

# GLADES COUNTY SCHOOL DISTRICT

## *Building Academic Excellence*

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Dear Glades County Families,

Happy New Year to each of you. As previously mentioned in our parent informational meetings, we wanted to introduce the first few pillars of the Community wellbeing lessons. These lessons will begin on 1/26/2022 in your student's homeroom. We have outlined the first 4 weeks of instruction below for your convenience to review. Please take a moment to look over the first four lessons of the community pillar. As a reminder, these lessons may look a little different for each grade level; the lessons vary and are designed to be age appropriate. Students in lower grade levels will be learning simpler and age appropriate ideas of what it means to be a compassionate community. Students in higher grade levels will be tasked with building upon already formed ideals of how to help each other.

If you should have any questions or concerns about these lessons please feel free to contact either Andrea Schillinger, the Director of ESE and/or Jay Reed, LCSW the District's Lead Mental Health Specialist. Please see their contact information below.

### Lesson Outline

**Lesson One: What is Community? (Approximately 30 minutes)** - Students will learn about the concepts of volunteering, sharing, helping others, donating and cooperation. Students will be encouraged to discuss examples of these behaviors and how they can help improve our school community.

**Lesson Two: What is Altruism? (Approximately 30 minutes)** - This lesson will help students expand their understanding of altruism and selflessness. They will learn the characteristics of altruistic behavior and how it differs from other types of actions. It is important to help students understand that altruism consists of acting for the benefit of another without expecting something in return.

**Lesson Three: Generating Empathy- Part One (Approximately 20 minutes)** - Students will understand what empathy is, how it benefits the community and strengthens relationships.

**Lesson Four - Generating Empathy - Part Two (Approximately 20 minutes)** - This lesson continues the development of prosocial behaviors, following the discussion of altruism in the previous lesson. In this activity, students discuss the feeling of empathy and practice generating empathy toward others. Then, students will reflect together on how cultivating empathy toward others may improve their social interactions and relationships

Thank you again for helping us embark on this journey to build a more compassionate community for our students.

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