



REACH Class Syllabus

REACH is a safe and supportive place for academic and personal growth.

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You are important to us and we look forward to getting to know you!

REACH Program Values & Expectations

- **Positivity:** We teach and encourage the practice of gratitude, finding the good in others and responding to life with optimism and hope. Science proves a positive attitude improves psychological and physical health!
- **Honor the Journey:** Respect for your own and others' stories is shown in mature language and behavior.
- **Have a Growth Mindset:** You *can* learn, change, improve, break cycles, heal, move forward and experience happiness.
- **Be Willing to Experience Discomfort:** Taking healthy risks builds muscle that gives us grit and grows distress tolerance, confidence and resilience.
- **Avoid and Resolve Conflict:** "Conflict is inevitable, combat is optional." REACH is a place to develop skills that empower you to manage the conflicts in life: past, present and future. REACH is a drama free zone.
- **Participate and Express:** Find your voice and give and receive insight and appropriate feedback during goals, groups, lessons and circles.
- **Own It:** Mistakes are how we learn. If we mess up with a peer, teacher or family member, we own it, restore it and move forward. We own and celebrate the successes, too!

REACH Weekly Schedule:

Monday: Weekend Check-In, Mixing Question, Circles. Learn about and support the team as we talk about the high/low parts of the weekend, discuss the Mixing Question and plan for the week.

Tuesday / Thursday Work Days: Check/delete email, organize materials, check Google Classroom, Naviance, connect with teachers, do homework, ask for help.

Wednesday: Workbook "Creating the Life You Want" and Goals

Flex Friday: An activity or team building event; service project; crafts; decompression time; Improv, etc.

Incentives: Incentive Thursdays; 5-0 Club Pizza Party; Student of the Tri/Top Tiger; Most Improved GPA; REACH Shirt drawing; After School drawing; Birthday Breakfasts and more!

Grading: Product and Process grades are earned through points based on Program Expectations, Lessons/Goals, Community Service and the REACH Final. Failing classes, chemical use and being disengaged in learning (absent, tardy, kick-outs) may lower your grade.

Other stuff: Homecoming Parade, Spooky Sprint, Feed My Starving Children, Youth Leaders, REACH Council, REACH Has Talent, Craft Sales, Job Shadowing, Staff Stories, Equul Access, Leadership Opportunities, Operation Hope Drive, Mental Health Awareness, Community Service Opportunities, Coffee Shop?? Podcast??

This is your classroom! What would YOU like to see in REACH this year?



REACH in Quotes

Relationships-*Everyone has a Story*

This the heart of what REACH does. Everyone we meet has a history that has contributed to who they are now and it deserves honor and respect. We have no idea what people have been through and everyone has their own ability to manage their life. Reminding each other that We All Have a Story is a way to say that we are all on the same playing field; no one is better or worse than anyone else so we don't judge people for their decisions in life. We emphasize that in sharing our stories we develop trust and can learn to empathize and share in the commonalities of our stories.

Education-*There is Learning in the Struggle*

If we knew how to do everything, we would never need to learn. Struggle occurs when we DON'T know something. Working at understanding something means trying and trying again. It is not having the right answer that gets the learning. The learning happens when we DON'T understand and when we keep going by rereading, doing the math problem again, or getting the answer wrong and figuring out why.

Accountability-*Avoidance Creates Anxiety*

When we choose to face our fears, we often find we are more capable and things are not as scary as we think they are. When we put off doing what is hard, we teach ourselves and train our brain that we can't do what is hard. This defeating loop creates anxiety that is only stopped when we choose to face and name what we are anxious about. This gives us back our power and eases the anxiety.

Character-*Nothing Changes if Nothing Changes*

Simple yet profound. You want a thought, feeling, habit, relationship etc to change? Then you need to do something different than what you have been doing.

Hard Work-*I Can Do Difficult Things*

We are stronger than we think we are. Not trying to do what feels difficult teaches us patterns of avoidance that only serve to reinforce our thinking that we can't do it! When we do that hard thing, we learn that we can do hard things and this helps with self-esteem, confidence and decreases procrastination.