


**First Semester**

Session	TOPIC Essential Question	Procedures
<p>Area: S/E</p> <p>Date: 11/07 2018</p>	<p><b>Sources of Strength</b> <b>WHO is YOUR Trusted Adult?</b></p> <p><b>Resources:</b> The Sources of Strength Wheel</p> <p><b>Supplies:</b> Beads (2 per advisee) Thank You Cards</p> <p>Directions for Trusted Adult Activity</p>	<p style="background-color: yellow;">Advisors: This advisory will be cut short by 5 minutes.</p> <div style="text-align: center;">  <p>The diagram is a circular wheel divided into eight colored segments, each representing a source of strength. The segments and their associated terms are:                  <ul style="list-style-type: none"> <li><b>MENTAL HEALTH</b> (red): Well rested, Asking for help, Spend time with pets</li> <li><b>FAMILY SUPPORT</b> (orange): Mom, Dad, Siblings, Aunts/Uncles</li> <li><b>POSITIVE FRIENDS</b> (yellow): Best friend, Trustworthy, Teammates</li> <li><b>MENTORS</b> (green): Loyal, Coaches, Counselors, Teacher</li> <li><b>HEALTHY ACTIVITIES</b> (blue): Volunteer, Sports, Clubs</li> <li><b>GENEROSITY</b> (purple): Helping, Donate, Being Polite</li> <li><b>SPIRITUALITY</b> (pink): Faith, Music/Poetry, Meditation, FCA</li> <li><b>MEDICAL ACCESS</b> (light blue): Family Doctor, Athletic Trainer, School Nurse</li> </ul> </p> </div> <p>This activity references the “Wheel” for Sources of Strength. Read the eight components of the wheel aloud and explain that each component contributes to successful preparation for dealing with the stresses of high school and life after graduation.</p> <p>TRUSTED ADULT ACTIVITY - 10 minutes to distribute cards/beads and allow students to write a message.</p> <ul style="list-style-type: none"> <li>• Ask students to think about the one adult at Camden High who is their best ‘go to’ person for advice, sharing information, mentoring, etc. This can be a teacher, administrator, counselor, custodian, cafeteria worker, coach, bus driver, media specialist, clerk or para professional, but it must be an adult.</li> <li>• Distribute Thank You notes and direct students to write to that adult, thanking them for</li> </ul>

**CAST YOUR VOTE:  
Red Ribbon Photo  
Challenge**

the help or support they have provided. Make sure they address the letter to the person they are thanking, in case they lose their note!

- Allow 2-3 minutes to allow students to write the thank you note
- Distribute TWO bead strands per student as they complete the thank you note.
- Direct students to KEEP ONE strand and LOCATE and DELIVER the second strand to their adult, along with the thank you note.
- Release students at the bell and tell them minutes are extended. Advisory will be cut short so that students will have 15 minutes between classes). They are to deliver their beads and Thank You card to their “trusted adult” and go their second block class.

- **Advisors PLEASE keep one strand of beads for yourself – You are appreciated beyond measure! 😊**

### **Red Ribbon Photo Contest**

If time remains, we encourage students and faculty to vote for the CCHS entry in the Red Ribbon Photo Contest.

The direct link is on the PAWS/Advisory website, as pictured below.

To submit a vote, students must cast their ballot and then verify their vote by checking their email. We encourage students to use their non-GX email to participate in this voting process.



## ADVISORY/PAWS

Camden County High School / Guidance / Advisory/PAWS

**Red Ribbon Contest  
Link (Vote CCHS)**

Its a Matter of HOPE  
PowerPoint (Narrated)

2018-2019 SAT and  
ACT Testing Dates

Chromebook  
Etiquette PowerPoint



Senior Advisement Lesson 10.31.18

College PROBE Fair and CCHS Showcase Event  
Flyer

PBIS Video Link

