

# HIGH SCHOOL PTA COFFEE

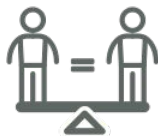
December 2021



Welcome



**CONTRIBUTING PRODUCTIVELY  
AND POSITIVELY**



**REFRAINING FROM  
DISCRIMINATION**

(religious, ethnic, racial, sexual, or gender)

# COMMUNITY NORMS

As an SAS community member I agree to hold myself to a high standard of personal conduct in my interactions and communications with students, faculty, and parents. This means I will adhere to the SAS Statement of Community by:



**ASSUMING POSITIVE  
INTENT**



**SHARING ACCURATE  
INFORMATION**



**GOING TO THE  
SOURCE**

**Questions to consider before posting:**

- 1) Is it the truth?
- 2) Is it fair to all concerned?
- 3) Will it build better community and friendships?
- 4) Is it beneficial to all?

A stylized, high-contrast blue graphic of a person's face and hair, rendered in a bold, graphic style. The face is shown in profile, looking towards the right. The hair is depicted with sharp, pointed shapes, suggesting a short, spiky haircut. The entire graphic is set against a dark blue background.

# Nicole Veltzé

High School Principal

**SINGAPORE  
AMERICAN  
SCHOOL**

# TODAY'S AGENDA

1. Understanding & Supporting Student Social Emotional Wellbeing
2. Learning from One Another
3. Supporting Student Wellbeing in the High School
  - a. Schoolwide
  - b. Advisory
  - c. Student Panel
4. Q & A
5. Upcoming Dates

# GOOD PEOPLE TO KNOW

## High School Administration

- Ms. Nicole Veltzé High School Principal
- Ms. Laura Mohl, High School Deputy Principal for the Faculty & Staff
- Mr. Anthony Poullard, High School Deputy Principal for Grades 9 & 10
- Mr. Lance Murgatroyd, High School Deputy Principal for Grades 11 & 12

## High School PTA Representatives

- Ms. Sarita Talwar
- Ms. Susie Kim

## Associate Director of Parent Engagement

- Ms. Julia Harrison



# HIGH SCHOOL LEADERS & FAMILY ENGAGEMENT



Nicole Veltzé

Lance  
Murgatroyd



Anthony Poullard

Laura Mohl



Julia Harrison



# GOOD PEOPLE TO KNOW

## Personal Academic Counseling

- Shira Fisher
- Sharon Wright

## Advisory Coordinator

- Stacey Jensen

## Dean of Student Life

- Renée Green



# GOOD PEOPLE TO KNOW



Shira Fisher  
PAC Team



Sharon Wright  
PAC Team



Stacey Jensen  
Advisory Coordinator



Renée Green  
Dean of Student Life

# OUR STRATEGIC FOUNDATION



# STRATEGIC FOCUS

## EXCELLENCE

Deepen the focus on our learning aspirations in every classroom and co-curricular program through aligned, consistent curriculum and assessment practices

Promote high quality teaching in every classroom to support the learning of each student

Increase coaching and feedback for teachers on their professional practice, including through the development of teacher leadership and coaching opportunities

## EXTRAORDINARY CARE

Deepen our focus on social-emotional learning and wellness among all our students

Promote diversity, equity, and inclusion throughout our community and ensure that every student feels valued and included

Strengthen our school culture and school community based on our shared core values

## POSSIBILITIES

Upgrade our campus to be more environmentally sustainable and improve learning environments, co-curricular opportunities, and community spaces

Enrich our students' international and cross-cultural perspectives by expanding opportunities to learn from the cultural and historical richness of Singapore and the region of Southeast Asia

Continue to explore and design innovative programs to meet student needs and interests as well as the SAS strategic direction

Please share your questions at:

<https://bit.ly/3kFoBKP>



# UNDERSTANDING & SUPPORTING STUDENT SOCIAL EMOTIONAL WELLBEING

Shira Fisher, Personal Academic Counselor  
Sharon Wright Personal Academic Counselor


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An illustration of a woman with long dark hair, wearing a pink top, sitting and reading a light blue book. The background features large, abstract shapes in shades of teal, orange, and grey.

# CASEL Competencies

## 7 Dimensions of Wellness

## Healthy Mind Platter

An illustration of a person with long, wavy hair, wearing a dark top, sitting and reading a book. The background is composed of soft, abstract shapes in shades of orange, peach, and light blue. A white, rounded rectangular box is centered on the page, containing text. Above the box, there is a grey oval with a thin brown outline.

***Social and emotional learning (SEL)***  
***Is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.***





# Wellness is....

*a proactive, holistic approach to practicing and working toward finding balance and a more fulfilling life.*

*"...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity."*

*- The World Health Organization*

*"a conscious, self-directed and evolving process of achieving full potential."*

*- The National Wellness Institute*

## The Healthy Mind Platter



*The Healthy Mind Platter for Optimal Brain Matter*

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# Wellness Data

# What we are asking...

**Trusted  
Adult**

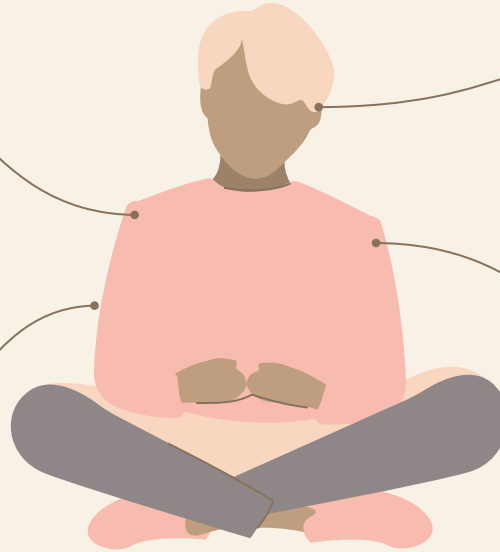
...And do they  
need/want to connect...

**Areas of  
Difficulty**

**Sleep/Exercise**

**Coping  
Strategies**

...And what is going  
well...



# Areas of greatest need...



# Supports

01

## Parent Workshops

Providing information, and strategies to address topics or areas of concern

02

## Advisory

Building skills, making connections

03

## Grade Level Seminars

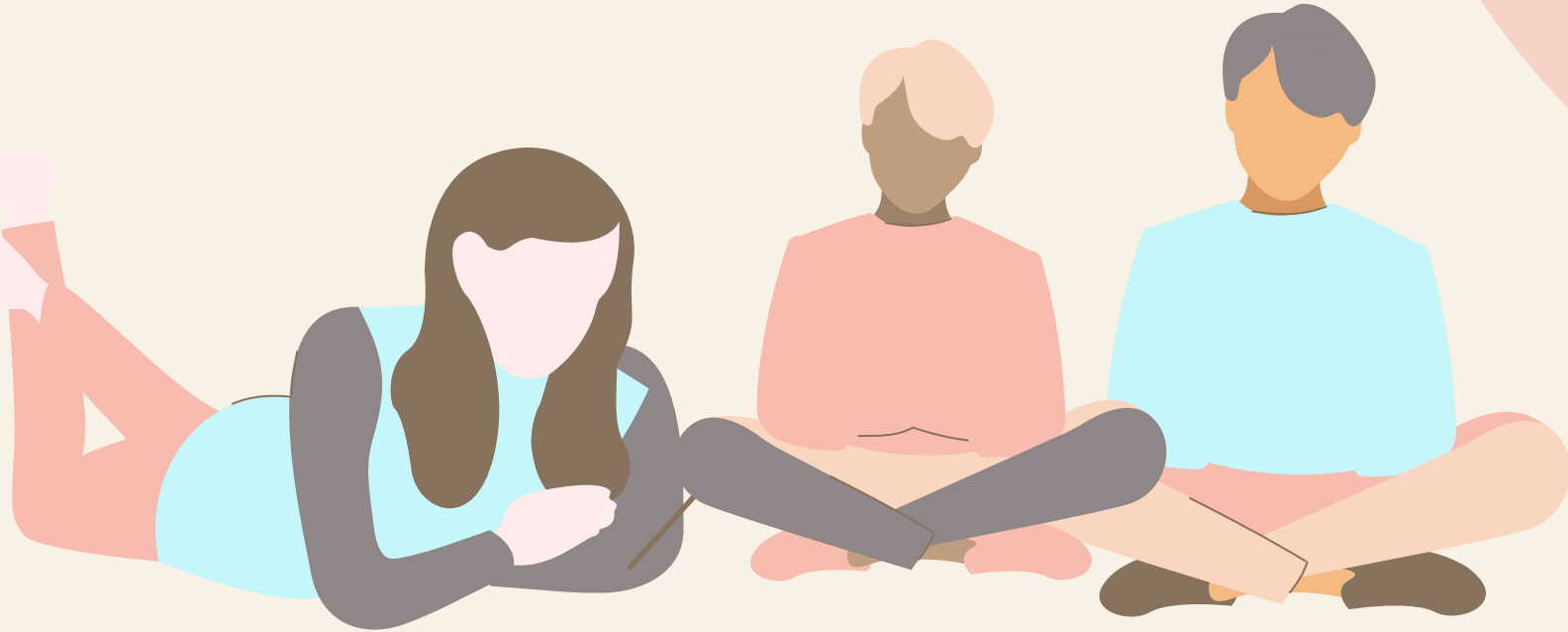
Addressing specific topics and providing strategies in large group, small group or 1:1 Check Ins

04

## Counseling

Providing 1:1 individual targeted support

# Protective Factors



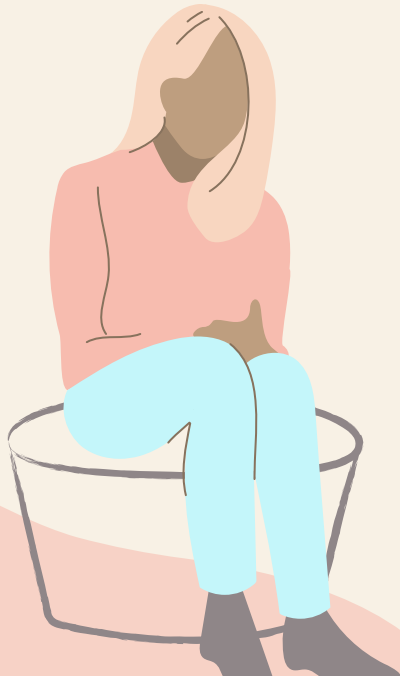


# Strategies



# Connection

- Ask your teen questions
  - Do Not Compare
- Recognize their work, not just their successes
  - Be present: Listen
- Validate your teens feelings and experiences
  - Model positive examples of self care
    - Challenge negative thinking
  - Provide support and acceptance





# If you need support

Reach out to your child's Personal  
Academic Counselor!

## PAC Counselor Contact info:

Carmine Filice - [cfilice@sas.edu.sg](mailto:cfilice@sas.edu.sg)

Emily Hopwood - [ehopwood@sas.edu.sg](mailto:ehopwood@sas.edu.sg)

Dr Jeff Devens - [jadevens@sas.edu.sg](mailto:jadevens@sas.edu.sg)

Sharon Wright - [swright@sas.edu.sg](mailto:swright@sas.edu.sg)

Shira Fisher - [sfisher@sas.edu.sg](mailto:sfisher@sas.edu.sg)



**LEARNING FROM ONE ANOTHER**

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# LEARNING FROM ONE ANOTHER - BREAKOUT ROOMS

Let's join other parents in the community to discuss the following:

- What takeaways do you have and what ideas resonated with you as you think about supporting your student?
- Share something that has worked for you at home in supporting student social emotional wellbeing?

A stylized, light gray background graphic featuring a person's face with large, expressive eyes and hands raised in a gesture of surprise or excitement. The lines are thick and curved, creating a dynamic and energetic feel.

**Using the chat feature...**

**What resonated with you?**

**What would be helpful for other parents to know as they support student social emotional wellbeing?**

Please share your questions at:

<https://bit.ly/3kFoBKP>





# **UNDERSTANDING WELLBEING IN THE HIGH SCHOOL**

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# EXAMPLES

- Parent workshops
- Additional resources beginning 22-23
- Educator professional learning
- Wellness Check In Survey
- School spirit initiatives & activities
- Student-led initiatives
- Grade-level seminars
- Grade 10 Life Skills class
- Co-curricular Activities
- Stress management workshops and lessons
- Advisory

# SUPPORTING STUDENT WELLBEING IN ADVISORY

Stacey Jensen, Advisory Coordinator  
Renée Green, Dean of Student Life

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# **GRADE-LEVEL THEMES**

## **Grade 9: Connections**

Students will develop strategies to build connections with others.

## **Grade 10: Balance**

Students will develop strategies to find balance in their academic, extracurricular, and social lives.

## **Grade 11: Life Skills**

Students will develop relevant life skills that they can apply in high school and beyond.

## **Grade 12: Transitions**

Students will develop strategies to respond to transition-related issues.

# CASEL GOALPOSTS - EXAMPLES

**Self-Management:** We will learn strategies for managing our time (including finding motivation and staying focused); managing our sleep; managing our nutritional wellness; and balancing our responsibilities and interests.

**Relationship Skills:** We will use interactive opportunities (games, discussions, shared experiences) to get to know and support each other and strengthen bonds. Particularly through games and the conflict that can arise, we will learn more about conflict resolution in a healthy and productive way.

**Responsible Decision-Making:** We will work on responsible decision making by coming up with and discussing interesting and authentic scenarios.

**Self Awareness:** We will share conversations together around important topics in our lives, personal stories, and memories and develop the confidence to talk, be respected in a safe place, and share our talents with each other.

**Social Awareness:** We will seek to learn more about each other, others around us, and those we want to build connections with, learning situational awareness and seeing and respecting other's perspectives.



# STUDENT PANEL

Meet Gemma, Riddhima, Renée, and Rohan

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The background features a stylized, high-contrast blue graphic of a person's face, possibly a student, looking upwards and to the right. The face is composed of bold, dark blue outlines against a lighter blue background. A sharp, jagged lightning bolt shape is positioned behind the left side of the face. The overall aesthetic is modern and energetic.

# NEXT STEPS

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# Q & A

with Sarita & Susie

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# UPCOMING DATES

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# Upcoming Dates

Dec 8	12th Grade Parent-Principal Meet & Greet	8:00-8:30 am
Dec 9	11th-12th Grade Family Meeting re: Interim Semester	6:00-7:00 pm
Dec 10	11th Grade Parent-Principal Meet & Greet	9:30-10:00 am
Dec 13	12th Grade Parent-Principal Meet & Greet	9:30-10:00 am
Dec 14	11th Grade Parent-Principal Meet & Greet	2:00-2:30 pm

**Join us for our next PTA Coffee on February 7, 2022**



**THANK YOU**

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