

FITZGERALD

High School



THINK.RESPECT.Plan

2013-2014

HOW DID WE GET BUY IN?

TABLE OF CONTENTS

How did we get “buy in”?

Pages 1-2

Think.Respect Plan

Pages 3-7

F.I.T Challenge (Staff Wellness)

Pages 8-9

Spartan Check In Sheet (for Staff Meetings)

Page 10

Spartan Praise Sheet (for Staff Meetings)

Page 11

Spartan Buck Prize list

Page 12

HOW did we get “buy in” from Administration?

- The CSH Team created the Think.Respect Plan in June 2013.
- We made sure our plan was specific, worked within the time constraints of the school year, and could **ENHANCE** the existing curriculum.

HOW did we get “buy in” from the Staff?

- We introduced the plan to the Staff during the opening day meetings (prior to the start of school). We made sure that the plan was **presented by fellow teachers on the CSH Team**.
- We explained that the plan would be **respectful of time constraints**.
- **We were giving them the OPTION** of using a prepackaged lesson created by the (CSH Team) or they could connect the theme for the month with their existing lesson or curriculum for that day.
- We created a **Staff Community GOOGLE DOCS document** where staff members were asked to write in their Think.Respect lessons for the day for each Think.Respect Day.
- We encouraged Staff (Wellness) fitness through the **FIT Challenge** as well as staff connection through **Wednesday snacks**.

HOW did we get “buy in” from the students?

- We introduced this to the students by having them create goals for themselves. We attempted to **customize** each Think.Respect lesson to the school or individual student needs.
- We encouraged students to help spread the message or the “brand” through wearing **Think.Respect shirts, backpacks, and ID lanyards**.
- We used a PBIS (Positive Behavioral and Intervention Support) approach. Students that wore their Think.Respect shirts on Fridays or Blue and Gold received **Spartan Bucks**. Spartan Bucks are tickets students can collect in return for a reward (examples include snacks or grade incentives from teachers).
- At staff meetings, we put **“Spartan Check-In and Praise sheets”** at each table. Staff members could write down a student’s name that they felt counseling should follow up with or students that should be praised for their efforts. This way students were getting the attention they needed or deserved.

- Our Leadership students, created Public Service Announcements that were shared during video student announcements throughout the year.
- Our **SWAG group (Youth Engagement)** planned events that highlighted students such as the Poetic SLAM and Open Rec night.
- Our **FIT (Fitzgerald In Training) Club** encouraged regular physical fitness three times a week. They provided Yoga, Zumba, and Swimming workouts for interested students.



Safe and
Supportive Schools

THINK.RESPECT. PLAN

Fitzgerald High School

PURPOSE:

Our purpose with our Think.Respect Plan is to encourage our students and staff to respect themselves and others through taking care of their mental/emotional, social and physical health.

MENTAL/EMOTIONAL HEALTH CONNECTION...Connect

Think.Respect/Spartan Attributes to curriculum. Also, teachers will be given regular opportunities to refer students to support services.

SOCIAL HEALTH CONNECTION...Opportunities to discuss CHARACTER and school/self expectations will foster stronger relationships within the building through character lessons.

PHYSICAL HEALTH CONNECTION...The F.I.T Challenge will be introduced to the Staff and (possibly) Students. F.I.T Club will also continue from last year. Encourage FIT Club for students and staff to participate in.

PLAN and TIMELINE

Month	ACTIVITIES
June 2013	- CSH Meeting (Creation of Think.Respect Plan)
July 2013	- Receive Approval from Administration and MDE before proceeding with the following activities. - Order Items to be Purchased (which are listed below)
August	- As a CSH Team, review the plan and delegate tasks to the team - Receive student input from SWAG (Youth Advisory Council) - Plan for staff and student presentations - Receive items that will be distributed to students and

	<p>staff.</p> <ul style="list-style-type: none"> - Present to the staff during Opening Day meetings. • GIVE TEACHERS the option of using alternative lessons (created by CSH) or connecting to the Think.Respect theme to their own curriculum • During opening day meetings, <u>allow teachers time to brainstorm HOW they can incorporate these attributes into their lessons.</u> Ask if they would prefer to fit the attributes into their own lessons or have a prepackaged lesson. <p style="text-align: center;"><i>SPARTAN ATTRIBUTES</i></p> <p>S-STRIVE for your goals(October) P-PERSIST in your goals (November) A-Acquire an ATTITUDE of ALTITUDE (December) R-RESPECT YOUR OPPORTUNITIES (January) T-THINK EXTRAORDINARY (February) A- Activate ALTRUISM (March) N-NURTURE COURAGE (April) S-SURVIVE TO THRIVE (May)</p>
<p>September</p>	<p>WEEK #1 Have grade level meetings in the 1st week of school introducing the Think.Respect. theme to students and allowing them time to think of a goal they would like to reach this year. Students will write down their goal, which will be posted in the building and/ OR on the back of their student IDs.</p> <p>WEEK #2 What is a SPARTAN? Students will help to define what a Spartan is through dedicating a 7 minute portion of each period to that question on a designated day. 1st Hour: Watch a 7 minute clip on Ancient Sparta and write notes. 2nd Hour: Have a 7 minute discussion with the class regarding the video. (Discussion questions will be provided to teachers) 3rd Hour: Brainstorm the best qualities of a Spartan for 7 minutes on a large poster (which will be posted in the halls) 4th Hour: Think.Respect. introduction... Teachers will do a short explanation of what Think.Respect is and ask students HOW students and staff can show respect to each other. Students will write responses on the same large sheet of paper. Review Spartan Bucks. 5th Hour: Spartans review...who were they? Who are we? How</p>



can you show respect for yourself. Students will write a short list of how they can respect themselves. They will place this in an envelope, address it to themselves and it will be mailed to them at a later date.

- Teachers will collect T-shirt sizes for a designated period.

WEEK#3

Think.Respect. T-shirts, backpacks, wristbands, and lanyards will be distributed to staff and students. We ask the shirts, some kind of Spartan gear, or professional dress be worn every Friday in support of each other. Students that participate will receive a Spartan Buck in their 1st hour.

Monthly Plan for the year will be introduced in a designated period.

WEEK #4

Each class will take 5 minutes to review the Spartan Attributes. A PowerPoint will be sent to the teachers with pictures. Students will have a 5 minute conversation on what that picture illustrates a Spartan Attribute.

1st Hour: Strive for your goals and Persist in your goals

2nd Hour: Acquire an Attitude of Altitude and Respect your opportunities

3rd Hour: Think Extraordinary and Activate Altruism

4th Hour: Nurture Courage

5th Hour: Survive to Thrive

- During a staff meeting/PLC, teachers will receive time to brainstorm how they will tie the upcoming months Spartan Attribute to a lesson.
- For each staff meeting this year....While the staff is waiting for staff meetings to begin, each table will have a "Spartan Check In" sheet. On this sheet, staff members will be asked to write a student(s) name that they are concerned about with a brief reason. These sheets will then be shared with Administration and students will be referred to the proper department. They will also be asked to list students that are going above and beyond to receive a Spartan Buck.

October	<p>On two Designated Tuesdays, teachers will connect lessons to the Spartan Attribute “STRIVE for your goals”.</p> <p>Introduce F.I.T (Fitzgerald in Training) Challenge.... Staff may volunteer and wear a pedometer (to be purchased out of 13-14 funds if approved).</p> <p>“Spartan Check In” sheet at all staff meetings.</p>
November	<p>On two Designated Tuesdays, teachers will connect lessons to the Spartan Attribute “PERSIST in your goals”.</p> <p>Letters written to their selves in September will be sent home to them.</p> <p>Spartan Check In Sheet at all staff meetings.</p>
December	<p>On two Designated Tuesdays, teachers will connect lessons to the Spartan Attribute “Activate ALTRUISM”.</p> <p>Spartan Check in sheet at all staff meetings.</p>
January	<p>On two Designated Tuesdays, teachers will connect lessons to the Spartan Attribute “RESPECT your opportunities”.</p> <p>Spartan Check in sheet at all staff meetings.</p>
February	<p>On two Designated Tuesdays, teachers will connect lessons to the Spartan Attribute “THINK Extraordinary”.</p> <p>Spartan Check in sheet at all staff meetings.</p>
March	<p>On two Designated Tuesdays, teachers will connect lessons to the Spartan Attribute “Acquire an ATTITUDE of ALTITUDE” .</p> <p>Spartan Check in sheet at all staff meetings.</p>
April	<p>On two Designated Tuesdays, teachers will connect lessons to the Spartan Attribute “Nurture Courage”.</p> <ul style="list-style-type: none"> • Teachers will volunteer to write 3-4 to students each about the students strongest Spartan Attribute. Letters will be delivered in June prior to Final Exams. <p>Spartan Check in sheet at all staff meetings.</p>
May	<p>On two Designated Tuesdays, teachers will connect lessons to the Spartan Attribute “Strive to Thrive”.</p>

	Teachers will volunteer to write 3-4 to students each about the students strongest Spartan Attribute. Letters will be delivered in June prior to Final Exams.
	Spartan Check in sheet at all staff meetings.
June	Distribute letters to students

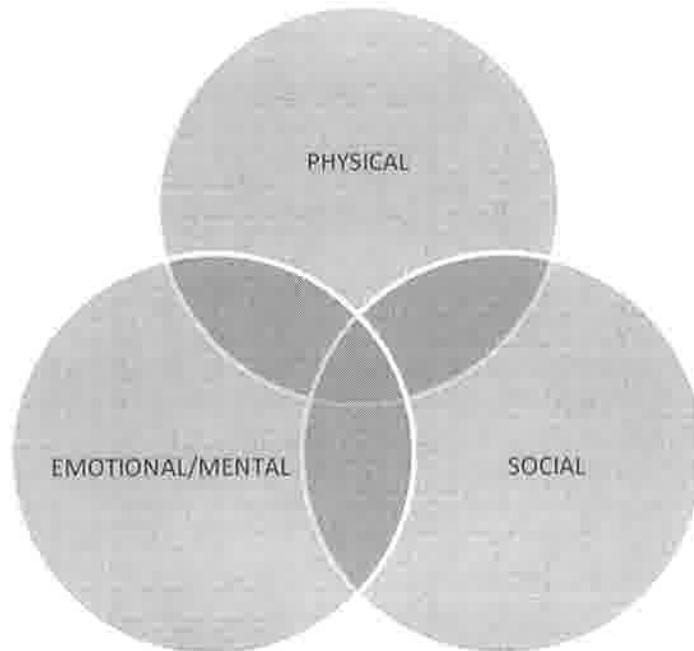
THROUGHOUT THE YEAR

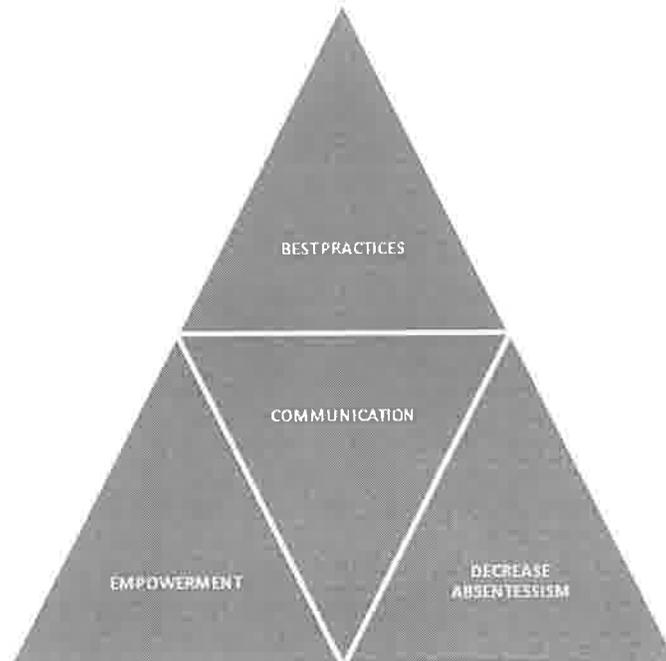
- Students will receive Spartan Bucks for wearing Think.Respect. items, Spartan gear, or dressing professionally every Friday.
- While staff is waiting for staff meetings, each table will have a “Spartan Check In” sheet. On this sheet, staff members will be asked to write a student(s) name that they are concerned about with a brief reason. (Signs of Depression, Aggression, Physical Health reasons etc.) These sheets will then be shared with Administration and students will be referred to the proper department.
- Every other Tuesday teachers will be explicit with a SPARTAN attribute of the month in their lesson for the day.
- Announcements will play something on the attribute of the month. SWAG students will be recruited to share their goals and messages as well.

F.I.T Challenge

(Possibly may be extended to students...pending grant approval)

Goal: The development and implementation of Fitzgerald's Healthy teams will help bridge the gap in many areas which the HSAT has shown we need help: in particular, staff wellness, staff morale, and also will try to bring all faculty members together as a whole.





How the teams will be picked: The primary way the teams will be divided is by grade level. Meaning those that teach ninth grade classes will be grouped together and on the same team.

Participants, if Fitzgerald is where you work you will be asked to be on the teams. Why? To improve communication among all adults in the building, thus providing a better environment for all workers, this includes central administration, board members, custodians, cooks, secretaries, and FLEXES staff. All of these people have a vested stake in the success of our school.

The teams will be given ideas on how to work out together, bring in healthy recipes, potentially Friday lunches together etc.

Assessment, we will need to have another meeting for those that are interested in helping to develop this idea, and potentially be team captains.

Currently we are looking at getting pedometers so the quantifiable measure will be the number of steps taken by each staff member daily. We will be contacting MESSA, and the pedometer companies themselves.

The season will be six weeks long, so essentially every progress report/ end of trimester marking will mark the end of the competition. After each one of those six week times we can come together and see what tweaks need to be made. A long range goal would be to challenge another school, (WWT)

Next steps:

- Get pedometers, call MESSA- KMIEC
- Develop guidelines, for completion – S3 COMMITTEE
- Ask all groups of workers- KMIEC
- Develop teams, S3 COMMITTEE
- Need list of all workers- Clor
- How to input steps- s3 committee

SPARTAN CHECK IN



Safe and Supportive Schools

This paper is for students that we think need extra help from the various resources we have in the building. (Counseling, tutoring, mentoring, Health Center etc.) Please take this opportunity to connect a student to the appropriate help.

MEETING DATE: _____

<u>Student Name</u>	<u>Reason for Concern</u>	<u>Grade</u>	<u>Referring Teacher</u>

SPARTAN PRAISE



This paper is for students that we would like to acknowledge because we think they are doing a great job working toward their goals as well as our school goals. Please take this opportunity to praise our deserving students.

MEETING DATE: _____

<u>Student Name</u>	<u>Reason for Praise</u>	<u>Grade</u>	<u>Referring Teacher</u>

FHS Spartan Buck Prizes

Name:				
4th Hour:				
5th Hour:				
Item	Teacher	# Available	# of Tickets	Desired Item
20 Star Points	Crawford			
5 Extra Credit Points to one assessment grade	Crawford	20		
1 extra day to complete a project/paper w/o penalty	Crawford	10		
Missing Homework pass(HW grade can not exceed 10 points)	Blackman	10	5	
10 extra credit points on HW	Blackman	10	10	
5 points added to a quiz, test or lab report (excludes final)	Blackman	10	10	
10 Extra Credit Points on a test, quiz or project	Busuttill	10		
10 Points Extra Credit	Crotty	20		
1 extra credit to complete assessment without penalty	Davis	Unlimited	3	
Pack of Mechanical Pencils	Davis	5	3	
Add 5 points to an assessment	Davis		3	
5 extra credit assessment points on any assessment	Fletcher	1 per student	5	
Two extra days to submit an assessment without late penalty	Fletcher	1 per student	5	
Homework Pass for an assignment worth up to 25 points	Fletcher		3	
5 Extra Credit Points added to an essay revision	Fletcher	15		
5 Extra Credit Points to one assessment grade	Gardner		3	
Drop the lowest quiz grade	Gilchrist	10	3	
3 EC Points on a chapter test	Gilchrist		3	
Storybook in Spanish	Gilchrist	20	1	
Use your ISN on 1 quiz	Hills		6	
Reassess a quiz without parent signature	Hills		3	
10 Extra Credit Points on a test or quiz	Kacaj			
Lunch w/ Mrs. Kiger- Fast Food of student's choice	Kiger	2	10	
1 Spiral Notebook	Kniec	7	2	
Airhead	Krause/School Store		3	
2 Points Extra Credit to any assessment graded assignment	Krause		2	
5 Points Extra Credit added to an assessment grade	MacKay, D		2	
5 Points Extra Credit added to a test	MacKay, J	5		
Drop the lowest test score	MacKay, J	5		
5 Points Extra Credit to any assessment graded assignment	McDonell	10	2	
10 Points applied to a speech	Mulligan	10		
10 Points applied to a performance assesement	Mulligan	5		
5 Extra Credit Points on a Chapter Test	Roush	10	7	
Drop the lowest quiz grade	Roush	10	5	
5 Homework Points	Pollum		1	
5 Points on a test	Pollum		5	
5 Shop Points	Pollum		10	
One Homework Pass	Smith, D	Unlimited	5	
- Drop the lowest grammar quiz grade (1 per person)	Smith, D	10	10	
PAWS T-Shirt	Smith, J	1	5	
Candy Bar and Soda of student's choice	Smith, J	5	2	
5 Extra Credit Points on a Video Project	Smith, B	10	2	
5 Extra Credit Points (general)	Smith, R	10		
5 Extra Credit Points applied to an assessment grade	Sonnenfeld	10		
\$50 Science Dollars for Akins/Stadts Chemistry Class	Stadts	Unlimited	2	
5 Extra Points towards a test or quiz	Tasios	10		
1 Excused Homework Assignment	Wrubel	10	4	
1 Scented Pencil	Wrubel	8	3	
5 Extra Credit Points on assessment	Wrubel	10	5	
10 homework points (max 10 points)	Wrobel		5	
5% towards a quiz (max one per quiz)	Wrobel		5	
5% towards a test (max one per test)	Wrobel		5	
Get out of detention	Adminstration		10	
Get out of a hallsweep	Adminstration		10	

Student

Staff Member

Date

Time

Reason

No. 16126

No. 16126

SPARTAN  **BUCK**

AWARDED TO: _____

STAFF INITIALS: _____