

Being aware of your mood impacts what you think and do. Self-awareness plus self-management equals responsible decision making.

Enraged	Furious	Frustrated	Shocked	M	Surprised	Upbeat	Motivated	Ecstatic
Livid	Frightened	Nervous	Restless	0	Hyper	Cheerful	Inspired	Elated
Fuming	Apprehensive	Worried	Annoyed	0	Energized	Lively	Optimistic	Thrilled
Repulsed	Troubled	Uneasy	Peeved	D	Pleasant	Joyful	Proud	Blissful
M	0	0	D	M	E	$\mathbf{T}$	E	R
Disgusted	Disappointed	Glum	Ashamed	E	Blessed	At Ease	Content	Fulfilled
Mortified	Alienated	Мореу	Apathetic	T	Humble	Secure	Chill	Grateful
Embarrassed	Excluded	Timid	Drained	E	Calm	Satisfied	Relaxed	Carefree
Alone	Down	Bored	Tired	R	Relieved	Restful	Tranquil	Serene

#### Acknowledgement

Outside cover designed by Quinten Stromberg - Class of 2024

#### Student Name:

DAILY BELL SCHEDULE				
Early Bird	7:00 AM	7:50 AM	50 MINUTES	
Period 1	8:00 AM	8:50 AM	50 MINUTES	
Period 2	8:55 AM	9:45 AM	50 MINUTES	
Period 3	9:50 AM	10:40 AM	50 MINUTES	
Period 4	10:45 AM	11:35 AM	50 MINUTES	
Period 5	11:40 AM	12:30 PM	50 MINUTES	
Period 6	12:35 PM	1:25 PM	50 MINUTES	
Period 7	1:30 PM	2:20 PM	50 MINUTES	
Period 8	2:25 PM	3:15 PM	50 MINUTES	



EARLY RELEASE WEDNESDAY BELL SCHEDULE				
Early Bird	7:00 AM	7:50 AM	50 MINUTES	
Period 1	8:00 AM	8:40 AM	40 MINUTES	
Period 2	8:45 AM	9:25 AM	40 MINUTES	
Period 3	9:30 AM	10:10 AM	40 MINUTES	
Period 4	10:15 AM	10:55 AM	40 MINUTES	
Period 5	11:00 AM	11:40 AM	40 MINUTES	
Period 6	11:45 AM	12:25 PM	40 MINUTES	
Period 7	12:30 PM	1:10 PM	40 MINUTES	
Period 8	1:15 PM	1:55 PM	40 MINUTES	







D86 TipLine

#### STUDENT PLANNER

5500 S.Grant St. Hinsdale, IL 60521

Main Office: 630-570-8000

FAX: 630-570-8209 24-Hour Absence Reporting

ur Absence Reporting 630-570-8090

Health Office Fax: 630-570-8599 <u>Hinsdale Central Website</u>

https://central.hinsdale86.org



#### **BUILDING ADMINISTRATION**

William C. Walsh, Principal

Christopher Cirrincione, Assistant Principal

Ryan Maita, Assistant Principal

Mike Jezioro. Athletic Director

Kimberly Dever, Director of Deans

Steve Edsey, Dean

Sean Brennan, Dean

Kristen Bronke, Dean

Jennifer Regnier, Director of Counselor

Andrea Ellexson, Director of Special Education

Sally Phillip, Director of Student Activities



D86 SchoolCalendar



Staff Directory

**NOTICE:** The Board of Education has the right to change the school calendar at any time. For the most up-to-date calendar information, to the Calendar page on the District website.

What does it mean to be a Red Devil, #HCBringYourFire? We have choices in how we treat others, in pursuing our ideal future, in being of service to others. As a Hinsdale Central Red Devil, we have a choice to Bring Your Fire to everything you do; academics, athletics, activities, community outreach. How you pursue your ideal future should begin with defining your goals and objectives, then bring your fire to each step along the way.

As we prepare for the school year the Building Leadership Team, teachers and staff of Hinsdale Central set goals, including a social emotional goal. The Collaborative for Academic, Social, and Emotional Learning (CASEL) has identified five interrelated sets of cognitive, affective and behavioral competencies. They are Self-Awareness, Social Awareness, Self-Management, Relationship Skills, and Responsible Decision-Making. As you move through the school year, we ask you to be mindful of who you are & what you represent. There are moments in your day and in your life where your priorities change. At any one moment you are a student, however you may also be a student athlete or a student of service or a student leader; whatever the role, remember why you are there and bring your fire to the role. During the school day, your first priority is to be a student and we are here to teach you, help you achieve your ideal future. We plan to bring our fire to each activity, event, program and classroom so that you can be the best version of yourself, so that you have the skills and resources to pursue your ideal future. Remember, the choices you make while at Hinsdale Central will define your character, so make a commitment to excellence. Welcome to or welcome back to Hinsdale Central High School, make this year the best year yet.

It is important for you and your family to read and become familiar with our student planner and digital handbook. The digital handbook can be found online and contains information that will help with your transition and provide you a better understanding of all Hinsdale Central has to offer. Mr. Bill Huskisson, former student, teacher and coach would say "it is a great day to be alive and a Red Devil." It is my perspective that Mr. Huskisson and the alumni of Hinsdale Central can resonate with #HCBringYourFire, now is the time for you to pay it forward and make a difference.

Thank you William C. Walsh Principal Hinsdale Central High School



District Board Policies-See District 86 Website

https://d86hinsdale86org-22-us-central1-01.preview.finalsitecdn.com/board-of-education

FAQs				
Concerns/Questions	Office	EXT		
Bus Pass	Deans' Office	8225		
Bus Routes	Deans' Office	8225		
Class Schedule	Counseling Office	8253		
Dance Guest Forms	Deans' Office/Activities	8225		
Elevator Access Key	Health Services Office	8595		
Grade in Class	Teacher	IC/8000		
IC Parent Portal Access	Main Office	8125		
Homework / Extended Absence	Deans' Office	8225		
ID Cards	Bookstore	8227		
Locker Jams	Deans' Office	8224		
Late to School or Leaving Early	Deans' Office	8224		
Locker Combination	Deans' Office	8224		
Locker Locations	See Chart Below	Below		
Lost and Found	Bookstore	8227		
Medical Hall Pass	Health Services Office	8595		
Parking Permits	Deans' Office	8225		
PE Medical Excuse	Health Services Office	8595		
Photocopies	LMC	8411		
Poster Approvals	Activities Director	8580		
Prearranged Absence Request	Deans' Office	8225		
Report a Theft	School Resource Officer	8600		
Transcripts / Grade Verification	Registrar	8148		
Student Schedule	Counseling Office	8253		
Work Permits	Counseling Office	8253		

#### **Locker Locations**

Locker #	1 <sup>st</sup> Floor	Locker#	1 <sup>st</sup> Floor	Locker#	2 <sup>nd</sup> Floor	Locker #	2 <sup>nd</sup> Floor
1-77	Math – North	355 – 614	World Languages - Middle	2000	IIV/ath - North		Spec Ed – South
78- 114	Counseling - North	615 – 843	Athletics - South	2163 – 2250	Business - North		Art – East
115 - 257	Deans - North	844 -1014	FACS - East	2251 – 2290	3	5000 - 5271	Social St – West
258 - 282		3900 – 3972		2300 – 2372		5272 – 5332	Skywalk
283 -354		4000 - 4240	Science - West	2373 - 2658	English - Middle	5500 - 5643	Library – North

### HINSDALE CENTRAL STUDENT GOVERNMENT



Hinsdale Central Student Government Website

https://central.hinsdale86.org/activities



## School Mascot Red Devils



# School Colors Red and White

#### HINSDALE CENTRAL HIGH SCHOOL ALMA MATER

- I. Wherever in the world you go, You'll hear just the same old song; 'Tis borne on all the winds that blow. From hearts that are true and strong. Refrain: We will ever love our Alma Mater, Though our high school days be o'er; We will ever love our H.T.H., As we did in day of yore; Red and white will always be our colors That will make our pulses throb. So H.T.H. to you, we will e'er be true H.T.H. dear Hinsdale High.
- II. Then let us bravely raise our song, and let our voice ring; Our days in high school won't be long, So while we're here we'll sing. (Refrain)

#### HINSDALE CENTRAL HIGH SCHOOL FIGHT SONG

For Hinsdale we will play the game All fame and honor to her name For Hinsdale High we'll do or die And raise aloft our victory song Rah Rah!

For Hinsdale we will play the game All fame and honor to her name For Hinsdale High we'll do or die So cheer for Hinsdale High! Rah Red Devils Rah! Rah Red Devils Rah! You Rah Rah Rah

#### **SCHOOL RESOURCES**

#### **Athletics**

As Athletic Director at Hinsdale Central High School, I welcome you and invite your participation in one or more of the thirty-three programs offered.

Mike Jezioro Athletic Director



To ensure the most accurate and up-to-date athletic schedules and information:



https://il.8to18.com/hinsdalecentral/calendar

#### Activities/Clubs

#### Welcome to Hinsdale Central High School.

Our comprehensive activities program contains service clubs, special interest groups, leadership opportunities, and curriculum-related activities. Participation in clubs and activities will give greater meaning to your high school experience. We invite your participation and look forward to your contributions. For calendars and more information please refer to the Activities website: <a href="https://central.hinsdale86.org/activities">https://central.hinsdale86.org/activities</a> or follow on Twitter @HCHSActivities

Director of Student Activities Ms. Sally Phillip

For a list activities and sponsors scan the QR code:



#### Attendance

#### 24-Hour Attendance Line

Please call (630) 570-8090 to report all absences, including those that occur in conjunction with late arrival or early dismissal. Failure to call within 24 hours of the absence will result in an unexcused absence. For more information regarding absences, please scan the QR code below:



#### **Bus Transportation**

<u>Bus Route Information</u> and schedules can be found on Hinsdale Central's website. Please scan the QR code below to get information regarding transportation and FAQ's.



#### Counseling/Social Workers/School Psychologists

<u>District 86 Counseling Services</u> are the cornerstone of a planned program of secondary education, encompassing all facets of college and career planning, academic decision-making, and personal-social development. Our Counseling Department's holistic and comprehensive services complement other quality educational programs within the school and provide further commitments to the intellectual, physical, social, cultural, career, and occupational development of the individual student as he or she moves into our community and world.

The <u>Social Work Office</u> offers a variety of services to promote the social and emotional well-being of students. Social workers assigned to specific special education populations also can be reached through the Social Work Office. Services include individual student assessments, crisis intervention, short-term confidential counseling, staff consultation, and class presentations.

A <u>school psychologist</u> conducts psychological evaluations when appropriate and interprets results for students, parents/guardians, and staff. School psychologists also may assist with referrals to outside agencies.

For more information regarding these supports, please scan the QR code below:



#### **Dance & Guest Pass Procedures**

Formal and informal dances are held at various times during the school year. These social events are for the enjoyment of the students enrolled in the District. A guest form is required for all individuals who do not attend the school where the dance is being held. The dance procedure allows a student to bring one guest to dances. For more information regarding student expectations at these events and <u>access to the guest form</u>, please scan the QR code below:



#### Deans & School Resource Officer

The Deans in each building oversee student attendance and discipline related matters. The Deans strive to assist students in making appropriate judgments and decisions. Multiple test/exams forms are available in the Dean's Offices at each school. These forms should be returned to the Dean's Office upon completion. The Deans' Office also serves as an informal resource for information.

The School Resource Officers at District 86 are members of the Darien Police Department for Hinsdale South and the Hinsdale Police Department for Hinsdale Central. The SROs have been assigned to the respective schools for the purpose of assisting in the maintenance of a safe environment for all students and staff.

The School Resource Officer works in a proactive and professional manner with students, parents, guardians, and staff.



Hinsdale Central Deans' Office

#### Safety Tip Line

The Tip Line is an anonymous reporting system. It is available through the District's website <a href="https://www.hinsdale86.org/tip-line">https://www.hinsdale86.org/tip-line</a> or the Parent Link app/ Tips are directed to the designated school administrator. Administrator and/or school resource officers will follow up on all tips and respond in an appropriate manner.

Please provide as much information as possible so that every effort can be made to resolve the issue. If the situation is an emergency, call 911.

D86 Tipline



#### Student Parking

At Hinsdale Central High School, only senior students <u>may apply for a parking permit</u>. Students who do not have a parking permit for the current school year may not park on school grounds. Students with parking permits must park in the designated student parking parking lot at each high school. Student parking is based on space-availability, on a first come, first serve basis each school day. Student parking in the Staff Parking Lot, including before and after school, is strictly prohibited. For more information regarding parking, please scan the QR code below:



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<ul> <li>Don't take advantage of others</li> <li>Don't blame others carelessly</li> </ul>	5	
Afterschool Activities	6	
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Help people in need	5	
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Stay informed, vote		
Be a good neighbor		
<ul> <li>Obey laws and rules</li> </ul>	5	
Respect authority		
<ul> <li>Protect the environment</li> </ul>		
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Trustworthiness  Be honest  Don't deceive, cheat or steal Be reliable - do what you say you'll do Have the courage to do the right	4	
thing  Build a good reputation  Be loyal - stand by your family, friends and country	5	9
Afterschool Activities	6	
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Respect  Treat others with respect; follow the Golden Rule  Be tolerant of differences  Use good manners, not bad language  Be considerate of the feelings of others  Don't threaten, hit or hurt anyone  Deal peacefully with anger, insults and disagreements	5	
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Responsibility  Do what you are supposed to do Persevere; keep on trying Always do your best Use self-control Think before you act - consider the consequences	5	
Be accountable for your choices  Afterschool Activities	6	
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Trustworthiness  • Be honest  • Don't deceive, cheat or steal	4	~
Be reliable - do what you say you'll do     Have the courage to do the right		$\Box$
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<ul><li>Don't threaten, hit or hurt anyone</li><li>Deal peacefully with anger, in-</li></ul>		
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Responsibility  • Do what you are supposed to do	4	
<ul><li>Persevere; keep on trying</li><li>Always do your best</li><li>Use self-control</li></ul>		$\supset$
<ul> <li>Think before you act - consider the consequences</li> <li>Be accountable for your choices</li> </ul>	5	Л
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Fairness • Play by the rules • Take turns and share	4	
<ul><li>Be open-minded; listen to others</li><li>Don't take advantage of others</li><li>Don't blame others carelessly</li></ul>	- 7/1	$\Box$
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Caring  Be Kind  Be Compassionate and show you care  Express gratitiude  Forgive others  Help people in need	5	
Afterschool Activities	6	
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7			Long-Term Assignments
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	11 Monday	12 Tuesday
NOVEMBER 2024 S M T W T F S		
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DECEMBER 2024 S M T W T F S		
1 2 3 4 5 6 7 8 9 10 11 12 13 14		
15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	3	
Citizenship	4	
<ul> <li>Do your share to make your school and community better</li> </ul>	<del>                                      </del>	
Cooperate     Stay informed, vote	7/1	
<ul><li>Be a good neighbor</li><li>Obey laws and rules</li><li>Respect authority</li></ul>	5	Л
Protect the environment		
Afterschool Activities	6	
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13 Wednesday	14 Thursday	15 Friday	16 Saturday
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	18 Monday	19 Tuesday
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15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	3	
Trustworthiness  • Be honest  • Don't deceive, cheat or steal	4	
<ul> <li>Be reliable - do what you say you'll do</li> <li>Have the courage to do the right thing</li> <li>Build a good reputation</li> </ul>	5	
<ul> <li>Be loyal - stand by your family, friends and country</li> </ul>		
Afterschool Activities	6	
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20 Wednesday	21 Thursday	22 Friday	23 Saturday
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7			Long-Term Assignments
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	25 Monday	26 Tuesday
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DECEMBER 2024           S M T W T F S           1 2 3 4 5 6 7           8 9 10 11 12 13 14		
15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	3	
	4 4 4	5///
Respect • Treat others with respect; follow	4	
the Golden Rule  • Be tolerant of differences  • Use good manners, not bad lan-		
guage • Be considerate of the feelings of others	5	5
<ul> <li>Don't threaten, hit or hurt anyone</li> <li>Deal peacefully with anger, insults and disagreements</li> </ul>		
Afterschool Activities		
Alterschool Activities	6	
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27 Wednesday	28 Thursday	29 Friday	30 Saturday
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26 27 28 29 30 31		
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Responsibility	4	<b>Y</b>
<ul><li>Do what you are supposed to do</li><li>Persevere; keep on trying</li></ul>	<del></del>	
<ul> <li>Always do your best</li> </ul>		
<ul><li> Use self-control</li><li> Think before you act - consider</li></ul>		
the consequences	5	
Be accountable for your choices		
Afterschool Activities	6	
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	9 Monday	10 Tuesday
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JANUARY 2025 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11		
12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	3	
	<del> </del>	
Fairness • Play by the rules	4	
<ul><li> Take turns and share</li><li> Be open-minded; listen to others</li><li> Don't take advantage of others</li></ul>		
Don't blame others carelessly	5	7
Afterschool Activities	6	
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19 20 21 22 23 24 25 26 27 28 29 30 31	3	
	L, 24, 21	
Caring		
Be Kind	4	
<ul> <li>Be Compassionate and show you care</li> </ul>	7 4 7	
<ul> <li>Express gratitiude</li> </ul>		
<ul><li>Forgive others</li><li>Help people in need</li></ul>	5	
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Afterschool Activities	6	
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JANUARY 2025           S M T W T F S           1 2 3 4		
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26 27 28 29 30 31		
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Citizenship • Do your share to make your	4	
school and community better  Cooperate	7 0 1	
Stay informed, vote     Be a good neighbor	7/1	
Obey laws and rules     Respect authority	5	П
Protect the environment		
Afterschool Activities	6	
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25 Wednesday	26 Thursday	27 Friday	28 Saturday
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FEBRUARY 2025		
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Trustworthiness	4	
Be honest	T	
<ul> <li>Don't deceive, cheat or steal</li> </ul>	7 4 6	
Be reliable - do what you say		
you'll do • Have the courage to do the right		
thing	5	
Build a good reputation	3	
<ul> <li>Be loyal - stand by your family,</li> </ul>		
friends and country		
Afterschool Activities	6	
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Respect  Treat others with respect; follow the Golden Rule  Be tolerant of differences		
<ul> <li>Use good manners, not bad lan- guage</li> </ul>		H
<ul> <li>Be considerate of the feelings of others</li> <li>Don't threaten, hit or hurt anyone</li> <li>Deal peacefully with anger, in-</li> </ul>	5	
sults and disagreements		
Afterschool Activities	6	
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FEBRUARY 2025 S M T W T F S 1		
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Responsibility • Do what you are supposed to do	4	
<ul><li>Persevere; keep on trying</li><li>Always do your best</li><li>Use self-control</li></ul>		
<ul> <li>Think before you act - consider the consequences</li> <li>Be accountable for your choices</li> </ul>	5	Ŋ
Afterschool Activities	6	
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Fairness • Play by the rules	4	
<ul> <li>Take turns and share</li> <li>Be open-minded; listen to others</li> <li>Don't take advantage of others</li> <li>Don't blame others carelessly</li> </ul>		D
Don't blame others carelessiy	5	7
Afterschool Activities	6	
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FEBRUARY 2025 S M T W T F S 1		
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Caring  • Be Kind	4	
<ul> <li>Be Compassionate and show you care</li> <li>Express gratitiude</li> <li>Forgive others</li> </ul>		<del>D</del>
Help people in need	5	J
Afterschool Activities	6	
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MARCH 2025 S M T W T F S 1		
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16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	3	
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Citizenship • Do your share to make your school and community better	4	
Cooperate     Stay informed, vote		
<ul><li>Be a good neighbor</li><li>Obey laws and rules</li></ul>	5	-
<ul><li>Respect authority</li><li>Protect the environment</li></ul>		
Afterschool Activities	6	
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16 17 18 19 20 21 22	3	
23 24 25 26 27 28 29		
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Trustworthiness	4	
<ul> <li>Be honest</li> </ul>		
<ul> <li>Don't deceive, cheat or steal</li> </ul>		
<ul> <li>Be reliable - do what you say</li> </ul>		
you'll do		
<ul> <li>Have the courage to do the right</li> </ul>		
thing	5	
<ul> <li>Build a good reputation</li> </ul>		
<ul> <li>Be loyal - stand by your family,</li> </ul>		
friends and country		
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Afterschool Activities	6	
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	17 Monday	18 Tuesday
FEBRUARY 2025		
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MARCH 2025  S M T W T F S  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	3	
Respect  Treat others with respect; follow the Golden Rule  Be tolerant of differences  Use good manners, not bad language  Be considerate of the feelings of others  Don't threaten, hit or hurt anyone  Deal peacefully with anger, insults and disagreements	5	
Afterschool Activities	7	
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19 Wednesday	20 Thursday	21 Friday	22 Saturday
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	24 Monday	25 Tuesday
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MARCH 2025 S M T W T F S 1 2 3 4 5 6 7 8		
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D		
Responsibility  • Do what you are supposed to do  • Persevere; keep on trying  • Always do your best	4	
<ul> <li>Use self-control</li> <li>Think before you act - consider the consequences</li> <li>Be accountable for your choices</li> </ul>	5	H
be accountable for your choices		
Afterschool Activities	6	
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26 Wednesday	27 Thursday	28 Friday	1 Saturday
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## **March**

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MARCH 2025 S M T W T F S		
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APRIL 2025  S M T W T F S  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19	2	
20 21 22 23 24 25 26 27 28 29 30	3	
Fairness  • Play by the rules  • Take turns and share  • Be open-minded; listen to others  • Don't take advantage of others  • Don't blame others carelessly	5	
Afterschool Activities	6	
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5 Wednesday	6 Thursday	7 Friday	8 Saturday
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7			Long-Term Assignments
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## **March**

	10 Monday	11 Tuesday
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APRIL 2025  S M T W T F S  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26	2	
27 28 29 30  Caring  • Be Kind	4	
Be Compassionate and show you care     Express gratitiude     Forgive others     Help people in need	5	7
Afterschool Activities	6	
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## **March**

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APRIL 2025		
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13 14 15 16 17 18 19		
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Citizenship	4	
Do your share to make your		
school and community better		
Cooperate		
Stay informed, vote		
Be a good neighbor		
Obey laws and rules     Despect outbority	5	
<ul><li>Respect authority</li><li>Protect the environment</li></ul>		
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Afterschool Activities	6	
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## **March**

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APRIL 2025 S M T W T F S		
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20 21 22 23 24 25 26 27 28 29 30	3	
	<del> </del>	
Trustworthiness • Be honest	4	
<ul> <li>Don't deceive, cheat or steal</li> <li>Be reliable - do what you say you'll do</li> </ul>		
Have the courage to do the right		
thing	5	
<ul> <li>Build a good reputation</li> <li>Be loyal - stand by your family, friends and country</li> </ul>		
Afterschool Activities	6	
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### **April**

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Respect	4	
<ul> <li>Treat others with respect; follow the Golden Rule</li> </ul>	<del></del>	
Be tolerant of differences	ГТ	
<ul> <li>Use good manners, not bad lan-</li> </ul>		
guage		
<ul> <li>Be considerate of the feelings of others</li> </ul>	5	
Don't threaten, hit or hurt anyone		
<ul> <li>Deal peacefully with anger, in-</li> </ul>		
sults and disagreements		
Afterschool Activities	6	
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## **April**

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MAY 2025 S M T W T F S		
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18 19 20 21 22 23 24 25 26 27 28 29 30 31	3	
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Responsibility • Do what you are supposed to do	4	
<ul><li>Persevere; keep on trying</li><li>Always do your best</li><li>Use self-control</li></ul>		
<ul> <li>Think before you act - consider the consequences</li> </ul>	5	H
Be accountable for your choices		
Afterschool Activities	6	
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## <u>April</u>

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Fairness	4	
<ul> <li>Play by the rules</li> </ul>		
<ul> <li>Take turns and share</li> </ul>		
<ul> <li>Be open-minded; listen to others</li> </ul>		
<ul> <li>Don't take advantage of others</li> </ul>		
<ul> <li>Don't blame others carelessly</li> </ul>		
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Afterschool Activities	6	
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## <u>April</u>

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18 19 20 21 22 23 24	3	
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	In the table	
Caring		
Be Kind	4	
Be Compassionate and show you		
care		
<ul> <li>Express gratitiude</li> </ul>		
<ul> <li>Forgive others</li> </ul>		
Help people in need	5	
Afterschool Activities	6	
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23 Wednesday	24 Thursday	25 Friday	26 Saturday
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### **May**

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Citizenship	4	
<ul> <li>Do your share to make your</li> </ul>	1	
school and community better	7 4 7	
Cooperate     Ctay informed, yets		
<ul><li>Stay informed, vote</li><li>Be a good neighbor</li></ul>		
Obey laws and rules	5	
<ul> <li>Respect authority</li> </ul>	3	
<ul> <li>Protect the environment</li> </ul>		
Afterschool Activities	6	
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	L, 44, 41	
Trustworthiness	4	
Be honest     Par't dessive about an atom.		
<ul><li>Don't deceive, cheat or steal</li><li>Be reliable - do what you say</li></ul>		
you'll do		
Have the courage to do the right		
thing	5	
Build a good reputation		
Be loyal - stand by your family,  friends and sountry.		
friends and country		
Afterschool Activities	6	
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Doomoot		
• Treat others with respect; follow	4	7
the Golden Rule		
Be tolerant of differences		
<ul> <li>Use good manners, not bad lan-</li> </ul>		
guage		
Be considerate of the feelings of	5	
<ul><li>others</li><li>Don't threaten, hit or hurt anyone</li></ul>		
• Deal peacefully with anger, in-		
sults and disagreements		
Afterschool Activities	6	
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15 16 17 18 19 20 21 22 23 24 25 26 27 28	2	
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Responsibility	4	
Do what you are supposed to do		
Persevere; keep on trying     Always do your boot		
<ul><li>Always do your best</li><li>Use self-control</li></ul>		
Think before you act - consider		
the consequences	5	
Be accountable for your choices	3	
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Attack of Asiation	-	
Afterschool Activities	6	
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## <u>May</u>

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Responsibility	4	
<ul> <li>Do what you are supposed to do</li> </ul>	1	
<ul> <li>Persevere; keep on trying</li> </ul>	7 4 7	
Always do your best		
<ul><li> Use self-control</li><li> Think before you act - consider</li></ul>		
the consequences	5	
Be accountable for your choices	3	
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Afterschool Activities	6	
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## <u>June</u>

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Responsibility • Do what you are supposed to do	4	
Persevere; keep on trying     Always do your best	7 7 7	
<ul><li> Use self-control</li><li> Think before you act - consider</li></ul>	77	
<ul><li>the consequences</li><li>Be accountable for your choices</li></ul>	5	7
Afterschool Activities	6	
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### First Semester

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Date	Time	Destination	Teacher/Staff
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### First Semester

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Date	Time	Destination	Teacher/Staff

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### Second Semester

Second Semester			
Date	Time	Destination	Teacher/Staff

Name	ID#
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### Second Semester

Second Semester			
Date	Time	Destination	Teacher/Staff

Notes	

### SOCIAL & EMOTIONAL LEARNING TOOLS



#### Self-Management:

- · Regulating one's emotions
- · Regulating stress
- Self-control
- Self-motivation
- · Stress management
- Setting and achieving goals

#### Self-Awareness:

- · Labeling one's feelings
- · Relating feelings and thoughts to behavior
- Accurate self-assessment of strengths and challenges
- · Self-efficacy
- Optimism

### **Social Awareness:**

- Perspective-taking
- Empathy
- Respecting diversity
- Understanding social and ethical norms and behavior
- Recognizing family, school, and community supports

#### Relationship Skills:

- Building relationships with diverse individuals and groups
- Communicating clearly
- Working cooperatively
- Resolving conflicts
- · Seeking help

#### **Responsible Decision-Making**

- · Considering the well-being of self and others
- · Recognizing one's responsibility to behave ethically
- · Basing decisions on safety, social and ethical considerations
- Evaluating realistic consequences of various actions
- · Making constructive, safe choices for self, relationships, and school

