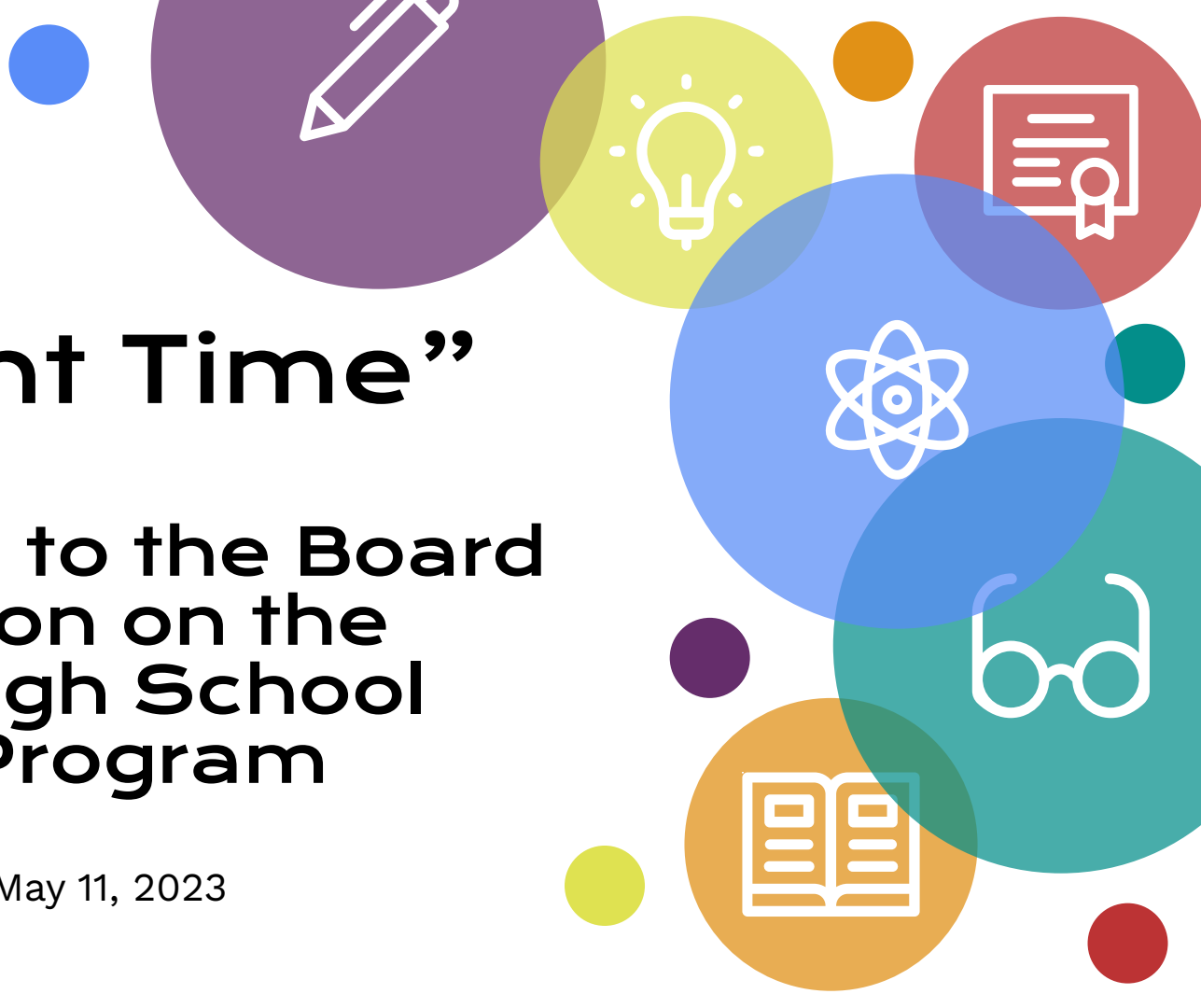


“Lemont Time”

An update to the Board
of Education on the
Lemont High School
Advisory Program

May 11, 2023





Communication Results

**Emailed to
1275 parents
on May 1**

**Classes of
2024, 2025,
2026, 2027**

**Received 50
responses
from parents,
about 4%**



**Presentation
viewed 834
times on
YouTube**

Social and Emotional Development of Students Is Not A New Idea

2003: Children's Mental Health Act

“Children’s social development and emotional development are essential underpinnings to academic success”

2004: Illinois State Board of Education Requirement

“All school districts must develop a policy for incorporating social and emotional development into the educational program”

2005: Board Policy 6:65 Student Social and Emotional Development

Board Policy 6:65

Student Social and Emotional Development

“Students competent in social and emotional learning are able to recognize and manage their emotions, establish healthy relationships, set positive goals, meet personal and social needs, and make responsible and ethical decisions.”

“The Superintendent shall incorporate social and emotional learning into the District’s curriculum and other educational programs consistent with the District’s mission and with the goals and benchmarks of the Illinois Learning Standards.”

Current status:

Health

Physical Education

Family and Consumer Science

Red Ribbon Week and Suicide Prevention Week

Small group or individual interventions with Student Services

Local Data

Senior Surveys: “I wish LHS taught more...”

Hospitalizations of LHS students for emotional concerns

LHS students absent using Mental Health Days

Anecdotal information from teachers, counselors and social workers regarding social and emotional needs of students

Lemont Time (Advisory) Is Not:

- A study hall, a time to make up tests, or meet individually with faculty members
- A planning period
- Rigid and inflexible
- A forum for adults to voice their personal opinions or beliefs on controversial subjects
- An opportunity for adults to indoctrinate students into particular ways of thinking
- A counseling or therapy session
- Just a time to mess around

Advisory or Similar Programs In US News Top 10 IL High Schools

- #1 Payton College Prep High School
- #2 Northside College Prep High School
- #4 Whitney Young Magnet High School
- #5 Lane Tech High School
- #7 Adlai Stevenson High School
- #9 Hinsdale Central High School
- #10 New Trier High School

Faculty Involvement in Advisory Initiative

- Greater attention to students' social and emotional needs originated from teachers in 2018
- Teacher committees engaged in all aspects of developing the advisory program since 2019
- Teacher committees recommended starting an advisory program and created the Wed. schedule
- Teacher committee developed advisory themes and created lessons based on what LHS teachers identified as areas of needed focus
- 29 faculty members involved on 4 committees

Faculty Training for Advisory

- Teachers involved in all aspects of preparing faculty for advisory
- 8 LHS faculty became Mental Health First Aid trainers and led training for all faculty
- LHS teachers led training for all faculty on ways to build sense of belonging
- LHS teachers demonstrated advisory lessons and materials they created for the faculty to use next year



Lemont Time
Scope and Sequence
August, September, October

<p>AUGUST</p> <p>“We are Lemont”</p>	<p>Focus:</p> <p><u>BELONGING</u></p>	<p>Goals:</p> <p>Understanding of advisory Connection between mindset and facing adversity Importance of involvement Evacuation procedure- Look, Learn, Go</p>
<p>Connection builders</p> <p>In-sync Step into the Circle Exit ticket Written reflection</p>	<p>Content:</p> <p>Kevin Atlas video “Step up- If not you, then who?” Exit ticket reflection: motivation and adversity Discussion prompt: Facing challenges & adversity “Believe in Yourself” quote: Individual written reflection Discussion prompt: Student Youth Survey Data 2022 / extracurricular involvement Evacuation procedures</p>	
<p>targeted competencies: social engagement, self-confidence, self-efficacy</p>		

<p>SEPTEMBER</p> <p>“Prioritization”</p>	<p>focus:</p> <p><u>COURAGE</u></p>	<p>Goals:</p> <p>Learn how to rank ‘to do list’ tasks Explore benefits of prioritizing Importance of ‘See Something, Say Something’ Grade level counselor meetings</p>
<p>Connection builders</p> <p>Timeo Rose, Bud, Thorn Wheel of questions</p>	<p>Content:</p> <p>Task prioritizing activity: sample list of tasks Post-activity discussion questions Informational slides: the brain & benefits of prioritizing Organizational template document Safety concerns: When to Say Something Counselor presentations: <i>seniors</i>: FAFSA & college applications; <i>juniors</i>: test importance & college search; <i>sophomores</i>: careers & resume; <i>Freshmen</i>: transition and careers Homecoming activities & expectations</p>	
<p>targeted competencies: self-discipline, analyzing situations, evaluating, time management</p>		

<p>OCTOBER</p> <p>“Test Anxiety”</p>	<p>focus:</p> <p><u>RESILIENCE</u></p>	<p>Goals:</p> <p>Differentiate between types of stress Reflect on response to academic stressors like testing Deepen understanding on how to interpret standardized testing reports</p>
<p>Connection builders</p> <p>Shield reflection activity Letter to parents/self Bitmoji lockers / visualization</p>	<p>Content:</p> <p>Test anxiety informational slides Student generated test anxiety management strategy list: Anxiety management information: visualization, movement or breath (student choice) Group activity: select strategies to try Standardized testing information: reading score reports</p>	
<p>targeted competencies: reflecting, recognizing strengths, accurate self-perception, self-discipline</p>		

Schedule on Most Wednesdays

- Most, but not all Wednesdays
- PLC as usual for teachers
- 1st Period 8:40 - 9:50
- 2nd Period 9:55 - 11:05
- 3rd Period 11:10 - 1:10
- LEMONT TIME 1:15 - 1:45
- 4th Period 1:50 - 3:00

Lemont Time (Advisory) Opt Out

- Opting out of advisory is not permitted
- All students and almost all faculty will be assigned to a Lemont Time group
- Included within Lemont Time:
 - Safety procedures and drills
 - Course selection, academic planning
 - College and career readiness
 - Required state surveys

Coming Soon:
Q&A
Lemont Time Webpage

