

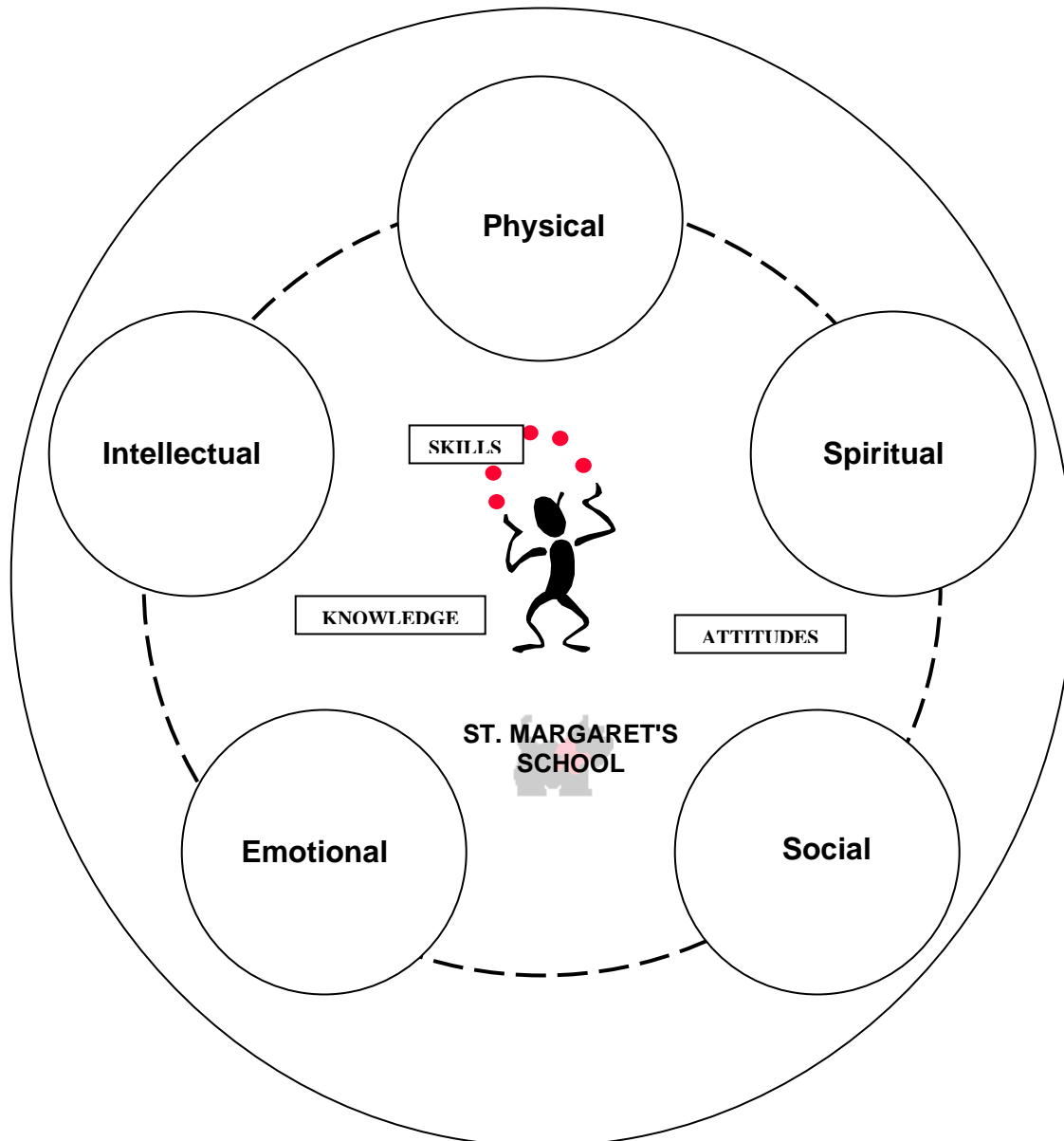
APPENDIX 1

St. Margaret's School Co-Curriculum 2009-2010

Outside of the academic day, St. Margaret's School has been deliberate in providing a wellness program with a developmental focus for girls. The broad scope of our Co-Curriculum includes the advisory program, afternoon and weekend activities, class activities, all-school meetings, Chapel, and the Residential Program. A group of faculty, staff, and administrators have created a guide of content and skills that we want our students to know at each grade level.

As this program enters its sixth year, we have reorganized the structure so that we can better attend to social, emotional, physical, intellectual and spiritual issues of well-being in the context of different age groups. During the weekly meeting periods we will divide into grade levels which will meet with groups of faculty and student leaders.

The following are scheduled topics and activities for each grade level:



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 ▪ Identifying values 	<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 ▪ Identifying values 	<ul style="list-style-type: none"> ▪ Completing a self-assessment ▪ Completing a personal inventory of strengths and weaknesses ▪ Beginning goal-setting ▪ Learning to support your 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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	8 th	9 th	10 th	11 th	12 th
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 ▪ Developing a personal sense of spiritual awareness and connectedness 	<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 ▪ Developing a personal sense of spiritual awareness and connectedness 	<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 ▪ Identifying and managing emotional needs ▪ Developing a personal sense of spiritual awareness and connectedness 	<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 ▪ Identifying and managing emotional needs ▪ Developing a personal sense of spiritual awareness and connectedness 	<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 ▪ Developing a personal sense of spiritual awareness and connectedness
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) ▪ Responding to a call to service 	<ul style="list-style-type: none"> ▪ Understanding empathy ▪ Responding to a call to service ▪ Identifying a community need 	<ul style="list-style-type: none"> ▪ Demonstrating empathy ▪ Responding to a call to service ▪ Identifying and planning to meet a community need 	<ul style="list-style-type: none"> ▪ Identifying and responding to a call to service ▪ Identifying and planning to meet a community need using available resources 	<ul style="list-style-type: none"> ▪ Modeling leadership in service ▪ Identifying and responding to a call to service ▪ Serving as a resource in the community

APPENDIX I

St Margaret's School
8th Grade (Sponsors Mrs.Armor and Mrs. Haney)

September

Sept. 9 Handbook Test
Sept. 17-18 River Days
Sept. 23 Internet Safety (All School)
Sept. 30 Bath and Body Works/Club Meetings

October

Oct. 7 Plagiarism Workshop (All School)
Oct. 14 PSAT day – 8's field trip
Oct. 21 Check-in with Ms. Kollaros
Oct. 28 8th Grade time out

November

Nov. 2 Morning Cocurriculum/Club Meetings, Afternoon Blue/Grey
Nov. 4 Respect
Nov. 11 Candlelight dinner – Etiquette (All School- day students invited)
Visual Fine Arts opening
Nov. 13 Plan Christmas outreach – Essex House
Nov. 16 Exam Week – no meeting

December

Dec. 2 Community Outreach
Dec. 9 Class Meeting (class bonding)

January

Jan. 6 Nutrition
Jan. 13 Class Meeting (Junior Variety)
Jan. 20 Class Meeting (Junior Variety)
Jan. 24 Junior Variety

February

Feb.1 International Festival (All School)
Feb. 10 Nutrition
Feb. 15 Candlelight Dinner followed by Drama production

March

March 24 Community Outreach

April

April 7 Intro to fitness activities/Club Meetings
April 14 Intro to fitness activities
April 21 Intro to fitness activities
April 28 Class Meeting (plan Chapel)

May

May 5 Class Meeting (plan Chapel)
May 12 8th grade chapel/Yakin and Kayakin
May 19 8th Grade time out
May 26 Class Meeting-Evaluation/Thank you
May 28 Class picnic at Toddsbury

APPENDIX I

St Margaret's School

9th Grade (Sponsors Mrs. LaLiberty and Mrs. Dickinson)

September

Sept. 9 Handbook Test
Sept. 17-18 River Days
Sept. 23 Internet Safety (All School)
Sept. 30 Check-in/Identifying Strengths/Transition to Boarding School

October

Oct. 7 Plagiarism Workshop (All School)
Oct. 14 PSAT day – Afternoon class meeting
Oct. 21 Bath and Body Works
Oct. 28 Community Outreach planning

November

Nov. 2 Morning Cocurriculum/Club Meetings, Afternoon Blue Grey
Nov. 4 Respecting Self, Others and Community (Healthy Relationships)
Nov. 11 Candlelight dinner – Etiquette (All School- day students invited)
Visual Fine Arts opening
Nov. 13 Class Meeting (Freshman Christmas theme)
Nov. 16 Exam Week – no meeting

December

Dec. 2 Community Outreach
Dec. 9 Class Meeting (Freshman Christmas)
Dec. 17 Freshman Christmas

January

Jan. 4-7 Prevention of substance abuse presentation by presenter, Michelle Kriebel
Jan. 13 Class Meeting (Junior Variety)
Jan. 20 Class Meeting (Junior Variety)
Jan. 24 Junior Variety

February

Feb. 1 International Festival (All School)
Feb. 10 Nutrition
Feb. 15 Candlelight Dinner followed by Drama production

March

March 24 Check-in Strengths and Looking Ahead (Tea with Dean for Residential Life, Natasha Kollaros)

April

April 7 Community Outreach planning/Club Meetings
April 14 Class Meeting (plan Chapel)
April 21 Class Meeting (plan Chapel)
April 28 9th Grade Chapel/Community Outreach

May

May 5 Self Respect/Frank Facts (Nurses)
May 12 "How to make the most out of High School" presentation by Director of College Guidance, Sheri Gross
May 19 Class Evaluation
May 26 Class Meeting-Elect President/Thank you
May 28 Class picnic

APPENDIX I

St Margaret's School
10th Grade (Sponsors Ms. Fritz and Ms. Abbott)

September

Sept. 9 Handbook Test
Sept. 17-18 River Days
Sept. 23 Internet Safety (All School)
Sept. 30 Personal inventory, strengths and challenges/Club Meetings

October

Oct. 7 Plagiarism Workshop (All School)
Oct. 14 PSAT's morning/Class Meeting-Soph. Halloween afternoon
Oct. 21 Stress Identification and recognition
Oct. 28 Class Meeting (Soph. Halloween)
Oct. 30 Sophomore Halloween

November

Nov. 2 Morning Cocurriculum/Club Meetings, Afternoon Blue Grey
Nov. 4 Stress – the physical reaction
Nov. 11 Candlelight dinner – Etiquette (All School- day students invited)
Visual Fine Arts opening
Nov. 13 Stress - take control
Nov. 16 Exam Week – no meeting

December

Dec. 2 Drug Awareness
Dec. 9 My Road Workshop

January

Jan. 6 Class Meeting (Junior Variety & Chapel)
Jan. 13 Class Meeting (Junior Variety & Chapel)
Jan. 20 Class Meeting (Junior Variety)
Jan. 24 Junior Variety

February

Feb. 1 International Festival (All School)
Feb. 10 Sophomore Chapel/Check-in
Feb. 15 Candlelight Dinner followed by Drama production

March

March 24 SMS Community Outreach *Pay it forward*

April

April 7 Personal Safety/Club Meetings
April 14 SMS Community Outreach *Pay it forward*, begin planning
April 21 *Pay it forward* planning
April 28 Personal Finance

May

May 5 *Pay it forward* evaluations
May 12 Thinking about College with Director of College Guidance, Sheri Gross
May 19 Leadership Opportunities and SMS Traditions
May 26 Class Meeting-Elect President, Jr./Sr. Banquet/Thank you
May 28 Jr./Sr. Banquet

APPENDIX I

St Margaret's School

11th Grade (Sponsors Ms. Ruebush and Mrs. Maggini)

September

- Sept. 9 Handbook Test
- Sept. 17-18 River Day
- Sept. 23 Internet Safety (All School)
- Sept. 30 Goal setting with Mrs. Broad/Club Meetings

October

- Oct. 7 Plagiarism Workshop (All School)
- Oct. 14 PSAT's morning/Family Connection Training with Director of College Guidance, Sheri Gross
- Oct. 16 Junior/Senior Parent Meeting
- Oct. 21 Class meeting (chapel theme)
- Oct. 28 Frank Facts

November

- Nov. 2 Morning Cocurriculum/Club Meetings, Afternoon Blue/Grey
- Nov. 4 Class meeting (chapel)
- Nov. 11 Candlelight dinner – Etiquette (All School- day students invited)
Visual Fine Arts opening
- Nov. 13 Class Chapel/Reaching your potential (Health Team)
- Nov. 16 Exam Week – no meeting

December

- Dec. 2 Drug Awareness
- Dec. 9 Class meeting (Junior Variety)

January

- Jan. 4-7 Prevention of substance abuse with presenter Michelle Kriebel
- Jan. 6 Young Alum Luncheon and town meeting
- Jan. 13 Class Meeting (Junior Variety)
- Jan. 20 Class Meeting (Junior Variety)
- Jan. 24 Junior Variety

February

- Feb. 1 International Festival (All School)
- Feb. 10 Checking in on your Potential (Health Team)
- Feb. 15 Candlelight Dinner followed by Drama production

March

- March 24 Ethics
- March 29-31 ISP presentations

April

- April 7 Personal Safety/Club Meetings
- April 14 Ethics
- April 20 RAIS College Fair
- April 21 Checking in on your Potential (Health Team)
- April 28 Ethics

May

- May 5 Lantern Ceremony Practice
- May 7 Junior College Workshop
- May 12 Class Meeting (Jr./Sr. Banquet)
- May 19 Leadership Opportunities and SMS Traditions
- May 26 Class Meeting-(Jr./Sr. Banquet, Elect Officers)
- May 28 Jr./Sr. Banquet

APPENDIX I

St Margaret's School
12th Grade (Sponsors Ms. Kollaros and Mr. Foulk)

September

- Sept. 9 Handbook Test
- Sept. 17-18 River Days
- Sept. 23 College and ISP application planning with Director of College Guidance, Sheri Gross
- Sept. 30 Class Meeting (plan chapel)/Club Meetings

October

- Oct. 7 Plagiarism Workshop (Oct. 7th) (All School)
- Oct. 14 PSAT day – College workshop & Class Meeting (chapel)
- Oct. 15 Essex High College Fair
- Oct. 21 Class Meeting (chapel)
- Oct. 28 Senior Chapel/Senior Town Meeting

November

- Nov. 2 Morning Cocurriculum/Club Meetings, Afternoon Blue/Grey
- Nov. 4 Class meeting (Senior Bazaar planning)
- Nov. 11 Candlelight dinner – Etiquette (All School- day students invited)
Visual Fine Arts opening
- Nov. 13 College Applications and ISP Check-up
- Nov. 16 Exam Week – no meeting

December

- Dec. 2 Class Meeting (Sr. Bazaar planning/Jr. Variety planning)
- Dec. 9 Financial Aid and planning for college with Director of College Guidance, Sheri Gross
- Dec. 9-11 Senior Bazaar

January

- Jan. 4 Prevention of substance abuse presentation with presenter Michelle Kriebel
- Jan. 6 Young Alum Luncheon and Town Meeting
- Jan. 13 Frank Facts
- Jan. 20 Class Meeting (Junior Variety)
- Jan. 27 Junior Variety

February

- Feb. 1 International Festival Day (All School)
- Feb. 10 ISP Public Speaking preparation
- Feb. 15 Candlelight Dinner followed by Drama production

March

- March 22 Seniors meet with ISP sponsors
- March 23 ISP presenters meet with Dr. Kahler for technology needs
- March 29-31 Independent Study Presentations

April

- April 7 College Life- ru red e (with Alums)/Club Meetings
- April 14 Campus safety
- April 21 Senior time out (no meeting)
- April 28 College Freshman finances

May

- May 5 Lantern Ceremony practice
- May 12 Class Meeting (Graduation dress)
- May 19 Senior time out (no meeting)
- May 26 Class Meeting
- May 28 Senior Charms Chapel and Jr./Sr. Banquet