



BLUE KNIGHTS ADVISORY PROGRAM (BKAP) NEWSLETTER

October:
Knights Forge
their Armor

Happy Fall! 🍁🍂 This month there are two advisory sessions scheduled to reinforce an important growth mindset that extends well beyond school: *prepare intentionally, reflect honestly, make adjustments, and continue moving forward.*

In these lessons, students will:

- Build experiences and discover opportunities that expand their interests and sense of belonging (Grade 9).
- Develop strategies to manage increasing academic expectations while learning the value of honest self-assessment (Grade 10).
- Recognize that challenges build resilience and prepare intentionally for the demands of senior year (Grade 11).
- Translate four years of experiences into purposeful action while reflecting on personal growth and preparing for life after graduation (Grade 12).

KNIGHTS FORGE THEIR ARMOR

The October advisory sequence introduces students to one of the most important habits they can develop throughout high school: growth requires both action and reflection.

Too often, students move from one assignment, activity, season, or semester to the next without stopping to consider what they have learned about themselves. The October lessons intentionally interrupt that cycle. During the first advisory, students are asked to build their armor by engaging in experiences appropriate to their stage of high school. During the second advisory, they complete an Armor Check, pausing to evaluate how those experiences are shaping their knowledge, habits, confidence, and readiness for future challenges. Together, these lessons help students understand that resilience is not something people simply possess—it is something that is intentionally forged over time.

Together, the October lessons communicate one of the central messages of the Blue Knights Advisory Program: **every challenge, every experience, and every thoughtful reflection adds another piece to the armor students will carry long after they leave Southington High School.**

