

# SHS ADVISORY PROGRAM

**Presentation to School Committee:  
September 28, 2022**

“WHY?”

Dr. Darnisa Amante-Jackson states that **“belonging is the ongoing culture created to have all people feel welcome across difference,”** that **“belonging is the bridge between diversity and inclusion,”** and in schools **“belonging is the sweet spot”** where relationships must be built with students help them to feel safe and connected.

“WHY?”

Various researchers have concluded that a student’s sense of belonging at school not only is a protective factor against depression and anxiety in the present, but this effect actually lasts years longer into adulthood. One study indicated that adults with the best outcomes over a decade later had **“felt close to people at school and felt that their teachers cared about them.”**

# HISTORY OF SHS ADVISORY

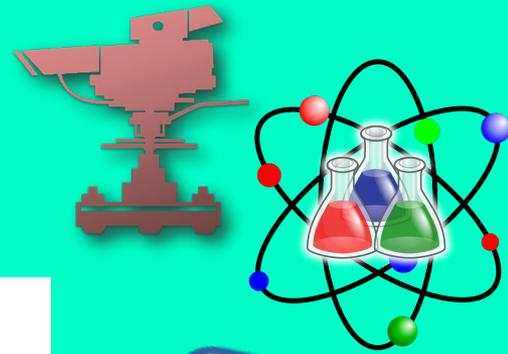
- Breaking Ranks II Report (2004)
- New England Association of Schools and Colleges (NEASC) standard and recommendation

# CHARACTER STRONG

- Character Strong
  - We began researching Character Strong in the 2018-2019 school year
  - Several staff members attended full day Character Strong trainings from 2018-2020
  - The SHS faculty had a ½ day PD training in the fall of 2019
- 2019-2020: School sponsored 4 “advisory” periods
  - Spring 2020 Kindness Challenge during shutdown
- 2020-2021: Advisory program begins on Wednesdays (remote learning)
- 2021-2022: Advisory program saw 13 advisories

# ADVISORY WORKING GROUP SUMMER 2022

- Patrick Collins - Physics
- Peter Collins - Math
- Alicia Derry - Counseling/SPED
- Jess Gardner - Math
- Greta Gray - Social Science
- Debra Herbert - TV Studio
- Christina MacDonald - English
- John Brocki - Biology



# THEMES OF FEEDBACK FROM STUDENTS & STAFF

- Character Strong slideshows felt too restrictive/scripted
  - Not authentic
- Length of the lessons decreased engagement
- No unified message or consistency
- Teachers
  - “One more thing on our plates”
  - “We already do this in class”

“

**You do not rise to the level  
of your goals. You fall to  
the level of your systems.**

**JAMES CLEAR**  
*Atomic Habits*

# THE PATH FORWARD

- Teacher choices:
  - *Newly made lessons*
  - *Character Strong*
- Reduced length of advisory period
- Consistency and frequency of advisory
  - Advisory every Day 5 is “sacrosanct”
  - Prioritize year-to-year consistency (rosters)
- Connect to our core values: **LEADER**
- Emphasis on connections, character development and life skills

# ADVISORY MISSION STATEMENT

*The Shrewsbury High School community values interpersonal relationships and shared values. Our Advisory program has been designed to ensure all students have the opportunity to form meaningful, long-term connections with their peers and adults and build important character skills, such as empathy and responsibility, through collaborative activities. The implementation of the Advisory program is supported by education research and recommended by experts as a way to improve school culture and increase students' feeling of belonging.*

# ADVISORY LESSONS

The schedule and all Lessons are accessed through this link: [Advisory Lesson Google Sheet](#)

- Choice of lesson most weeks
- Lessons created for the first four Advisories
- Staff feedback driving future lesson development

# ADVISORY LESSONS

SHS Advisory Lessons		<a href="#">Click here if you would like to submit a new lesson for Advisory</a>			
Date	Topic	Lesson Option 1	Lesson Option 2	Lesson Option 3	Character Strong Lesson
9/7	<b>Welcome Back Getting to Know You Belonging</b>	Welcome Back - 4 Seasons <a href="#">Lesson Plan</a>	Welcome Back - Sharing a Picture <a href="#">Lesson Plan</a>	Talk and Connect. <a href="#">Lesson Plan</a>	<a href="#">Categories 1-2-3.</a> <a href="#">That's Me. Who Could it Be</a>
9/16	<b>Goal Setting</b>	Academic & Personal Goals (more structured) <a href="#">Lesson Plan</a>	Reflective Practice & Journaling Setting Goals (less structured) <a href="#">Lesson Plan</a>		<a href="#">L06 The Battle</a> Choose from: 1. You can learn Anything (7-10 Minutes) 2. Growth Mindset vs. Fixed Mindset (20 Minutes), or 3. Video - Grit (15 minutes)
9/27	<b>Empathy/Respect</b>	Showing Empathy <a href="#">Lesson Plan</a>	Empathy - Graduation Video <a href="#">Lesson Plan</a>		<a href="#">L15: Respect Video and Discussion</a> Choose from: 1. How Do you see people activity (10-12 minutes) 2. Life Changing Play (10-12 minutes) or 3. Ultimate Sportsmanship (13-15 minutes)
10/6	Responsibility	<a href="#">Responsibility - Paralympics Case Study Lesson Plan</a>	Responsibility - Rules of War (Jr & Sr) <a href="#">Lesson Plan Slides</a>		<a href="#">L32: Commitment Video and Discussion</a> Choose from: 1. Death Crawl Scene (10-15 Minutes) 2. Navy Seal Commander Commencement Speech (25 Minutes) or 3. Exit Intentionally (6-8 Minutes)
10/19	Kindness/Respect				
10/28	Leadership	<a href="#">L09 Compliment Creations:</a> We wat you to focus on the Activity "Compliment Creations" Pick and choose the portions of that lesson that work for you and your group.	<a href="#">L09 Compliment Creations:</a> We wat you to focus on the Activity "Compliment Creations" Pick and choose the portions of that lesson that work for you and your group.	<a href="#">L09 Compliment Creations:</a> We wat you to focus on the Activity "Compliment Creations" Pick and choose the portions of that lesson that work for you and	<a href="#">L09 Compliment Creations:</a> We wat you to focus on the Activity "Compliment Creations" Pick and choose the portions of that lesson that work for you and your group.



# FUTURE CONSIDERATIONS

- Discussed WIN “What I Need” block
- Challenges with moving students, etc.
- Still wrestling with ways to make Academic Advisory a chance for students to access “What I Need” time

QUESTIONS?