

R.A.P.P.

Relationships among Advisors, Peers, and Parents

New London - Spicer Middle School Advisory Program

5th – 8th grades

- Began in 1994 at NL-S, and continues to this day
- Each year the curriculum is updated to meet current needs.
 - Addresses Social and Emotional Learning

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NEW LONDON - SPICER MIDDLE SCHOOL ADVISORY PROGRAM

The New London-Spicer Middle School Advisory Program, or **R.A.P.P. (Relationships among Advisors, Peers, and Parents)**, is an educational program that focuses on the “**Social and Emotional Learning**” of students in the middle school grades. SEL and Advisory programs focus on the 4th “**R**” in education, “**Relationships**”. The main purpose of our program is to promote healthy relationships between a teacher and the students in an advisory group. For every student to be successful in school, it is essential to have relationships with adults in the school where the relationships are characterized by warmth, concern, openness, and understanding.

Adult role models are important to adolescents as they make decisions about their lives. Adults can provide a stabilizing influence on the often stormy emotional life of an adolescent. The advisory program can provide regular adult guidance during the school day, within a **supportive peer group**. The advisory groups discuss topics and participate in activities that promote healthy peer, adult, and community relationships including character education.

SEL and Advisory programs are designed specifically to meet the following needs of the early adolescent:

- ★ **The rapid growth and change of early adolescents**
- ★ **Individual identity**
- ★ **Provision of a bridge between the elementary model** of guidance by the classroom teacher, **and the high school model** of a more self guided structure - R.A.P.P. provides the nurturing adult guidance they knew in the elementary years
- ★ **Support to deal with societal stresses**
- ★ **Curriculum related to life skills and character education**

In our society today, students need positive relationships and a sense of community now more than ever. **Our goal is to provide a supportive, safe, and familiar atmosphere where students and teachers can learn, have fun, and grow. R.A.P.P. will address this goal by offering the following:**

- ★ An opportunity for **social and emotional education**
- ★ **Support and guidance** for students
- ★ Acting as a **informational hub** on the school team
- ★ Showing that **teachers care about their students**
- ★ **Promoting a community feeling** and a **sense of belonging within our school**
- ★ **Making school enjoyable**

R.A.P.P. STRUCTURE

Time

R.A.P.P. will meet on Mondays, Tuesdays and Wednesdays for approximately 18 minutes.

Group composition

A student's homeroom class will also be their RAPP class.

R.A.P.P. weekly schedule

Monday - Socialization Day

- a) Conversation about the weekends
- b) Weekly plans for the classroom and grade level are solidified

Tuesday - R.A.P.P. curriculum

- a) Lesson from the manual is completed

Wednesday - R.A.P.P. curriculum

- a) Lesson from the manual is completed

Curriculum themes vary each year. Lessons are planned according to monthly themes which include social and emotional learning topics. The curriculum uses a four-year rotation.

Throughout a student's four years at NL-S Middle School, they will cover the following topics:

- Getting Acquainted
- Search Developmental Assets
- Handling Stress
- Mental Health including signs of depression & suicide prevention
- Our Brains & Mindfulness
- Bullying Prevention
- Violence Prevention – Empathy, Impulse Control, Anger Management
- Friendships
- Hobbies (5th & 6th)
- Careers (7th & 8th)
- Community Service Projects
- Learning Styles
- Emotional Intelligence – Keys to Success
- Problem-Solving
- Understanding and Embracing Diversity
- Life Transitions