

We are the FALCONS

Attendance

Attitude

Academics

Reflecting Inquiring

Communicating

Being Open-minded



MP 6

Period 1/7



Falcons Reflect...

6 more weeks of classes (5 weeks for seniors)

IB PRINCIPLED INQUIRY: How do we show that our *actions matter* in this last grading period?

- 1) Turn to a classmate near you, and the person with the shorter hair answers first:

What are some positive things that happened for you this semester?

- 2) Then think about:

1. *What are your Attendance goals for these last 5-6 weeks?*
2. *What are your Attitude goals?*
3. *What are your Academic goals for the rest of this semester?*



Falcons Inquire...

about stress.

IB PRINCIPLED INQUIRY: Why does *learning* about stress *matter* to our well-being?

- 1) *Name 3 signs of stress.*
- 2) *What does stress do to our bodies?*
- 3) *What are some things that cause you to feel stressed?*



[Video Link](#)

Period 3



Falcons Inquire...

Are all stress bad?

IB PRINCIPLED INQUIRY: How does our response to stress affect our body?

- 1) What are the two types of stress?*
- 2) Which type of stress could be good for our body?*
- 3) Which type of stress is worse for us in the long term? Why?*



[Video Link](#)

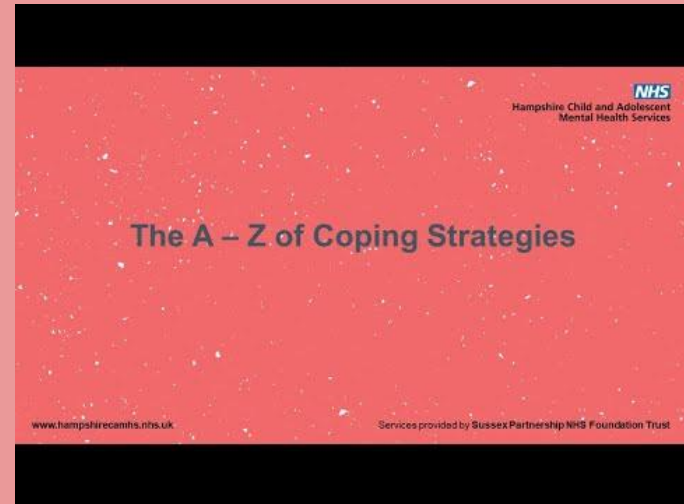
Period 4



*Falcons are Open-Minded...
to learning new skills.*

IB PRINCIPLED INQUIRY: How do you show that *YOU matter?*

- 1) *What strategies are you using now to manage your stress?*
- 2) *Which new strategies did you find interesting?*
- 3) *Which strategies will you try to manage your stress?*



[Video Link](#)

Period 5



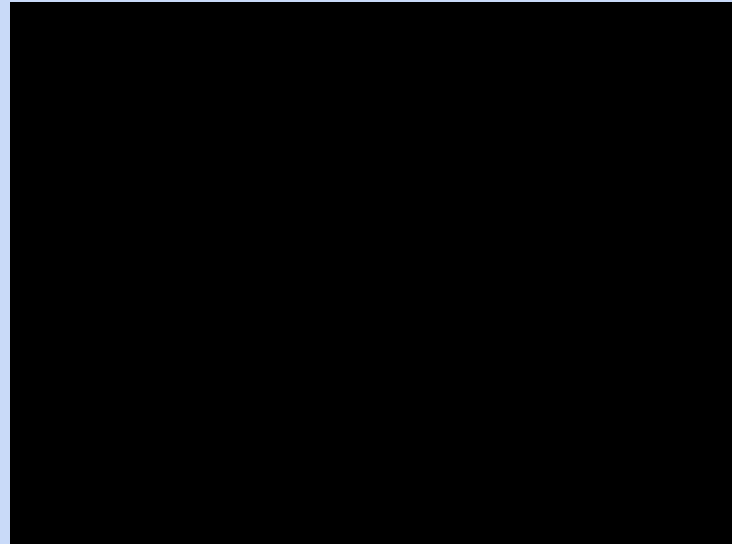
Falcons Know That...

We Matter: Resources

IB CARING QUESTION: Where can you go to get help for yourself or someone you know?

*How to access the Falcon
Wellness Center*

- Where do you get a pass to the center?*
- What do you do once you get there?*



[Video Link](#)



Falcons Know That...

We Matter: Resources

IB CARING QUESTION: Where can you go to get help for yourself or someone you know?

Falcon Wellness Center (Room 403)

- *Open Every School day*
- *Come during school class with a signed pass from your teacher*
- *If you want to speak with someone, fill out the **blue form***





Falcons Know That...

We Matter: Wellness Center Staff

Ms. Vivian:

**Greets Students &
Monitors Wellness Center
Space**



Ms. Amy:

**Available for check in's,
Provides Mental Health &
Wellness Support**



Ms. Cynthia

**Available for check in's,
Provides Mental Health
& Wellness Support**





Falcons Know That...

We Matter: Resources

Academic help: Reach out to your teacher(s), attend office hours, see your counselor.

Social-Emotional help: Dealing with stress, depression, anxiety, mental health concerns? Reach out to your trusted adults (teachers and staff), visit the Wellness Center.

Falcons support each other.

We are here for you, and we cannot help you unless you let us know.

Please let us know.