

Pinnacle – Overcoming Stress: Juniors

Sep. 19, 2017

	Lessons	Standards
Last Week Sep 11-15	AG Introductions (Tues) Attendance/Handbook/Conduct (Wed) Safety and RIE Procedures (Thurs) Homecoming Voting (Fri)	SEL 1 : Self-Regulation SEL 2 : Social Belonging
This Week Sep 18-22	Pinnacle Lesson: Overcoming Stress	SEL 1: Self-Regulation
Next Week Sep 25 - 29	Progress Reports/ Goal Setting (Tues) Homecoming Kick-off Assembly (Fri)	SEL 2: Social Belonging and Growth Mindset

Materials: Pinnacle Login direction sheet (Attached & in box), Pinnacle account documents for first time pinnacle users (in box, usually only a few students per class), Blank Class List (In box - return to Heidi Eberle), Blank Month Calendars

Procedure:

1. Begin advisory according to personal preference.
2. Take attendance.
3. Read announcements.
4. Remind App - Please ask all of your Junior students to join Remind. It is a texting communication tool that allows ASB to remind and inform students about school activities. There is a simple account set-up process. In order to join **Remind**, Juniors to Text: **@3ad8f4** to the following number: **81010**
5. Also, you might have noticed a SafeOregon slide rotating on the TV's throughout the building. SafeOregon is a tip line for students to report safety threats. Students dial **844-472-3367**. SafeOregon will give students another path for communicating when school safety incidents occur. **How does SafeOregon work?** Students can access SafeOregon through the web form on the SafeOregon website, or by text, email, live call and mobile app. **Why is there a need for a tip line system?** The number one reason why students do not report is the fear of retaliation from their peers. For more information, check out the following link - <http://safeoregon.com/report-a-tip/>

PINNACLE:

6. Remind students how to get to pinnacle (This section should move quickly as most students will know how to access their pinnacle account):
 - Click on the **“Student Links”** button on the top of the main page.
 - Point out that this page has links to the various websites that students will use throughout their high school experience. The student dashboard is designed to provide quick access to the most common pages.
 - Next point to the **Pinnacle Link**. Pinnacle has a feature to allow students access to their grades, attendance, and assignment information. This can be a

- very useful tool in managing their academic requirements. This feature is password protected.
7. Ask a student to volunteer and display their pinnacle for the class to see or use the **internet viewer feature** (we learned about this at the gradebook training). As needed, use pinnacle to show the students how to get missing assignment reports, standard reports, etc.
 8. You have been provided with a **blank class list**. Please highlight any students who need to have their passwords reset and deliver your list to Heidi Eberle by the end of the day. **She will reset passwords to individual lunch numbers.**
 9. Discussion Question: How can you use pinnacle to manage stress?

CALENDAR:

10. Junior year can be a very stressful year. Another way to manage the stress of your Junior year is by having a calendar.
11. Have the students get into pairs and assign each pair a month. Give them the printout of that month. The students will need to use their resources to find any major events happening in their month.

Resources:	Major Events:
School Calendar	Testing - SAT, SBAC, AP Testing
AG Calendar	Social Events - Homecoming, Prom, Mr. SHS
SAT Website, Etc.	AG Events - Mock Interviews, Career Expo
10. Collect the calendars.

Options:

 - Hang the monthly calendars around your room
 - Make copies of all of the monthly calendars into a packet to give to each student in your AG
 - Have the students take pictures of them
 - Scan calendars and share them on google classroom
 - Upload their calendars to google classroom
11. Discussion Question: How can you use a calendar to manage stress this year? Some people get overwhelmed when they see all the events on one calendar - what suggestions would you give to someone who feels that way?
12. End Advisory according to personal preference.