

FALCONS are:

Knowledgeable

Balanced

Risk-taking

Principled

Attendance: You matter

Attitude: Actions matter

Academics: Learning matters



Monday, November 27, 2023
Period 1

Falcons are **principled** in our daily lives

IB INQUIRY: WHAT ARE OUR FALCON EXPECTATIONS?



Andrew P. Hill High School Falcon Expectations

	You Matter	Actions Matter	Learning Matters
All Settings	<ul style="list-style-type: none">• Advocate for your needs• Balance your intellectual, physical, and emotional needs• Positively acknowledge other Falcons	<ul style="list-style-type: none">• Be kind, courteous, and respectful• Be mindful of your surroundings• Be principled and take responsibility	<ul style="list-style-type: none">• Be physically present• Be knowledgeable about resources, activities, and news• Follow your curiosity and interests
Classrooms	<ul style="list-style-type: none">• Communicate• Care about, notice, and help other Falcons• Be respectful of different perspectives and needs	<ul style="list-style-type: none">• Be on time and engaged• Do your optimal best• Use electronic devices only when permitted	<ul style="list-style-type: none">• Come prepared, listen and be open-minded• Inquire and be risk-taking learners• Reflect on your growth
Restrooms	<ul style="list-style-type: none">• Be mindful of other Falcons' personal space• Practice personal hygiene	<ul style="list-style-type: none">• Go only when necessary• Keep the areas clean• Use restroom only for its intended purposes	<ul style="list-style-type: none">• Use during brunch, lunch, passing periods• Return to class quickly• Inquire about information missed

[Expectations Link](#)

[Expectations-Vietnamese](#)

[Expectations-Spanish](#)

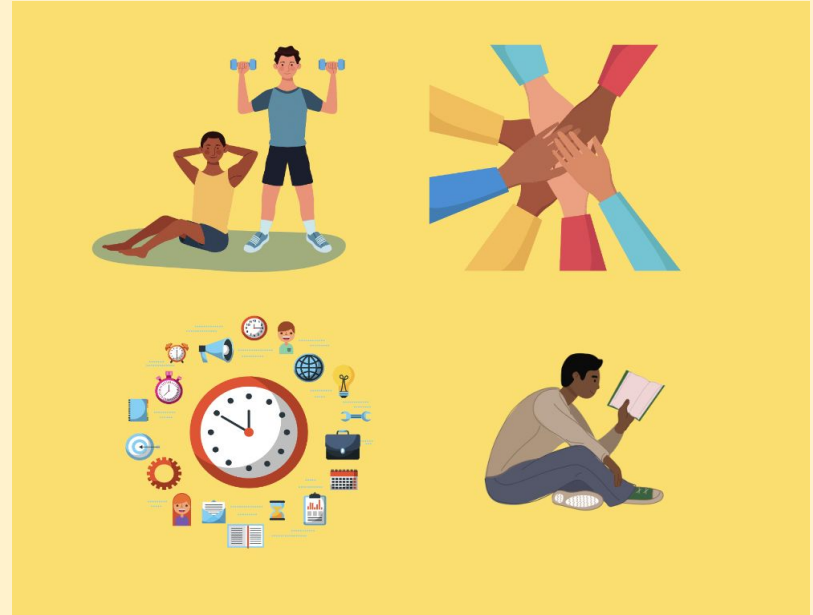


The Falcon Way: Andrew Hill's Message

1. Attendance: You Matter!

2. Attitude: Actions Matter!

3. Academics: Learning Matters!



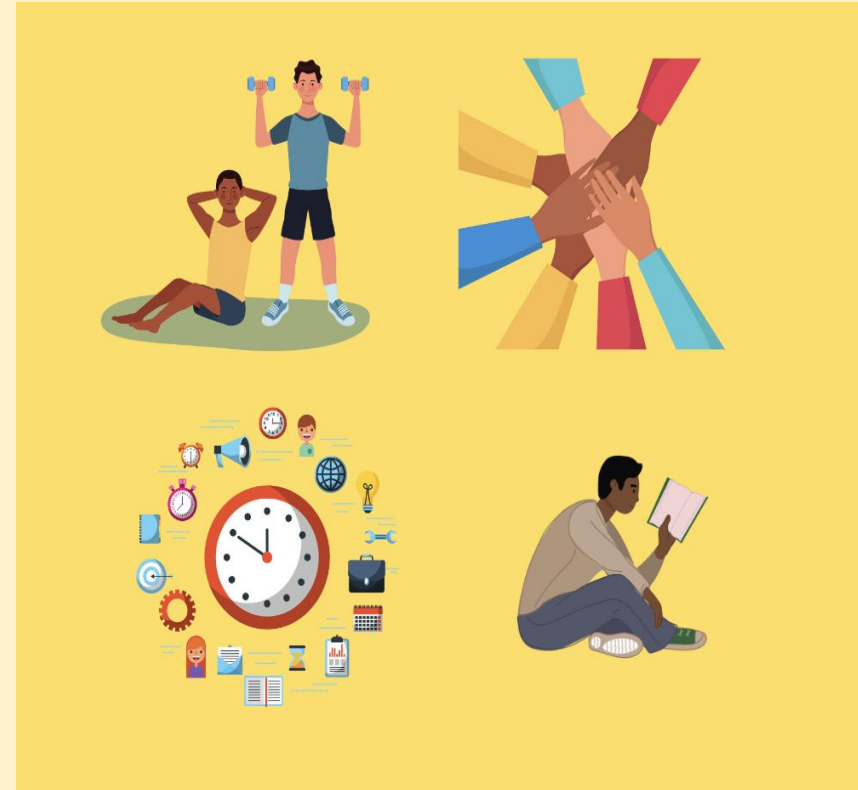
*Match these icons to one of the As.
Explain your rationale.



The Falcon Way: Andrew Hill's Message

Today, we will learn about the **Falcon Way** and **Self-Management Skills**.

- *stress management
- *organizational skills
- *time management
- *state of mind





The Falcon Way: Andrew Hill's Message

One of the Falcon Way As is Attitude: Actions Matter, but it means Words Matter too.

Think-Pair-Share

What does “Words Matter” mean to you?



*To me, “Words Matter” means

*To add, “Words Matter” means



The Falcon Way: Andrew Hill's Message

Read the statements. Discuss with a partner whether you agree or disagree with each statement. Explain.

Statement	Agree	Disagree
1. It's okay to say what I want around campus.		
2. Offensive language is okay to use outside of class.		
3. Respect transfers from culture to culture, from language to language.		



The Falcon Way: Andrew Hill's Message

Statement

1. It's okay to say what I want around campus.
2. Offensive language is okay to use outside of class.
3. Respect transfers from culture to culture, from language to language.

Discussion Starters:

Partner A: I agree/disagree with statement # ___ because ...

Partner B: I agree/disagree with you because...

Partner B: I agree/disagree with statement # ___ because..

Partner A: I agree/disagree with you because...



Attitude: Words Matter!

Use respectful and kind language in and out of class. We all deserve to be treated with respect.

paggalang

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SỰ TÔN TRỌNG

Respeto

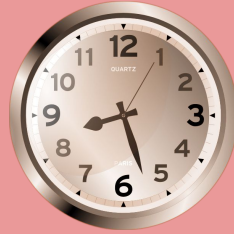


*Shout out to Tamkeen N. for helping make this slide possible.



The Falcon Way: Andrew Hill's Message

- Be on time.
- Stay engaged and focus.
- Only use electronic devices with your teacher's permission.



Semester 1 ends in 4 Weeks

Remember to...

- *Complete assignments on time.
- *Check deadlines.
- *Ask for help if you need it.



Falcons manage stress by managing our time.

IB INQUIRY: WHAT ARE SOME HEALTHY WAYS TO **MANAGE STRESS?**


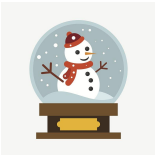

Grading Period 3 Important Dates

1. *Return from Thanksgiving Break (November 27)*
2. *Saturday Scholars (December 2 @ 8:30 a.m.)*
3. *Saturday Scholars (December 16 @ 8:30 a.m.)*
4. *Study for Finals/Finish Final Projects (December)*
5. *Finals Week (December 18-21) Semester Ends*
6. *Semester 2 starts January 8, 2024*



November and December 2023

Semester 2 starts
Jan. 8, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27 Return from Thanksgiving Break	28	29	30	1 	2 Saturday Scholars @ 8:30 a.m.	3
4 Special Schedule	5 Special Schedule	6	7	8	9	10
11	12	13	14	15	16 Saturday Scholars @ 8:30 a.m.	17
Study for finals/complete projects						
18	19 Finals	20 Finals	21 Finals	22 Holiday Break begins	23 	24  Per. 3



November and December 2023

Semester 2 starts
Jan. 8, 2024

Assignments:	Due Dates:	Notes/Reminders:
<input type="checkbox"/> _____	_____	_____
<input type="checkbox"/> _____	_____	_____
<input type="checkbox"/> _____	_____	_____
<input type="checkbox"/> _____	_____	_____
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Other:		

[Click Here](#) for the document link.

*Jot down assignments and due dates for Grading Period 3.



Falcons are persistent and manage our time wisely.

Falcon
Tutoring Center

**BEFORE &
AFTER SCHOOL
TUTORING**

ROOM 407

MONDAY - FRIDAY
STARTING AT 7:30 AM
AFTER YOUR LAST PERIOD

Math, Science, English, Social
Studies, and more!

Where can you go if you need help with homework?

- *Go to 407
- *See your teachers
- *Use Paper.co
- *Attend office hours.

Tutors are available to assist you in hundreds of subjects, including:

- * English
- * Math
- * Writing
- * Physics
- * Social Sciences
- * And more!

To access Paper follow the instructions below:

1. Login to ARMS (<https://arms.esuhd.org>)
2. Under Applications, click Paper



Period 3



Falcons try to find **BALANCE** in our lives.

IB INQUIRY: WHAT ARE SOME HEALTHY WAYS TO **MANAGE STRESS**?



Listen to the advice about Stress Management by “Med School Insiders” from Crafton Hills College.

[Video Link: 8:40 mins](#)



Falcons try to find **BALANCE** in our lives.

IB INQUIRY: WHAT ARE SOME HEALTHY WAYS TO **MANAGE STRESS?**

To Review

1. Organize your assignments, tests, quizzes in a planner
2. Take Deep Breaths
3. Practice Mindfulness
4. Exercise
5. Balance responsibilities

Discuss:

Which do you practice already?
If it's not on this list, what are other ways to help you manage stress in a healthy way?



Falcons try to find **BALANCE** in our lives.

IB INQUIRY: WHAT ARE SOME HEALTHY WAYS TO **MANAGE STRESS?**



Mental Health & Wellness Center
Located in Room 403

REFER A STUDENT
FOR SUPPORT



Mental Health

RESOURCES FOR YOUTH

Visit the
Wellness
Center in 403
if you need
additional
support.



Falcons try to find **BALANCE** in our lives.

IB INQUIRY: WHAT ARE HEALTHY WAYS TO MANAGE STRESS?

Stress affects our bodies and minds, and as Semester 1 comes to an end, you might find yourself having more stress and difficulties concentrating.

Learn other techniques to help you relax so YOU can tackle homework, tests, projects, and final exams.

How does stress show up in the body?



Fatigue



Nausea



Teeth Grinding



Muscle Tension



Stomach Problems



Colds



Insomnia



Skin Rashes



Headaches



Falcons learn *Self-Management* techniques.

IB INQUIRY: WHAT ARE HEALTHY WAYS TO MANAGE STRESS?

Try this
Zentangle
Pattern!

Video
Link: 6:29
mins



According to Dr. Cathy Malchiodi, author of “Calm Down and Get Your Zentangle On,” Zentangles helps us relax and focus. It is a self-help therapy practice.

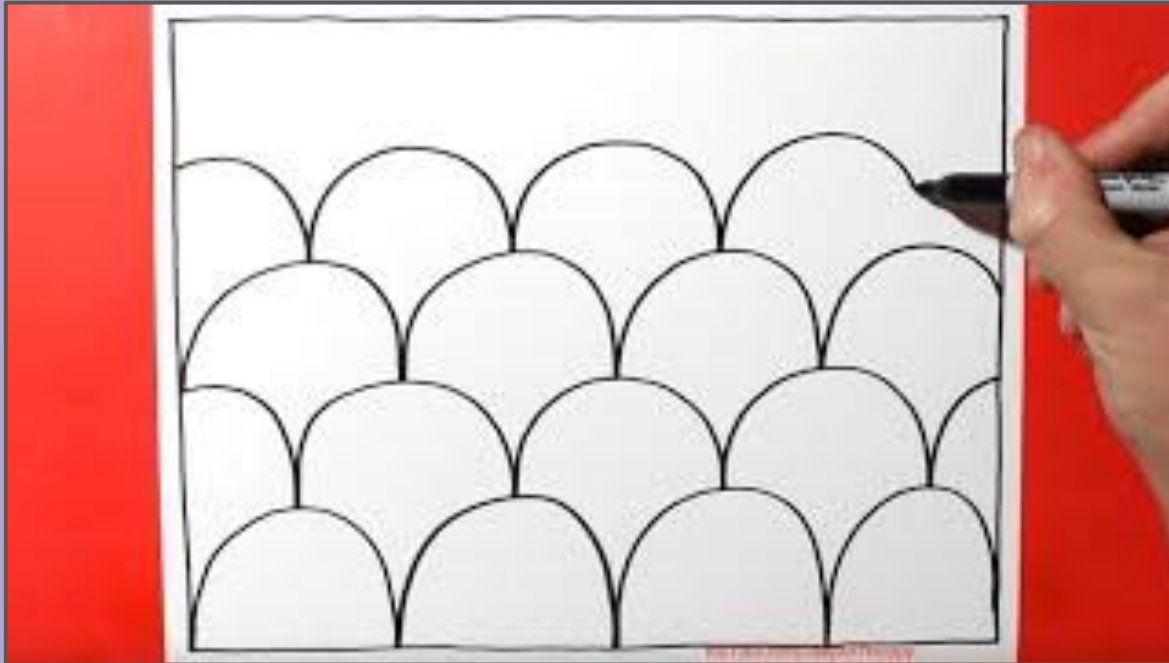
Psychology Today, March 23, 2014

Shout out to Carlos C., Jonathan C., Waldo V., Diego G. for suggesting this activity.



Falcons learn *Self-Management* techniques.

IB INQUIRY: WHAT ARE HEALTHY WAYS TO MANAGE STRESS?



Try this
Zentangle
Pattern!

Video Link: 8:52
mins



Falcons try to find **BALANCE** in our lives.

How can we connect this example to the Falcon Way?



“Kung Fu trains us to focus our minds for meditation.”

–Jigme Yangche Ghamo

Discuss:

How does exercise help our bodies and minds? What can Jigme and other nuns teach us about stress management?

Video: 2:49 Link: [Kung Fu Nuns](#)

Period 6



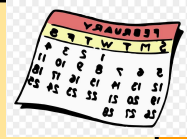
Falcons learn *Self-Management* techniques.

IB INQUIRY: WHAT ARE SOME HEALTHY WAYS TO **MANAGE STRESS**?

Reflection:

How do you feel knowing that we have **FOUR** weeks in the semester? How will you manage stress to complete your **BEST** work?

Write your reflection as a journal entry.



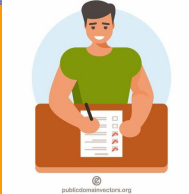
Organize assignments, tests, quizzes in a planner.

Take Deep Breaths



Practice Mindfulness

Study



Exercise

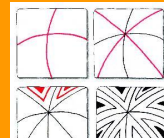


Balance responsibilities

Go to Tutoring & Office Hours



Draw Zentangles



Period 7:
Do the lesson for
Slide 1-4