



# Reynolds High School

## Mindfulness 2024/2025

*Building Relationships for Academic Success*

**Instructor Name: Bessa Buchanan      Phone (503) 667-3186 ext. 1220**

**Room Number 627      Email: bbuchanan@rsd7.net**

**Required Textbooks/Materials:** Materials will be given out in class. **Students will bring their Chromebook.**

- **Course Description:** This class focuses on emotional intelligence, anger management skills, breathing/calmness techniques for self-awareness and self-advocacy, positive self-image confidence and self-esteem, mindfulness, academics~ and being successful, organizational Skills, study skills, overall academics, building positive relationships, behavior support, mental health exercises/ self-care and CASEL~ Social emotional Learning.

**Course Requirements:** Students should come to class prepared to participate in respectful and meaningful group discussions and engage in in class activities and be prepared to work on assignments and projects.

**Grading Policy Description:** Students earn points towards their grade by being an active participant and engaging in whole group, small group and individual assignments and activities).

**This class is a PASS/FAIL:** daily points for participation in class discussions, classwork and participation will be taken each class session.

### **Letter Grade Description:**

**Classwork:** Completion of in class activities, assignments and in class projects.

**Participation:** Class attendance, active participation, engagement in class activities.

### **Class Expectations (classroom rules, procedures, POWER, etc.)**

1. **Be Punctual**-be on time and prepared, with required materials, and be ready to utilize class time effectively.
2. **Be Respectful**-respect all others during class times, which includes other students, staff and self. This means using polite and **respectful language** when talking to others and using **active listening** when others are talking to you, the teacher, or groups. It also means not engaging in any language or behavior which has a negative effect on others within the classroom.
3. **Be Ready to Learn**-This means continuing to ask yourself if you're doing the best you can, given the situation. Do your best to be punctual. Do your best to be organized. Do your best to be engaged and present. Showing up is half the battle.

- 4. Be Open-**Challenge yourself and have fun. This mean not being afraid to try something hard or participate in something that may normally make you uncomfortable. It also means trying to have a positive attitude. You will be asked to participate in both social and academic activities and discussions during every period. Please be honest with both your teacher and yourself. Be open and willing to ask for and accept help from others. Growth comes from open and honest reflections and advocating for your needs.

**Phones:** Please limit your use of your phone. They should be silenced and should not distract you or others during class time. Limited, quiet use (no phones calls, no music or other sounds) during class time.

**Bathroom/Drink:** If you need to use the restroom or get a drink, please utilize your RHS student planner so Ms. Buchanan can write you a pass.

**Any questions or concerns?** Please see Ms. Buchanan. Best way to reach me is email me at [bbuchanan@rsd7.net](mailto:bbuchanan@rsd7.net)

Please Sign and Return this page to your teacher (counts as a one class assignment).

<u>Letter</u>	<u>Stands for</u>	<u>What does this look like in our classroom?</u>
<b>P</b>	Prepared & Punctual	
<b>O</b>	Organized	
<b>W</b>	Writers	
<b>E</b>	Engaged	
<b>R</b>	Respectful	

**Other** (homework policy, planner use, synergy access, food/drink, essential materials, internet resources, etc.)

Student Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_