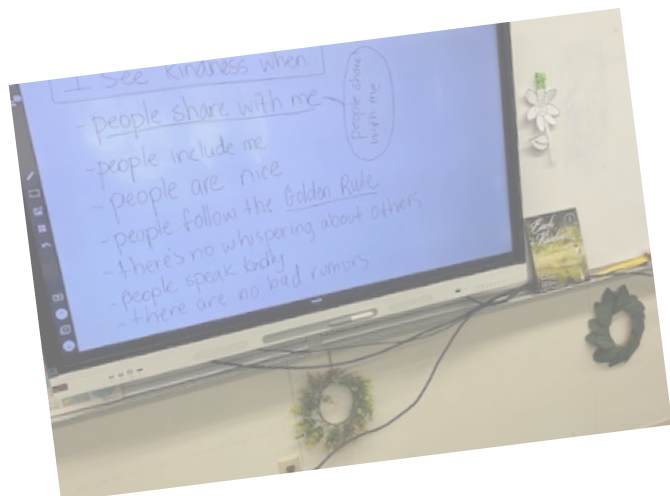
CHATHAM PARK

Chatham Park continues to focus on the Community of Caring's five core values: Caring, Respect, Responsibility, Trust, and Family. Beginning in November, teachers and staff are recognizing individual students for demonstrating the core values by sending home a "Bulldog Brag." On the front of the card, the teacher or staff member notes the core values displayed by the student and on the back, a short description



CHATHAM PARK 3RD GRADE

To celebrate World Kindness Day, third grade students in Mrs. Williams's and Mrs. Pivovarnik's classes read Each Kindness by Jacqueline Woodson. Students brainstormed the ways they see kindness, and created individual flowers to note the ways that kindness is demonstrated.



ELEMENTARY SCHOOL UPDATE



CHATHAM PARK

Between Thanksgiving and winter breaks, 5th graders have the opportunity to participate in the "30 Days of Kindness" Challenge. We are encouraging students and staff to complete different acts of kindness as a way to spread joy around the community.

When a student completes one of the acts of kindness, they will (anonymously) put a small post-it note on that calendar. We will see how many different acts of kindness we can complete in 30 days!

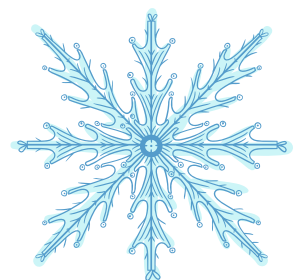
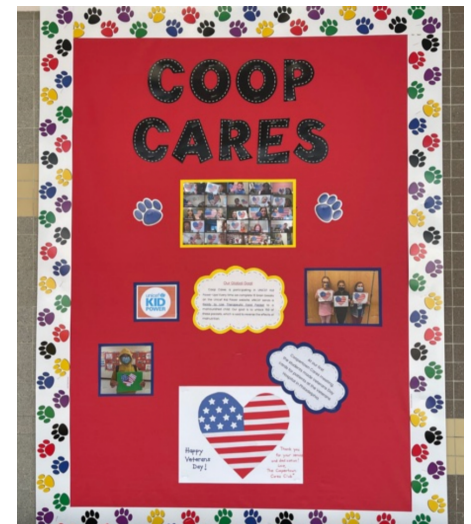
COOPERTOWN

This past month, Coopertown students and families showed their generosity! They collected 338 pounds of candy to send to our troops and collected tons of nonperishable food items to be donated to families in need for Thanksgiving!

The Coopertown Cares club created Veteran's Day cards to send to Veterans to thank them for their service!



30 DAYS OF KINDNESS CHALLENGE				
1. Send a note saying, "You rock! Be brave today!" or "You are awesome!" to: Gabe for Hospitalized Kids, 7230 W. Peoria Ave, Chicago, IL 60641	2. Sincerely compliment a peer, staff or their clothes or artwork appearance, but on a character trait.	3. Gather books, clothing, or other items that are in like-new condition and donate them to a local shelter.	4. Write encouraging notes on sticky notes and leave them on others' mirrors. You're amazing! You're awesome!	5. Read a book to a young child. Then read a few poems or magazine articles to a senior citizen.
6. Smile and say thank you to everyone who does something kind or courteous for you today.	7. Clean the kitchen without being asked. Wash dishes, clean the counters and stovetop, and take out the trash.	8. Send a note, text, or email to someone with whom you've lost touch. Tell them what you miss most about them.	9. Freehold! Angry! Assume the other person acted with good intent and don't start your feelings on purpose. Let them off the hook.	10. Call a grandparent, aunt, uncle, or elderly neighbor and ask, "How are you today?" When you hang up, say, "Have a really good day!"
11. Smile and say good morning to every teacher today. As you leave their room, tell them to have a great day.	12. Pick up any litter you see today and throw it away.	13. Offer to walk a neighbor's dog.	14. Hang out with a parent, grandparent, aunt, or uncle. Put your phone away, ask questions, and really listen to the answers.	15. Write a few random notes or short poems wishing a total stranger a good day and hide the notes in library books.
16. Let someone go ahead of you in line for no reason.	17. Put your neighbor's trash bin away for them after trash pick-up.	18. Send a text, email, or Facebook message to someone who inspires you that reads "YOU are awesome! Have an amazing day!"	19. Leave a thank you note in your mail box for your mail carrier or that says, "We really appreciate you!"	20. When you hear others gossiping about someone, find 20 seconds of courage to stand up for the person and say something kind about them.
21. If someone you know is hurting or discouraged, ask, "What can I do to help?"	22. Bake some cookies or brownies and deliver them to a neighbor or to your local fire or police department.	23. Gather the ingredients for your favorite meal and deliver them to a food bank or a family in need.	24. Talk to someone at school you've never before conversed with. Ask them how their day is going.	25. Write your principal a quick note telling her or him why you especially appreciate one (or several) of your teachers.
26. Pick a couple loads of laundry without being asked. Fold the clothes (or towels) and put them away.	27. Make homemade play dough for a preschool class and deliver it.	28. Send a text, email, or Facebook message to your parent(s) or grandparent(s). Tell them why you are grateful for them.	29. Hold the door open for people behind you. Smile at them as they pass by.	30. Find someone to brighten your work with a kind action or kind words! Tell them! Thank them!



ESTABLISHING ROUTINES

A Family Resource Guide from
the School District of Haverford Township

WHY?

Establishing routines and procedures early and reinforcing them often in the classroom develops a predictability that makes students feel safe. A safe environment sets up students for successful learning while also helping to reduce misbehavior and uncertainty within the learning environment. Other benefits include:

Creates a
positive and
safe
environment

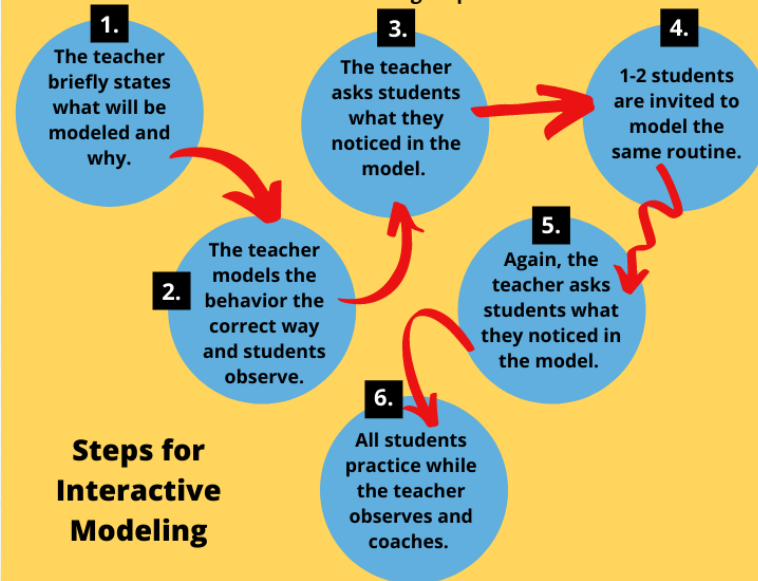
Maximizes
time for
learning

Fosters
students'
sense of
autonomy

Increases
motivation
and self-
esteem

HOW?

Teachers proactively examine what routines and procedures are necessary for a safe and productive learning environment. During the first weeks of school, they explicitly model and reinforce these routines through a practice known as Interactive Modeling.



WHEN?

It is important to establish routines and procedures throughout the instructional day. Interactive modeling can happen at any point - in classrooms and shared spaces - anywhere where students will need to demonstrate expected behaviors. Routines and procedures are then reviewed and practiced as needed.

WHAT?

Examples of routines or procedures that are often modeled and established:

- ~ arrival and dismissal
- ~ lunch and recess
- ~ using technology
- ~ cleaning up
- ~ bathroom
- ~ transitions
- ~ asking questions
- ~ working in partners
- ~ independent work

"People can't live up to the expectations
they don't know have been set for them."

- Rory Vaden



WHAT ARE THE HOLIDAY BLUES?



In a survey on the Holiday Blues

64% say they are affected

and 24% say the holidays affect them a lot.



So, what are they?

The Holiday Blues are temporary feelings of anxiety or depression during the holidays that can be associated with extra stress, unrealistic expectations or even memories that accompany the season.

This might include:

**Fatigue
Tension
Frustration**

**Loneliness or isolation
Sadness
A sense of loss**

The difference between the holiday blues and clinical anxiety or depression is that the feelings are temporary. However, short-term problems must still be taken seriously because they can lead to long-term mental health conditions.



Tips for avoiding the Holiday Blues



Stick to normal routines as much as possible.

Get enough sleep.



Take time for yourself, but don't isolate yourself. Spend time with supportive, caring people.



Eat and drink in moderation. Don't drink alcohol if you are feeling down.



Get exercise—even if it's only taking a short walk.



Make a to-do list. Keep things simple.



Set reasonable expectations and goals for holiday activities such as shopping, cooking, entertaining, attending parties or sending holiday cards.



Set a budget for holiday activities. Don't overextend yourself financially in buying presents.



Listen to music or find other ways to relax.

Remember

The holiday blues are short-term. Be patient. Take things week by week or day by day.

Learn more at <http://www.nami.org/holidayblues>

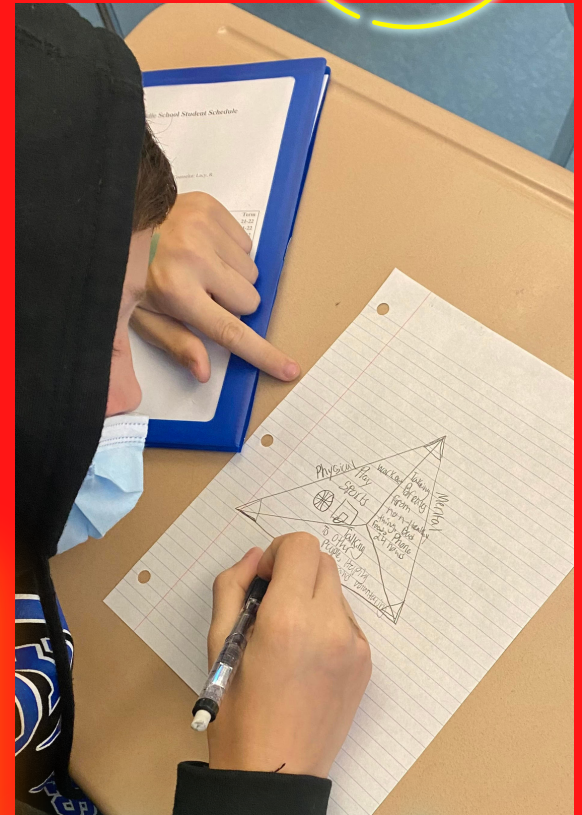


MIDDLE SCHOOL UPDATE



Above: Mr. Brocklesby's group organized & planned how they would carry out a successful egg drop. **Top Right:** Student completing their Health Triangle that reflects how to take care of their mental, physical and social health.

Bottom Right: Mrs. McGlone's class showcases their glyph assignment. **Bottom Left:** Students in Mrs. Poppernack's math class work in groups to collaboratively solve problems.



Good
vibes



HIGH SCHOOL UPDATE



HAVERFORD HIGH SCHOOL FOOTBALL

The football team ran a Turkey Drive that collected 30 thanksgiving dinners for families in Haverford Township. Coach Dougherty led the team in a discussion around the value of supporting those in need within our own community. The team also discussed empathy, which is one of the core values as a program, and for those in our school and district.

HHS HOMEROOM

Students worked together to decorate doors for the annual door decorating competition during spirit week!!

BRAIN BREAKS

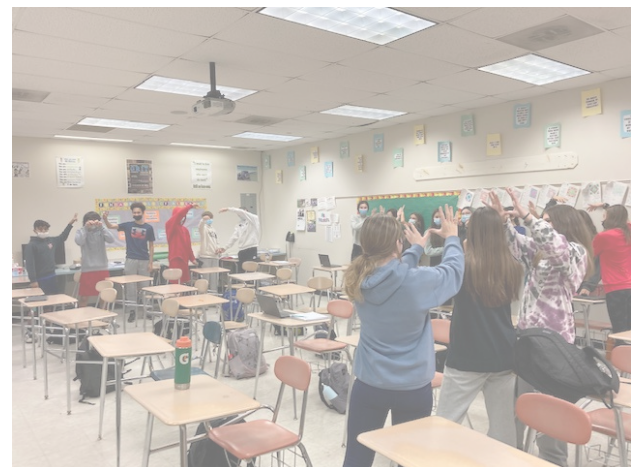
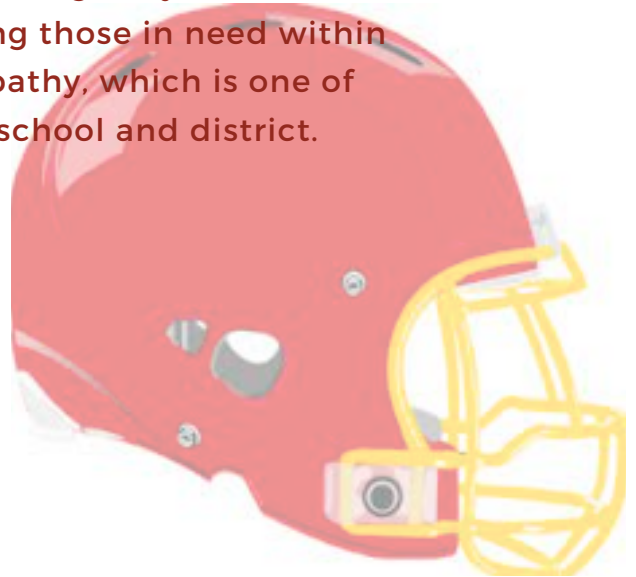
According to www.understood.org, "Short brain breaks during work time have been shown to have real benefits. They reduce stress, anxiety, and frustration. And they can help kids focus and be more productive. Brain breaks can also help kids learn to self-regulate and be more aware of when they're getting fed up or losing track of what they're doing." For more information about the benefits of brain breaks, check out [this article](#).

FAC (FACULTY ADVISORY COMMITTEE)

FAC is working on assembling members of a Student Advisory Committee to work alongside the Faculty Advisory Committee.

LOWERING ANXIETY LEVELS

Ms. Forgeng's English class at Haverford High school did this five-minute meditation for positive energy before presenting their creative projects. [Click here to access the district's calming room resources.](#)



BRAIN BREAKS!

Ms. Heisler's 9th-grade class is engaging in a brain break called "Speed Rabbit" to give the students in Algebra 1 a breather during class.