

Southern Local Elementary School

Aiming High 2019-2020

Southern Local Elementary School has been very fortunate in that our students have greatly benefited from the programs that have been presented to them over the years by the educational division of the Family Recovery Center. This year students in kindergarten, first, second, fourth, fifth and sixth grade will participate in the Aiming High Program. The four week program at each grade level will be presented by Denise Kuhlman, Leslie Rivera and Tiffany McFee.

The age appropriate lessons are designed to give our students a better understanding of the challenges they may face during the course of the school year and to develop the skills that will help our students successfully deal with these challenges. Each grade level program is built on what the students have been taught the previous year.

Listed below is a brief description of the areas that will be covered at each grade level. Also included is the Aiming High schedule that our students will follow.

Kindergarten With Tuggles the Teddy Bear / First Grade With Carman The Cool Cat

Differences

Students will discuss how friends are alike but different, describe how differences can enrich a friendship, and list positive behaviors of a friend.

Anger

Students will learn to identify warning signs (physical sensations) of anger, distinguish between angry feelings and aggressive actions, discuss negative consequences of aggressive behavior, and recite an anger management chant.

Stop & Think

Students will learn to differentiate between safe, healthy decisions and unsafe, unhealthy decisions, discuss how peers influence decisions, and focus on personal responsibility for making positive choices.

Good health

Students will learn to define what it means to be healthy, be able to recite healthy behaviors (food, activities and healthy practices), and learn why they should avoid certain food, activities, and practices to reach their healthiest potential.

Second Grade With Wagner the Peaceful Pup

Stop & Think

Students will discuss the importance of stopping to think before making a decision, define consequences and practice predicting possible outcomes, and be able to demonstrate that they can make good decisions.

Friends

Students will learn positive qualities to look for when choosing friends, and focus on treating each other with respect. Children will learn that choosing positive friends is very important considering how strongly friends influence each other-- especially as children grow older.

Peer Pressure

Students will be able to define what peer pressure is and will learn why it is important to refuse pressure to make poor choices. Students will learn four strategies for handling peer pressure in a healthy way.

Medicine

Students will learn safe and appropriate ways to use prescription and over-the-counter medicine. Children will learn that it is dangerous to use medicine improperly and must have help from a trusted adult.

Fourth Grade

Respecting Differences

Students will recognize why people have conflicts and discuss the positive benefits of listening to the opinions of others with respect.

Peer Pressure

Students will learn and practice peer pressure refusal strategies enabling them to express their decisions with confidence, avoid risky situations, and be a positive influence on others.

Decision Making

Students will discuss the consequences of poor decisions and learn the steps to good decision-making. Students will practice applying these skills in a variety of real-life scenarios.

Medicine

Students will learn the benefits of medicine when used correctly, identify safe practices to use and store prescription and over-the-counter medicine at home, and practice differentiating between safe and unsafe use of prescriptions and over-the-counter medicine.

Fifth Grade & Sixth Grade

Through fun, interactive games, activities, visual aids, and role-plays, students learn skills to communicate assertively, disagree respectfully, make good decisions, manage emotions, resolve conflicts peacefully and refuse negative peer pressure. Select lessons highlight the negative effects of alcohol, tobacco, and marijuana use. Students will navigate their way to a healthy future and feel empowered with the tools they need to be positive role models in their schools and communities.

Communication

Students will learn to communicate effectively by reviewing verbal and non-verbal communication techniques and demonstrate the effect of tone of voice on meaning.

Advertising

Students will discuss advertising techniques used to market tobacco products, and will be able to distinguish advertising claims versus facts about tobacco and nicotine products and the effects they have on users.

Assertiveness

Students will learn to communicate assertively in order to voice their wants/needs clearly and avoid confusion, conflict and bullying situations.

Responsibility

Students will discuss personal responsibility for decision making and demonstrate effective peer pressure resistance.

Respect for Self and Others

Students will learn to assess their own strengths and weaknesses and discuss the effects of one's thoughts on their feelings and behavior, especially in difficult situations.

Identifying And Managing Emotions

Students will learn to better identify and manage their emotions and be able to differentiate between healthy and unhealthy ways to manage their emotions, building a stronger sense of self-awareness.

Peer Pressure

Students will demonstrate effective peer pressure refusal techniques, discuss the benefits of associating with peers who make positive decisions, and learn ways to influence others positively.

Gateway Drugs

Students will review the harmful effects of tobacco use, learn how the brain is affected by alcohol consumption, and uncover the truth about marijuana. Students will discuss facts and myths to learn the real deal about gateway drugs.

2019-2020 Aiming High Schedule**Time / Classroom Teacher****Presentation Days / Dates**

9:20-9:50 (1B) Katie Forbes (22)

Wednesday, September 18

9:55-10:25 (1A) Nikki Beadnell (21)

Wednesday, September 25

10:40-11:20 (4C) Janice Pierce (19)

Wednesday, October 2

11:35- 12:15 (4A) DianaPinkerton (21)

Wednesday, October 9

12:20-1:00 Open

1:00-1:40 (4B) Janice Pierce (22)

Time / Classroom Teacher

9:15-9:55 (6C) Brenda Kekel (22)

10:00-10:40 (5B) Karen Marquis (24)

10:45-11:30 Open

11:30-12:10 Open

12:15-12:55 (6A) Taffi Voorhees (23)

1:00-1:40 (5C) Karen Marquis (22)

1:45-2:25 (6B) Nancy Sakely (21)

2:30-3:10 (5A) Karen Marquis (21)

Presentation Days / Dates

Wednesday, October 16

Wednesday, October 23

Wednesday, October 30

Wednesday, November 6

Time / Classroom Teacher

9:20-10:00 (2B) Renee Blakeley (22)

10:05-10:45 (2A) Heather Clapsadle (20)

10:50-11:45 Open

11:50-12:30 (K-A) Kim Blatch (18)

12:35-1:15 (K-B) Nikki Lewis (18)

1:20-2:00 (K-C) Holly Davis (19)

Presentation Days / Dates

Wednesday, February 5

Wednesday, February 12

Wednesday, February 19

Wednesday, February 26