

APPENDIX 1: ST. MARGARET'S SCHOOL CO-CURRICULUM GUIDE

	8 th	9 th	10 th	11 th	12 th
Identity	<ul style="list-style-type: none"> ▪ Writing a personal history ▪ Learning about Body Image ▪ Learning about normal development for your age ▪ Identifying strengths ▪ Discovering personal characteristics ▪ Identifying your learning style 	<ul style="list-style-type: none"> ▪ Writing a personal history ▪ Learning about Body Image ▪ Learning about normal development for your age ▪ Identifying strengths ▪ Discovering personal characteristics ▪ Identifying your learning style 	<ul style="list-style-type: none"> ▪ Completing a self-assessment ▪ Completing a personal inventory of strengths and weaknesses ▪ Beginning goal-setting ▪ Identifying values 	<ul style="list-style-type: none"> ▪ Practicing independence and personal authority ▪ Accepting personal characteristics: realistic body image, intellectual strengths and weaknesses ▪ Demonstrating congruence of stated values and behavior ▪ Continuing goal setting, moving from short term to long term goals 	<ul style="list-style-type: none"> ▪ Demonstrating independence and personal authority ▪ Using personal awareness ▪ Demonstrating increased focus on long-term goals including career
Relationships	<ul style="list-style-type: none"> ▪ Learning about conflict Resolution ▪ Learning about what is to be expected with peer relationships at their age. ▪ Learning to behave in a given context ▪ Identifying relational aggression (Speaker) ▪ Identifying healthy relationships ▪ Identifying systems relationships 	<ul style="list-style-type: none"> ▪ Learning about conflict Resolution ▪ Learning about what is to be expected with peer relationships at their age. ▪ Identifying relational aggression ▪ Identifying healthy individual and systems relationships 	<ul style="list-style-type: none"> ▪ Learning about group dynamics and trust-building ▪ Investigating cultural influences and quandaries ▪ Dealing with relational aggression ▪ Exploring gender roles and relationships ▪ Understanding healthy individual and systems relationships 	<ul style="list-style-type: none"> ▪ Understanding leadership potential ▪ Mediating peer relations ▪ Maintaining healthy individual and systems relationships ▪ Understanding gender roles and relationships 	<ul style="list-style-type: none"> ▪ Actively leading the school community ▪ Promoting healthy individual and systems relationships ▪ Appreciating gender roles and relationships ▪ Creating and maintaining partnerships with adult members of the community
Physical Balance and Well-being	<ul style="list-style-type: none"> ▪ Dissemination of facts: nutrition, exercise, sleep, hygiene, substance abuse, sexual issues 	<ul style="list-style-type: none"> ▪ Dissemination of facts: nutrition, exercise, sleep, hygiene, substance abuse, sexual issues 	<ul style="list-style-type: none"> ▪ Learning about medical self-advocacy ▪ Developing a personal wellness plan ▪ Learning about brain chemistry ▪ More in-depth dissemination of facts: nutrition, exercise, sleep, hygiene, substance abuse, sexual issues 	<ul style="list-style-type: none"> ▪ Practicing a personal wellness plan ▪ Reviewing: nutrition, exercise, sleep, hygiene, substance abuse, sexual issues ▪ Integrating knowledge of brain chemistry with practice 	<ul style="list-style-type: none"> ▪ Practicing a personal wellness plan ▪ Integrating knowledge with practice: nutrition, exercise, sleep, hygiene, substance abuse, sexual issues

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Emotional Balance and Well-being	<ul style="list-style-type: none"> ▪ Learning problem-solving techniques ▪ Practicing communication skills ▪ Learning to accept responsibility ▪ Understanding balance ▪ Mastering transition to boarding school ▪ Learning about managing stress 	<ul style="list-style-type: none"> ▪ Learning problem-solving techniques ▪ Practicing communication skills ▪ Learning to accept responsibility ▪ Understanding balance ▪ Mastering transition to boarding school ▪ Learning about managing stress 	<ul style="list-style-type: none"> ▪ Practicing problem-solving techniques ▪ Accepting responsibility ▪ Establishing balance ▪ Maintaining a healthy adjustment to boarding school life ▪ Recognizing stress using stress management techniques 	<ul style="list-style-type: none"> ▪ Practicing an integrated approach to problem-solving ▪ Accepting increased personal responsibility ▪ Increased emotional self-regulation ▪ Showing leadership in community life ▪ Managing stress 	<ul style="list-style-type: none"> ▪ Practicing and modeling an integrated approach to problem-solving ▪ Continuing to accept increased personal responsibility ▪ Continuing to increase emotional self-regulation ▪ Continuing to manage stress
Decision Making	<ul style="list-style-type: none"> ▪ Introduction of the concept of making decisions ▪ Appropriate use of resources ▪ Group enactment ▪ Understanding consequences ▪ Time management and organization 	<ul style="list-style-type: none"> ▪ Introduction of the concept of making decisions ▪ Appropriate use of resources ▪ Group enactment ▪ Understanding consequences ▪ Time management and organization 	<ul style="list-style-type: none"> ▪ Understanding appropriate risk-taking and learning from failure ▪ Effective use of resources ▪ Exploring moral issues and ethical reasoning 	<ul style="list-style-type: none"> ▪ Taking appropriate risks and learning from failure ▪ More discerning use of resources ▪ Understanding moral issues and ethical reasoning 	<ul style="list-style-type: none"> ▪ Taking appropriate risks and learning from failure ▪ More discerning use of resources ▪ Demonstrating ethical decision making
Service	<ul style="list-style-type: none"> ▪ Understanding empathy (Bahini Fund) 	<ul style="list-style-type: none"> ▪ Understanding empathy ▪ Identifying a community need 	<ul style="list-style-type: none"> ▪ Demonstrating empathy ▪ Identifying and planning to meet a community need 	<ul style="list-style-type: none"> ▪ Identifying and planning to meet a community need using available resources 	<ul style="list-style-type: none"> ▪ Modeling leadership in service ▪ Serving as a resource in the community

St Margaret's School
8th Grade (Armor and Brooks)

September

Sept. 7 Handbook Test (sponsors)
Sept. 14 Class Meeting (sponsors) River Days Focus
Sept. 21 Internet Safety – All School (NK, ER)
Sept. 28 Class Meeting (sponsors) Class Elections and Setting the Norms

October

Oct. 5 Plagiarism Workshop – All School
Oct. 12 PSAT day – Field Trip (sponsors)/ Leadership Presentation Team 1
Oct. 19 Road to High School Pt 1 – Transitioning to Boarding School- (ER)
Oct. 26 Road to High School Pt 2 – Bath and Body Works/Good Hygiene-Nurses

November

Nov. 2 Road to High School Pt 3-Taking Care of My Nutrition-Dietician/Nurses
Nov. 9 Road to High School Pt 4 – Identifying Strengths (ER)
Nov. 17 Exam Week – no meeting
Nov. 30 Time Out!! Enjoy

December

Dec. 7 Bath and Body Works-Nurses

January

Jan. 4 Road to High School Pt 5-Taking Care of Me through the Winter-Nurses
Jan. 11 Class Meeting: Junior Variety planning (sponsors)
Jan. 18 Class Meeting: Junior Variety planning (sponsors)
Jan. 22 Junior Variety (sponsors)

February

Feb. 1 Time OUT!!! Enjoy!!

March

March 22 Class Meeting (sponsors)
March 28 ISP

April

April 11 Road to High School Pt 6 – Setting Next Year Up for Success (Howard)
April 18 Road to High School Pt. 7-Personal Safety

May

May 2 Class Meeting: Chapel planning (sponsors)
May 9 Class Meeting: Chapel planning (sponsors)
May 16 Class Meeting: Evaluation & Thank You (sponsors)

St Margaret's School
9th Grade (Harter (T) and Schilling)

September

Sept. 7 Handbook Test (sponsors)
Sept. 14 Class Meeting (sponsors) River Days Focus
Sept. 21 Internet Safety – All School (NK, ER)
Sept. 28 Class Meeting (sponsors) Class Elections and Setting the Norms

October

Oct. 5 Plagiarism Workshop – All School
Oct. 12 PSAT day – Field Trip (sponsors)- Leadership Presentation-Team 1
Oct. 19 Road to High School Pt 1 – Transitioning to Boarding School- (ER)
Oct. 26 Road to High School Pt 2 – Bath and Body Works-Nurses

November

Nov. 2 Road to High School Pt 3-Taking Care of My Nutrition-Dietician/Nurses
Nov. 9 Road to High School Pt 4 – Identifying Strengths (ER)
Nov. 17 Exam Week – no meeting
Nov. 30 Class Meeting (sponsors)- Freshman Christmas

December

Dec. 7 Class Meeting (sponsors)- Freshman Christmas

January

Jan. 4 Road to High School Pt 5-Taking Care of Me through the Winter-Nurses
Jan. 11 Class Meeting: Junior Variety planning (sponsors)
Jan. 18 Class Meeting: Junior Variety planning (sponsors)
Jan. 22 Junior Variety (sponsors)

February

Feb. 1 Class Meeting (sponsors): Chapel Planning

March

March 22 Class Meeting (sponsors): Chapel Planning
March 28 ISP

April

April 11 Road to High School Pt 6 – Setting Next Year Up for Success (Howard)
April 18 Road to High School Pt. 7-Personal Safety

May

May 2 Class Meeting: Elect President (sponsors)
May 9 Time Out! Enjoy
May 16 Class Meeting: Evaluation & Thank You (sponsors)

St Margaret's School
10th Grade (Higginbotham and Fallon)

September

Sept. 7 Handbook Test (sponsors)
Sept. 14 Class Meeting (sponsors) River Days Focus
Sept. 21 Internet Safety – All School (NK, ER)
Sept. 28 Class Meeting (sponsors) Class Elections and Setting the Norms

October

Oct. 5 Plagiarism Workshop – All School
Oct. 12 PSAT day – Leadership Presentations- Team 1
Oct. 19 Class Meeting (sponsors)-Sophomore Halloween
Oct. 26 Class Meeting (sponsors)-Sophomore Halloween

November

Nov. 2 Road to Self Development Pt. 1- Identifying Strengths (ER)
Nov. 9 Bath and Body Works- Nurses
Nov. 16 Exam Week – no meeting
Nov. 30 Self Development Pt. 2- Looking Ahead (SGross)

December

Dec. 7 Self Development Pt. 3- Taking Care of Me- Dietician and Nurses

January

Jan. 4 Class Meeting: Junior Variety planning (sponsors)
Jan. 11 Class Meeting: Junior Variety planning/Chapel Planning (sponsors)
Jan. 18 Class Meeting: Junior Variety planning/Chapel Planning (sponsors)
Jan. 22 Junior Variety (sponsors)

February

Feb. 1 Self Development Pt. 4- Who Am I? (NKL)

March

March 21 Road to Self Development Pt. 5- Leadership Anyone? (NKL)
March 28 ISP

April

April 11 Road to Self Development Pt. 6 – Maximizing My Potential (NKL)
April 18 Road to Self Development Pt. 7- Personal Safety

May

May 2 Class Meeting: Elect President (sponsors)
May 9 Road to Self Development Pt. 8- Thinking about College- (SGross)
May 16 Class Meeting: Evaluation & Thank You (sponsors)

St Margaret's School
11th Grade (Dickinson and Tilbury)

September

Sept. 7 Handbook Test (sponsors)
Sept. 14 Class Meeting (sponsors) River Days Focus
Sept. 21 Internet Safety – All School (NK, ER)
Sept. 28 Class Meeting (sponsors) Class Elections and Setting the Norms

October

Oct. 5 Plagiarism Workshop – All School
Oct. 12 PSAT day –Leadership Presentation-Team 1
Oct. 19 Road to Senior Year Pt. 1- Family Connections- (SGross)
Oct. 26 Road to Senior Year Pt. 2- Goals and Strengths-(ER)

November

Nov. 2 Class Meeting (sponsors)-Chapel Planning
Nov. 9 Class Meeting (sponsors)-Chapel Planning
Nov. 16 Exam Week – no meeting
Nov. 30 Road to Senior Year Pt. 3- Looking Ahead (SGross)

December

Dec. 7 Road to Senior Year Pt. 4- Leading By Example from NOW!! -(ER)

January

Jan. 4 Young Alums
Jan. 11 Class Meeting: Junior Variety planning (sponsors)
Jan. 18 Class Meeting: Junior Variety planning (sponsors)
Jan. 22 Junior Variety (sponsors)

February

Feb. 1 Road to Senior Year Pt. 5- Frank Talk about Sex-Local Dr. with Nurses

March

March 21 Road to Senior Year Pt. 6- Leadership Anyone? (NKL)
March 28 ISP

April

April 11 Road to Senior Year Pt. 7 – Maximizing My Potential (NKL)
April 18 Class Meeting (sponsors)- Jr. Sr. Banquet Planning

May

May 2 Class Meeting: Elect President/ Jr. Sr. Banquet Planning
May 9 Lantern Ceremony Practice-LMV and SB
May 16 Class Meeting: Evaluation & Thank You (sponsors)

St Margaret's School
12th Grade (Fritz and Haney)

September

Sept. 7 Handbook Test (sponsors)
Sept. 14 Class Meeting (sponsors) River Days Focus
Sept. 21 Road to College Pt. 1- (SGross)
Sept. 28 Class Meeting (sponsors) Class Elections and Setting the Norms

October

Oct. 5 Plagiarism Workshop – All School
Oct. 12 PSAT day –Chapel Planning in the AM
Class Meeting (sponsors)-Leadership Presentation- Team 1
Oct. 19 Class Meeting (sponsors)-Chapel Planning
Oct. 26 Road to College Pt. 2- Sex and Personal Safety- Dr. with Nurses

November

Nov. 2 Class Meeting (sponsors)
Nov. 9 Road to College Pt. 3-ISP-(SGross)
Nov. 16 Exam Week – no meeting
Nov. 30 Class Meeting (sponsors)-Senior Bazaar

December

Dec. 7 Class Meeting (sponsors)-Senior Bazaar

January

Jan. 4 Young Alums
Jan. 11 Class Meeting: Junior Variety planning (sponsors)
Jan. 18 Class Meeting: Junior Variety planning (sponsors)
Jan. 22 Junior Variety (sponsors)

February

Feb. 1 Road to College Pt. 4- Frank Talk about Sex-Local Dr. with Nurses

March

March 21 ISP-LMV
March 28 ISP

April

April 11 Road to Senior Year Pt. 5– Maximizing My Potential (NKL)
April 18 Class Meeting (sponsors)- Jr. Sr. Banquet Planning

May

May 2 Class Meeting: Jr. Sr. Banquet Planning
May 9 Lantern Ceremony Practice-LMV and SB
May 16 Class Meeting: Evaluation & Thank You (sponsors)