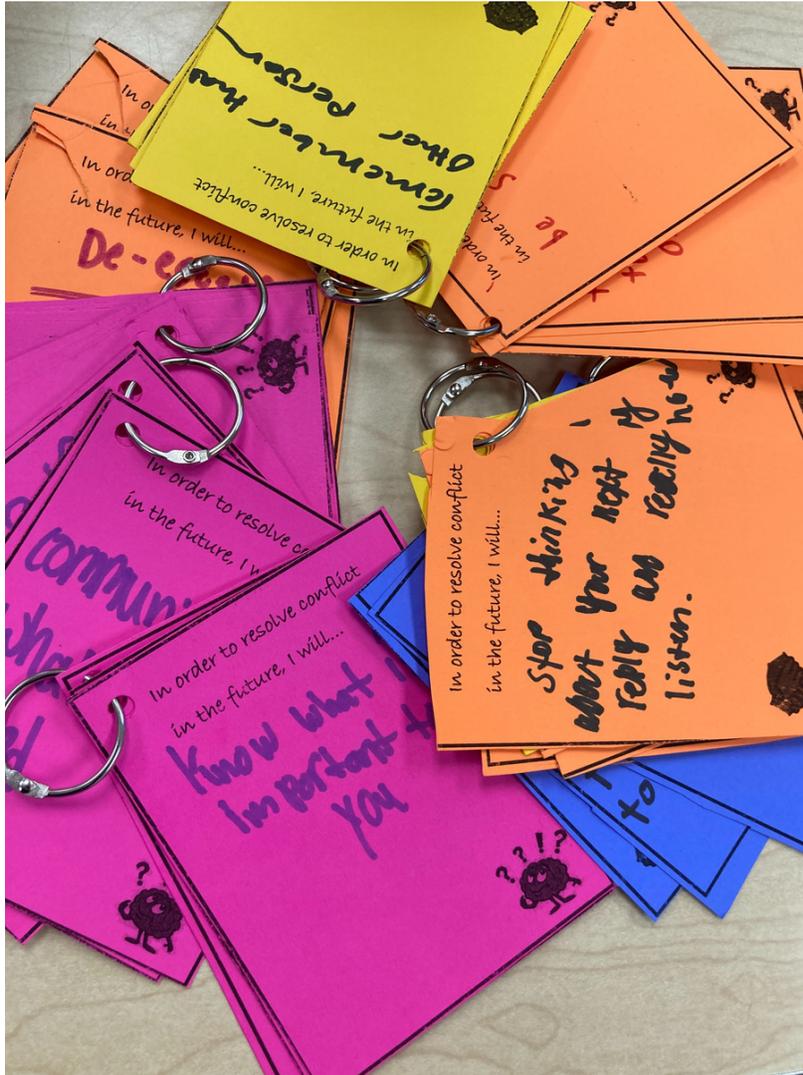


TOP Teen Outreach Program W Y M A N



BRITTANY WOODS MIDDLE SCHOOL | FALL | 2022



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WELCOME

The Teen Outreach Program at Brittany Woods Middle School is ready and foreseeing a year of success rich with commitment to learning, collaboration, creativity and critical thinking! Our 8th graders have some awesome lessons designed just for them this year with a special focus on leadership building. 6th and 7th graders will also get to partake in fun lessons designed to cater to their unique developmental needs.

WELCOME CONT.

Students have worked really hard to complete a number of great CSL projects. One of those projects included creating dog and cat toys. Additionally, students created stress management tools for school counselors as well as positive messaging magnets to be displayed throughout the school. The latest CSL project completed by our BW students involved them using their literacy skills on the website freerice.com. to win free rice for folks in need.

TOP STAFF

The Teen Outreach Program (TOP) has a number of highly motivated staff members on the team this year. One of the priorities of TOP staff this year is building positive strong relationships with young people. The BW TOP team understands how integral relationship building with young people can be. TOP staff also know how valuable those connections can be for young people. Here at TOP, we value our young people and love to be of service to them.

NEW TOP STAFF

Please give a nice warm welcome to our newest TOP staff members.

Nia Moses - Camp Name: "Spice"

Candice Pinkins- Camp Name: "Flame"

Amber Davis- Camp Name: "Takis"

WHAT IS SEL?

Social Emotional Learning (SEL) skills are muscles that require development throughout our lives as humans. Did you know that due to where youth are, developmentally, SEL skills are great to learn in middle school? Well, it's true! Here in TOP, we focus on the development of a plethora of SEL skills with an emphasis on skills such as empathy, teamwork, initiative, and responsibility just to name a few.



The more opportunities that young people have to practice using their SEL skill muscles the better they are at utilizing them throughout the course of their life.

"Students were able to identify their own heightened emotions in personal situations and express how to manage those emotions in stressful situations." -TOP Facilitator



SEL SKILL PRACTICE

This year students have already gotten the opportunity to practice using their skills. For starters, our sixth and seventh graders got the opportunity to practice their emotion management with a great lesson called "Brain Activation and Decision Making". During this lesson students got the opportunity to play "rock, paper, scissors 2.0" with only 30 seconds on the clock. Students began to talk with their team members about which move they would choose. Talk about practicing teamwork! Sometimes students got frustrated when they lost or ran out of time before coming to a consensus within their team. Students were encouraged to check-in with themselves and to become more aware of their emotional state. Staff also supported youth as they practiced their emotion management skills. Ultimately, when youth reflected on their experience, they expressed enjoying the games that they played in TOP even though some games challenged their skills more than others. Eighth graders got the opportunity as a part of the "What does Family Mean" lesson, to draw a diagram of their choosing to represent their families. Students then had the opportunity to explore as a class just how being in their family made them feel.

Students loved having an opportunity to tell their friends and TOP staff all about their family.

CSL

Community Service Learning (CSL) is one of the most memorable parts of the Teen Outreach Program (TOP). One of the things that makes CSL so memorable are the projects that students get to complete with their class as well as on their own. All students who are in TOP have a CSL completion goal of 20 hours and while students will have the opportunity to reach that goal in TOP, did you know that students could also complete CSL on their own by doing "on your own" or OYO? That's right! Our students love the fact that the good that they do in the community can count towards their 20 hours of CSL in TOP. Students also love all the praise that they receive from TOP staff for volunteering their time outside of school.

"We are excited to see all the ways that our young people will grow this year."
- TOP Facilitator