CHECK UP AND CHECK IN

Take time to evaluate your mental and emotional health this week; then use the space to the right to reflect on your self-evaluation and the reasons you are feeling as you do this week.

IN CRISIS	■■ STRUGGLING	SURVIVING	THRIVING	EXCELLING
Very anxious	Anxious	Worried	Positive	Cheerful
Very low mood	Depressed	Nervous	Calm	Joyful
Absenteeism	Tired	Irritable	Performing	Energetic
Exhausted	Poor performance	Sad	Sleeping well	High performance
Very poor sleep	Poor sleep	Trouble sleeping	Eating normally	Flow
Weight loss	Poor appetite	Distracted Withdrawn	Normal social activity	Fully realizing potential

Monday	Tuesday
BDays: Devin G, Ruby, Jesus	BDays: Lindsay L, Khadija, Sam
Remember: MTSS Meeting after school	Remember: MC Program meeting 2 pm
 ENGLISH Weekly Poem: Ada Limon! Read aloud (x 2) and write about a line or image in the poem in notebook. Discuss story structure and idea of "reading for changes." Beloved: 1.10-1.11 (pgs 125-138) 	 ENGLISH Weekly Poem: Read Limon poem; Ss summarize what they think the poem says and why they think that Beloved: Discuss desire in book up through 1.11: what desires (wants) what, why, so? Beloved: 1.12-1.13 (pgs 139-156)
Finish Morrison "Goodness" lecture; have Ss listen then respond, discuss, connect to novel.	 HW: Read 1.12-1.13 in Beloved. In notebook, capture examples in novel of goodness as spelled out b TM in her Harvard lecture we read. Keep in mind that Friday you will draw on these examples for an inclass essay.
¶ summarizing Morrison's (and Denver's) character arc. Intro and adapt TSIS moves for writing summaries to this ¶.	
ADVISORY	<u>ADVISORY</u>
Focus for the week on:	 Focus for the week on: MC Effect presentation (in class) Other club meetings Reboot new Daily Agenda design and additional expectations for Advisory this semester.
 Advisory Notebook set up Topic: Social fitness interactions, conversations 	
Set up videos and articles	
CHATS (with Advisees)	CHATS (with Advisees)
 Brennan C (11:20) Danielle L (11:40) Emily A (12:00) Ellie (1.20) 	Arren B (11:20)Trenton Y (11:40)
	BDays: Devin G, Ruby, Jesus Remember: MTSS Meeting after school ENGLISH Weekly Poem: Ada Limon! Read aloud (x 2) and write about a line or image in the poem in notebook. Discuss story structure and idea of "reading for changes." Beloved: 1.10-1.11 (pgs 125-138) Finish Morrison "Goodness" lecture; have Ss listen then respond, discuss, connect to novel. Summarizing Morrison's (and Denver's) character arc. Intro and adapt TSIS moves for writing summaries to this ¶. MDVISORY Focus for the week on: Advisory Notebook set up Topic: Social fitness interactions, conversations Set up videos and articles CHATS (with Advisees) Brennan C (11:20) Danielle L (11:40) Emily A (12:00)

136

Reflecting on my self-evaluation on the previous page, I chose "Thriving" this week because I am early enough into the semester that I am still running on the remaining energy from summer's rest and recovery. However, I will NOT be able to keep that up in the month to come and so must make the effort to keep track on my needs, sleep, meditation, and exercise so that I can keep "Thriving." One way I can do that is to pay more attention to the upcoming demands at school or home that are KNOWN and so can be prepared for or even avoided so I can keep my focus where it should be. This pivot from the first to second grading period is where things usually fall apart, so plan to disrupt that pattern.

INCORPORATE MULTIPLE LITERACIES

ACADEMIC What skills and	CULTURAL What knowledge of	
strategies can students use to handle these cognitively demanding tasks?	past/present events do students need to consider? Are there connections to one's culture?	
SOCIAL How can I help students navigate different settings, viewpoints, and needs when communicating ideas?	EMOTIONAL What emotions does this arouse and how can one learn to manage such feelings and heliefs?	

Teaching Reading to Black Adolescent Males: Closing the Achievement Gap, Alfred Tatum (2005, 35)

Wednesday	Thursday	Friday
Days: Radhika, Max	BDays: Devin R, Addie	BDays: Gabriella (Silas)
emember: Dept Meeting	Remember: Grade Level Team Mtg; pre- MTSS work also at meeting.	Remember: Monday is a PD Day.
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