

**CHARACTER
CAPTAIN
NOTEBOOK**

2014-15

Character Captain Notebook - TABLE OF CONTENTS

- **TAP Character Lesson Dates / Character Words of the Month**
 - In small groups; brainstorm ideas on how to facilitate discussions centered on the Character Words of the Month – August’s Word of the Month is Kindness and September’s is Respect.
 - What would be a fun activity to tie into TAP related to the Character Word of the Month?
 - How are you going to ensure you are NOT “That Guy” and represent your school as a Character Captain and National School of Character?
 - **4 Additional Dates for “Don’t Be That Guy” Lessons: AUG 22, OCT 31, FEB 27, APR 17**
 - *Lesson Information will be emailed to TAP teachers from the Exec. Character Captains a week in advance.*
- **Review Mehlville’s Character Code:** What do they mean? What do they look like at MHS?
 - Touchstone
 - Core Values
 - Mission
 - Vision
- **Explain Roles and Expectations of Character Captains**
- **Review the 11 Principles of Character Education** – Summary provided
 - Break into groups and discuss what each principle means to you.
 - As a TAP class, draw an illustration of each of the 11 Principles and post it in your class.
 - Keep a copy of the 11 Principles in your Character Captain Notebook for reference.
- **Review Team Building Activities**
 - Complete at least 1 activity as a TAP class at the beginning of the school year.
 - Keep the Team Building Activities and refer to them as needed throughout the year to build a positive classroom community.
- **Organize/Discuss** character and service opportunities for your TAP to get involved in – need ideas, discuss them now with others around you.
- **“Mehlville Gives Back” Panther Paws**
 - Reflection Paws – **Students** will be given Panther Paws to display outside their TAP classrooms. Students will reflect on the Character Word of the Month and share good character and service celebrations with the school community.
 - Home Paws – **Parents** will now have the opportunity to share the good character and service they witness their student exhibiting at home by sending a Panther Paw to school through TAP. The Panther Paws will be displayed throughout the school.
- **Teaching and Reinforcing PBIS Lessons/Universals** –
 - Teach expected behavior through consistent messages. All students will watch videos that give the same message of building-wide universals featuring the Exec. Character Captains.
 - Reinforce expected behavior by students completing a Scavenger Hunt to find the QR Codes and building-wide expectations that are posted around the building.

MEHLVILLE HIGH SCHOOL
TAP CHARACTER LESSON DATES / CHARACTER WORDS OF THE MONTH
2014-2015

Note: All TAP character lessons are on **Friday** TAP's and should take place until 9:25 am during TAP. The character lessons allow for you to have your own autonomy as the Character Captain and to implement the lessons with your own flair. Have fun and get your classmates involved! ☺ A **written reflection** on a Panther Paw and should accompany each date tying to the 11 Principles of Character Education. In addition to a class discussion, each TAP will watch the district video as well as the Mehlville video (made by Mehlville's Exec. Character Captains). The panther paws should be used as necessary and displayed. Every student needs to do at least 1 panther paw per semester.

DON'T BE THAT GUY!

Year-long focus: DON'T BE THAT GUY! Everyone is familiar with "that guy" - the guy that is too loud in the hallway and library, the guy that is disrespectful to teachers and staff, the guy that leaves paper towels all over the bathroom floor... get the idea!!

Each of our character words of the month can be tied to not being "that guy," and instead doing the right thing. Be the most respectful, honest, and motivated staff and student body we can be in 2014-15!

Finish this sentence:

No one wants to be "that guy" who _____

Instead, you want to be the guy _____

4 Additional Dates for "Don't Be That Guy" Lessons: AUG 22, OCT 31, FEB 27, APR 17

- *Lesson Information will be emailed to TAP teachers from the Exec. Character Captains a week in advance.*

1st Semester:

August 14, 2014 – TAP HOLD: TAP Procedures, Team Building (Seniors Start Slide Show)

- Take time to ensure students know one another in your TAP.
- Play the name game, have students take a questionnaire, allow time for discussion.
- Explain your role as the TAP teacher.
- Develop *classroom norms/universals* for students to clearly understand and buy-in to the expectations and purpose of TAP.
- Set TAP goals for yourself and students for the semester/year – Post in your classroom

- Students should set individual goals for themselves – review schedules/transcripts as necessary.
- Grades 10-12 select Character Captains for 2014-15 school year, turn in name to Laura Pizzella by the end of the day on August 18th.
- **Note:** Freshmen Character Captains are Konnect Mentors first semester and second semester Character Captains will be selected within TAP classes with the help of their Konnect Mentors

August 18, 2014 – TAP HOLD: Computer Handout, Goal Setting Lesson, PBIS Norms and Don't Be That Guy Scavenger Hunt and Videos led by Exec. Character Captains, Principal Grade Level Meetings

- Use this TAP to continue setting the stage with your TAP and building relationships with your students.
- Be sure to review classroom norms/universals

August 20, 2014 – Freshmen HOLD (Only grade level specific hold) – KONNECT Character Captains lead lesson including Activities Video.

- 10th-12th Grade Level Character Captains Training Day
- All other 10th-12th Grade Level students open travel

August 22, 2014 – “Don't Be That Guy” Lesson (QR Code Videos) - Character Word of the Month for August is Kindness.

- Scavenger Hunt Content runs from August 22 – September 2 (Turn in your QR Codes to your TAP teacher to earn Spirit Points)
- Definition: Treating others as you would like to be treated.
- Discuss how, individually and as a class, you could treat others with kindness.

September 26, 2014 – Character Word of the Month for September is Respect.

- Definition: Demonstrating good manners toward self, others, authority, and property.
- Discuss how, individually and as a class, you could treat others with respect.
 - Incorporate with Respect:
 - How can I get involved?
 - What can I do for myself and others?
 - How have I exhibited good character/service since the beginning of the school year?
 - What are the school-wide universals and how do I support them?

October 31, 2014 – “Don't Be That Guy” Lesson and Character Word of the Month for October is Responsibility.

- **Tardy Pledge and Reflection – School-wide students reflect on their tardies and pledge to reduce their tardies.**
- Definition: Being accountable for your own actions at school, work and/or home.
- Discuss how, individually and as a class, you could be responsible.

November 21, 2014 – Character Word of the Month for November is Courage.

- Definition: Face your fears and work to overcome them.
- Discuss how, individually and as a class, you could display courage.

December 5, 2014 – Character Word of the Month for December is Caring.

- Definition: Showing kindness, courtesy, and compassion towards others and helping others who cannot help themselves.
- Discuss how, individually and as a class, you could be caring.
 - How is Mehlville acting as a Caring Community? Review Discipline Data.
 - How are we doing in terms of discipline school-wide?
 - How can we improve our discipline, decreasing discipline school-wide?
 - How can you ensure you are focused on academics at school with minimal distractions?
 - Is MHS upholding the title National School of Character? If so, how? If not, what will we do to ensure we start now?

2nd Semester:

January 30, 2015 – Character Word of the Month for January is Integrity.

- Definition: Doing the right thing, even when no one is looking.
- Discuss how, individually and as a class, you could treat others with integrity.
 - Set goals for yourself for 2nd Semester:
 - Set goals for yourself
 - Help others set goals
 - Discuss your class goals

February 27, 2015 – “Don’t Be That Guy” Lesson and Character Word of the Month for February is Honesty.

- Definition: To be trustworthy and sincere no matter what the outcome may be.
- Discuss how, individually and as a class, you could be honest.

March 27, 2015 – Character Word of the Month for March is Determination.

- Definition: Always working hard to achieve your goals.
- Discuss how, individually and as a class, you could show determination.

April 17, 2015 – “Don’t Be That Guy” Lesson and Character Word of the Month for April is Cooperation.

- Definition: To work together as a team and allow others to voice their opinion.
- Discuss how, individually and as a class, you could be cooperative.

May 1, 2015 – Character Word of the Month for May is Self-Control.

- Definition: The act of denying yourself; controlling your impulses.
- Discuss how, individually and as a class, you could display self-control.
 - Self-Reflection
 - Reflect on the school year and the goals you set for yourself

MEHLVILLE HIGH SCHOOL IS A NATIONAL SCHOOL OF CHARACTER

Mehlville's Touchstone: Mehlville Motivates to respect yourself and take responsibility for your learning.

Mehlville's Core Values: Respect, Rigor, Relevance, Relationships, Results

Mehlville's Mission: Mehlville High School will provide a positive learning environment where student academic achievement creates responsible citizens. Mehlville Motivates its students to develop academically, physically, socially and emotionally to prepare students to be successful, responsible citizens who are capable of contributing to their community and society.

Mehlville's Vision: MHS focuses on five core principles: Respect, Rigor, Relevance, Relationships, and Results. The core principles are referred to as the five "R"s of MHS. The core principles were decided upon by students, staff, and the administration. Students voted and decided to incorporate the word "Respect" as a core principle at Mehlville. Respect is listed as the first principle because, at MHS, students come first. Secondly, the teachers at MHS developed the heart of the five "R"s. Teachers established "Rigor, Relevance, and Relationships" as a derivative from the annual High Schools That Work (HSTW) conference. Finally, our building is constructed on the solid foundation of our administration. Therefore, the five "R"s are supported by our administration who voted and created the "Results" principle. The staff communicates and fosters the five "R"s with students at MHS. Additionally, incoming freshman students at MHS are exposed to the eleven character principles and the five "R"s during a character education rotation activity within their first semester at MHS.

Exec. Character Captains:

- Hailey Bourgeois – 10
- Dominic Meyer – 10
- Paige Leathers – 10
- Rachel Rau – 10
- Logan Merz – 10
- Ines Kladnjakovic – 11
- Devonn Thomas – 11
- Lexie Clemmons – 11
- Abby McVey – 12
- John Revilla – 12
- Kelli Carter – 12
- Molly Wagoner – 12
- Krista Leek – 12
- Katie Lade – 12
- Meghan Ruhl – 12
- Ellen Gieselman – 12
- Joseph Owens – 12

Sponsored by: Mr. Corey Paffrath

Roles and Expectations of Character Captains (CC)

- CC's will facilitate and review the "Mehlvillevotes" touchstone, the 5 R's (Respect, Rigor, Relevance, Relationship and Results) and the 11 Principles of Character Education by facilitating class discussions in their TAPs.
- CC's will lead Friday roundtable discussions pertaining to good character education/service in TAP.
- CC's keep a character notebook/log of these reflections/discussions in TAP.
- CC's will review and facilitate discussions on school-wide universals; including classrooms, restroom, library, bus, cafeteria, campus/parking lot and the hallway.
- CC's will review and facilitate discussions based on current discipline data from month to month; examples could be tardies, skipping class, disrespectful behavior, insubordination, etc.
- CC's act as good role models for others by promoting the wearing of the character education t-shirts and MHS school spirit t-shirts throughout the year.
- CC's understand the meaning of being a National and Missouri School of Character and display good character and service in the school and the community.
- CC's participate in activities and events that promote character education throughout the year.
- CC's build relationships within their TAP classes by creating class slogans, class t-shirts, class mascots, etc.
- **ALL TAP STUDENTS** will track good character and service by writing "Mehlvillevotes Gives Back Panther Paw" reflections, sharing out the reflections and displaying the reflections outside the classroom – Goal: each student "gives back" each semester (motivate students to act with character).

11 PRINCIPLES OF EFFECTIVE CHARACTER EDUCATION

Effective Character Education:

1. Promotes core ethical values as the basis of good character.
2. Defines "character" comprehensively to include thinking, feeling, and behavior.
3. Uses a comprehensive, intentional, proactive and effective approach to character development.
4. Creates a caring school community.
5. Provides students with opportunities for moral action.
6. Includes a meaningful and challenging academic curriculum that respects all learners, develops their character, and helps them to succeed.
7. Strives to foster students' self-motivation.
8. Engages the school staff as a learning and moral community that shares responsibility for character education and attempts to adhere to the same core values that guide the education of students.
9. Fosters shared moral leadership and long-range support of the character education initiative.
10. Engages families and community members as partners in the character-building efforts.
11. Evaluates the character of the school, the school staff's functioning as character educators, and the extent to which students manifest good character.

©Character Education Partnership

11 Principles of Character Education

1.	2.
3.	4.
5.	6.
7.	8.
9.	10.
11.	Directions: <ul style="list-style-type: none">• Illustrate the 11 Principles of Character Education.• Discuss ways to promote each of the 11 Principles at MHS.• Post the 11 Principles in your TAP class.

"MEHLVILLE MOTIVATES"

Team Building Activities

- **The Name Game (Freshmen Only)**
 - Have everyone stand in a circle. One person starts by saying their name with an adjective that matches the first letter of their first name. (Example: Jumping Jane). Then you continue around the circle saying your name and repeating everyone's name from before you.

- **Do You Love Your Neighbor**
 - One person stands inside of a circle of people in chairs. Remove any empty chairs. (You should have one less chair than the amount of people playing the game). The person in the middle stands in front of a person in the circle and says "Do you love your neighbor?" The person who is asked the question says, "Yes, I love ____ (the person sitting on his left) and I love ____ (the person sitting on his right), but I really love people who ____ (are wearing blue, have been to Florida, love the Cardinals, etc...)." The person in the middle and all people in the chairs fitting this description must get up and find an empty chair. The person left without a chair becomes the person in the middle who asks, "Do you love your neighbor?"

- **Dude**
 - Everyone stands in a circle. Have everyone look down at the floor. One person will count to three. On three everyone will look up at another person's eyes. If two people are making eye contact they say "Dude" and then they are out. If they look up and the person they are looking at is not looking back at them, they are safe. Keep playing until you have a winner (or pair of winners).

- **Number Game**
 - Have each person find a partner. Put their hands behind their backs and think of a number from zero to ten. On the count of three they will show their hands to each other representing the number they thought of by how many fingers they have showing. The winner is the person who can correctly add together the total number of fingers shown first. The winners find a new partner and the losers sit down. Keep going until you have a supreme winner.

- **Line-up**

- The class must line up in order, without talking, according to the requirement given. They can line up according to something easy the first time like shoe size. Then try harder ones such as birthday.

- **One Word Stories**

- Stand around in a circle. Have one person start by saying one word, and then continue around the circle. Try to create a story by following the person's word in front of you.

- **Four Corners**

- To play this game, you will ask everyone several questions. Everyone will then respond by going to the corner of the room that represents their answer. You do not have to use all four corners for every question. Use your imagination and have fun!
- Question Examples:
 - Favorite Season? (Summer, Fall, Spring, Winter)
 - Cat or Dog?
 - Favorite Drink? (Milk, Water, Coffee, Soda)
 - Ice Cream Flavor? (Vanilla, Chocolate, Strawberry)

- **Two Truths and a Lie**

- Instruct each player to come up with three statements about themselves. Two must be true statements and one must be false. Then the person shares their statements in any order to the group. The group votes on which statement they believe is false, at the end of the round, the person reveals which one is the lie.

- **Group Knot**

- Have the players stand in a tight circle, with their hands in the center. Then have them grab other hands at random. The challenge is for the whole group to work together to get themselves untangled. (You can divide into two smaller circles if you please).

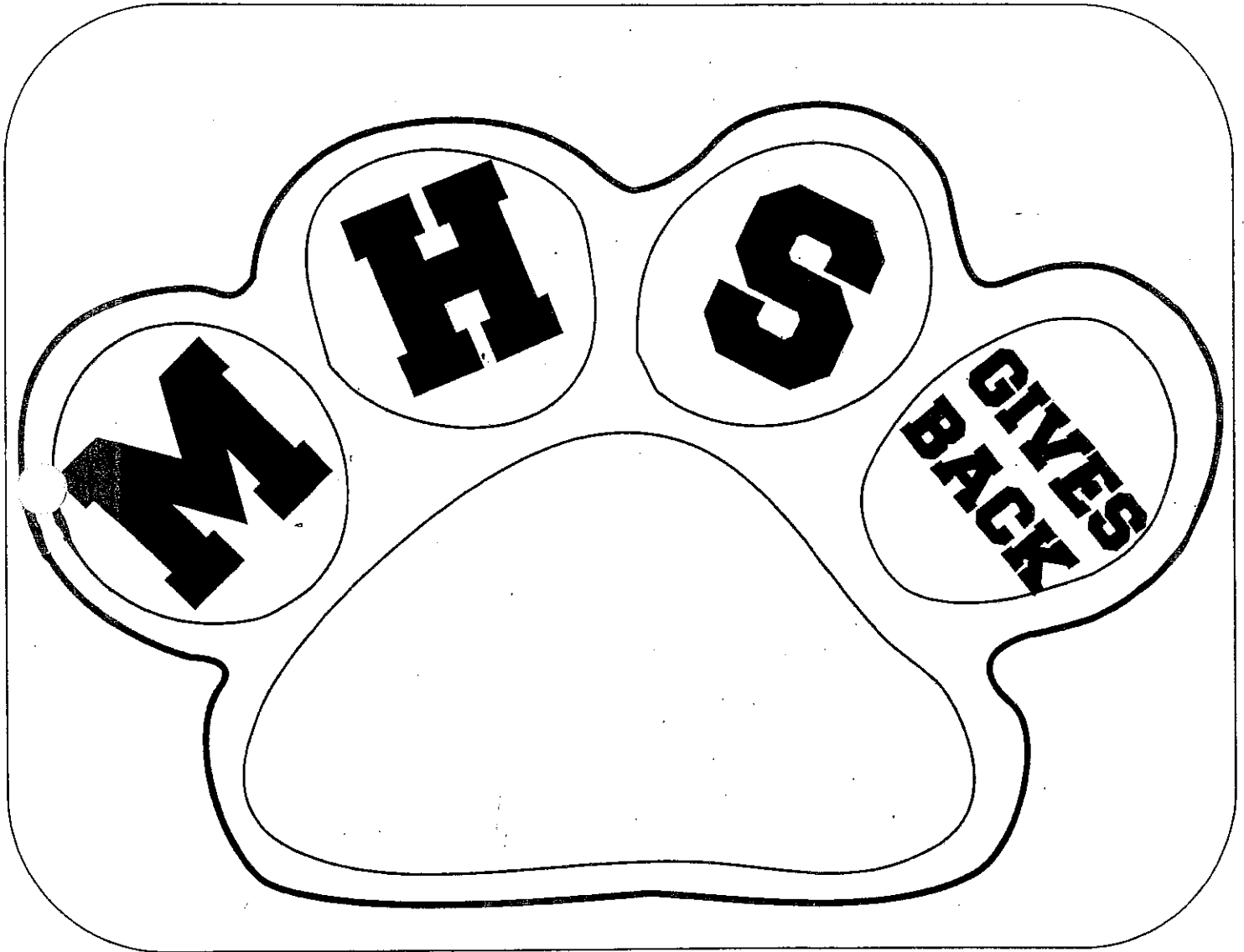
- **Sets**

- Have the kids sit down..Pick two or three kids that have something in common, such as stripes on their shirts, no shoelaces, or the same first letter in their name, without telling the group what they have in common. Have them stand up. The rest of the kids try to figure out what makes them a "set."

MHS Gives Back Panther Paws

Objectives

- ✓ Reflect on the Character Word of the Month.
- ✓ Reflect on good character exhibited by students.
- ✓ Reflect on service completed inside and outside of school.
- ✓ Students display **at least 1** Panther Paw **each semester.**



The MHS Gives Back Panther Paws will be displayed above your TAP's classroom. As a class, please add to your panther paws each Friday TAP. This visual will help serve as a reflection and a reminder of the amazing character and service Mehville students continue to exhibit school-wide.

Feel free to add pictures, color and/or write as much on your MHS Gives Back Panther Paw to help our TAP display the MOST per semester.

-----Reviewing Hallway Expectations -----

TO BE COMPLETED ON OCTOBER 31st

Mission Statement: Mehlville Motivates us to be Respectful, be Rigorous, be Relevant, build Relationships and be Results oriented.

Essential Questions: How do my choices in the morning impact my success at Mehlville Senior High School?

Learning Target: Students will recognize the way they start their day makes a difference on their success at school. Students will develop a plan/pledge to maintain or improve their morning routine.

The following information should be shared with your TAP in a discussion led by your character captains. You will need to show the DATA REPORT to your class as well. Have them make observations about the data. They should recognize that tardies are the greatest offense for office discipline referral.

Think about it...

- The way you start your day can make a big difference on how you approach school.

Ask yourself: Are you arriving to school on time and with a positive attitude?

- **If you answered yes to this question KEEP UP THE GOOD WORK!**

- How does this impact your success at school?
- What do you do in order to ensure you get to school on time?
- What suggestions can you offer your peers to help them arrive to school on time with a positive attitude ready for success?

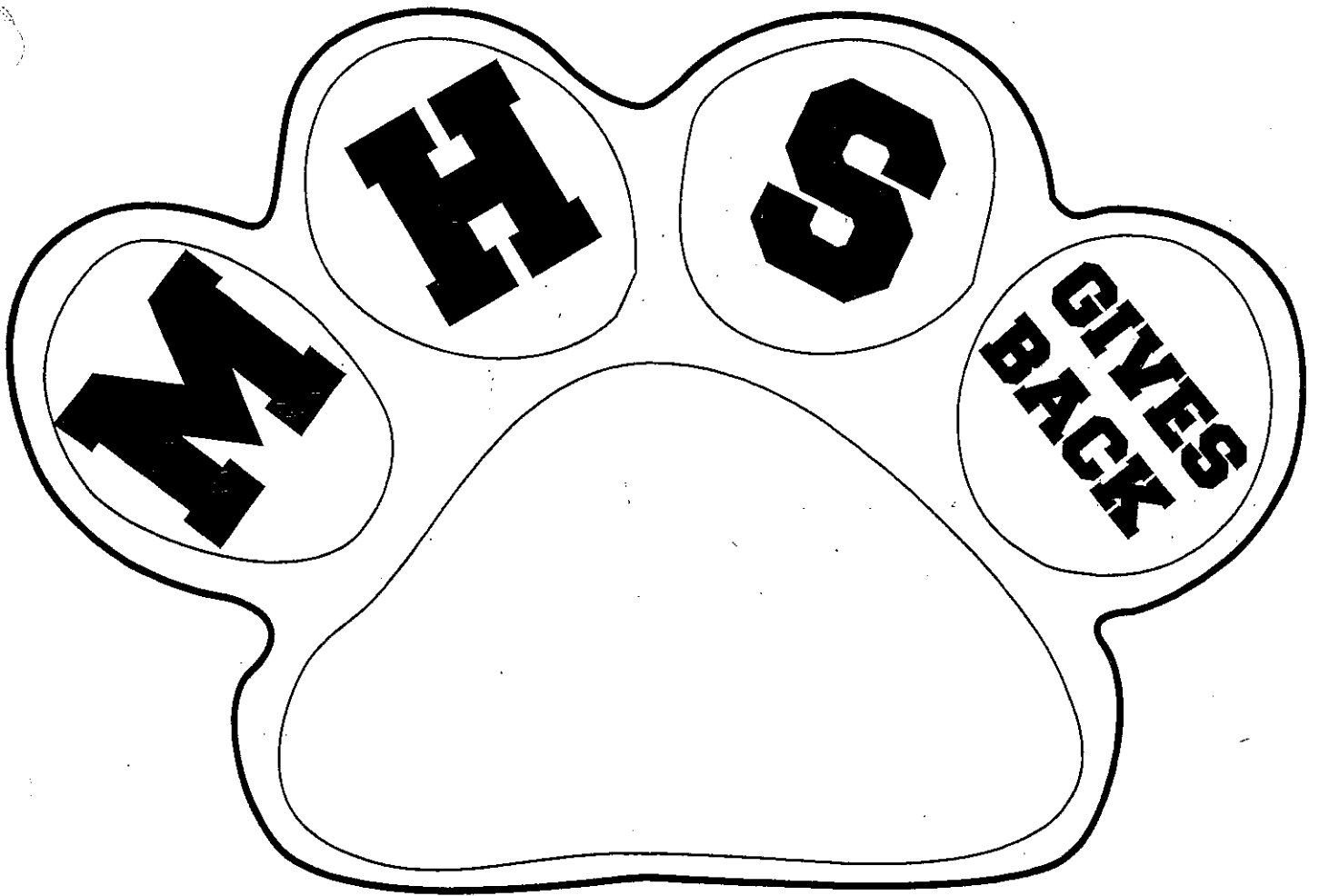
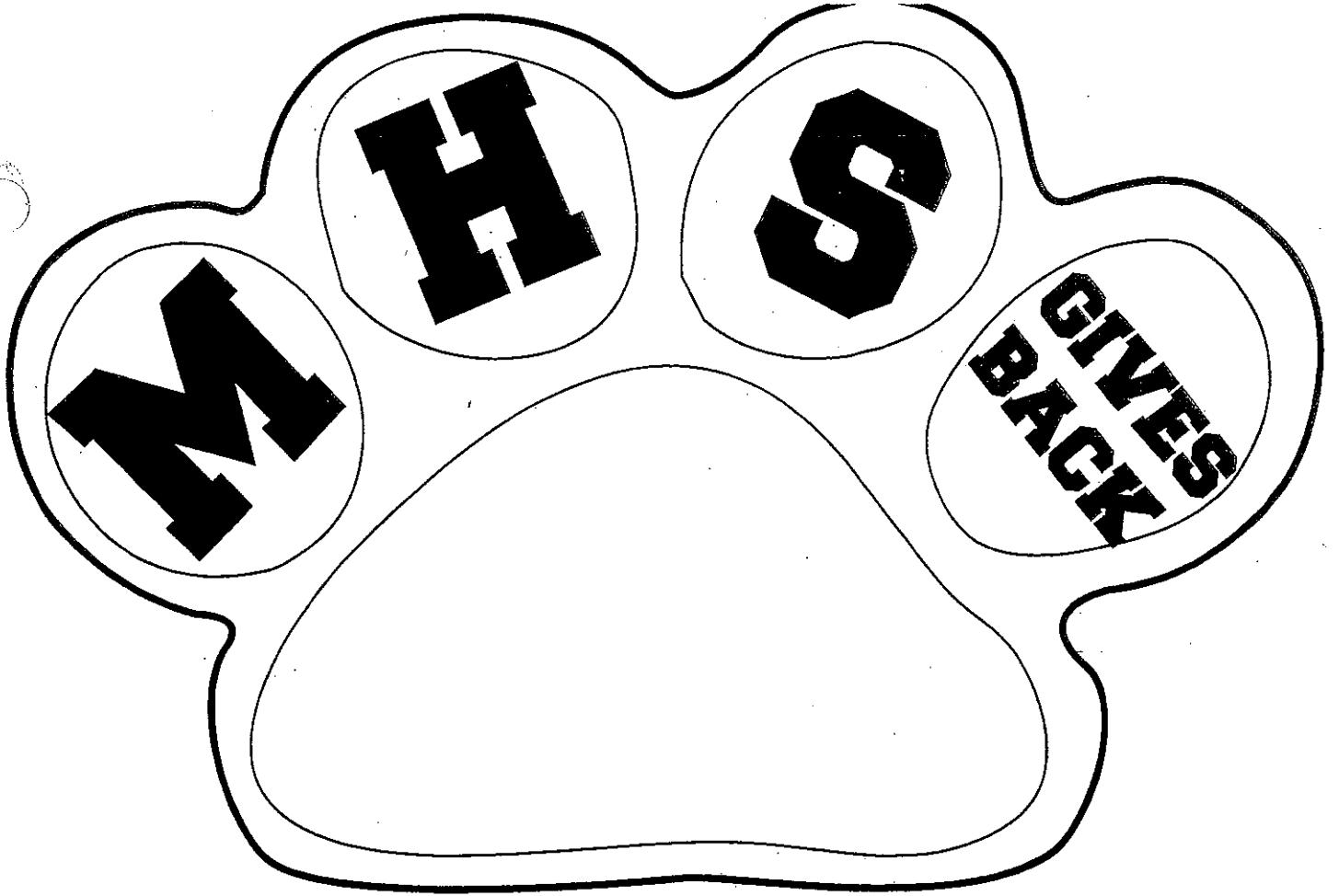
- **If you answered no to this question ask yourself what can be done to arrive on time.**

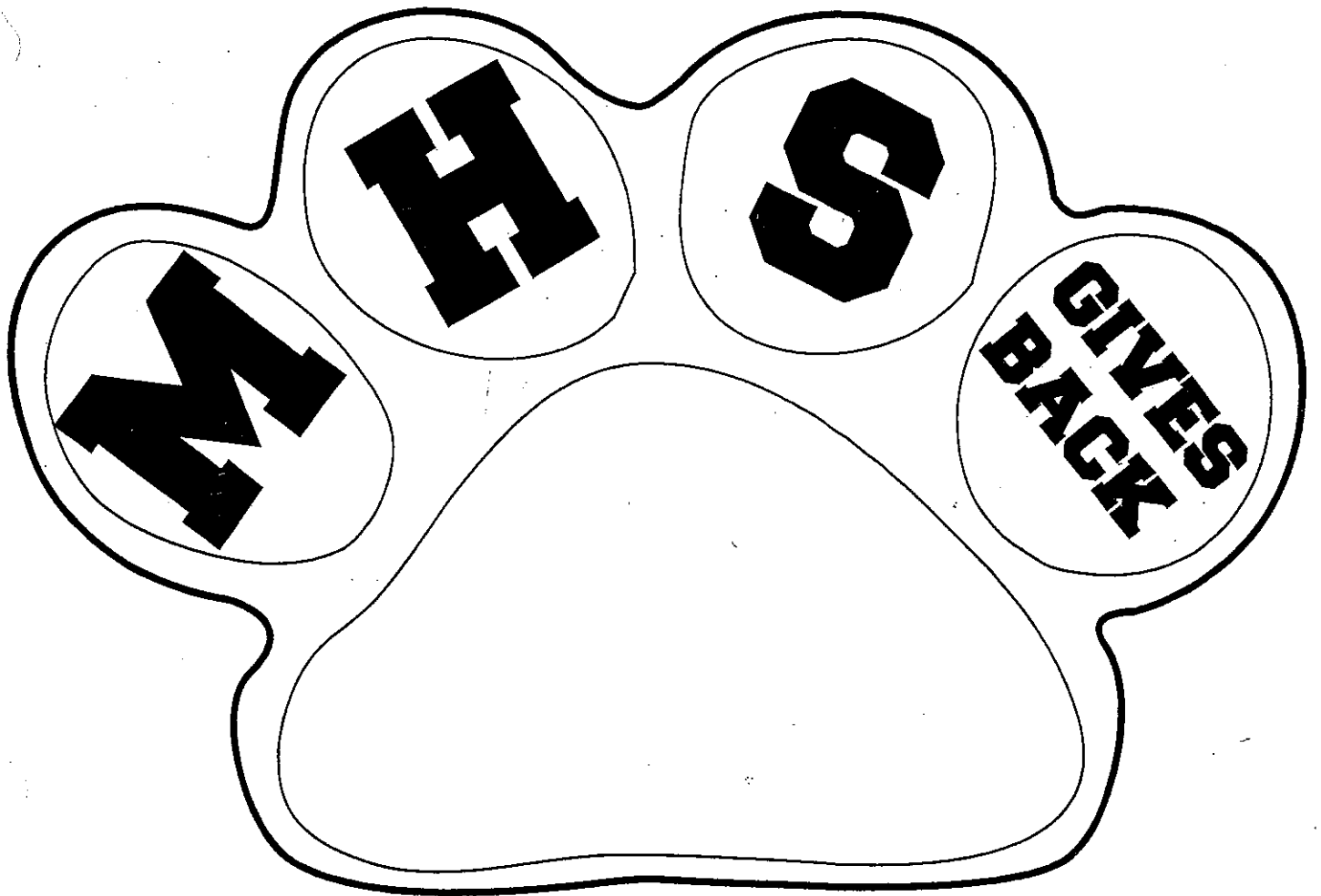
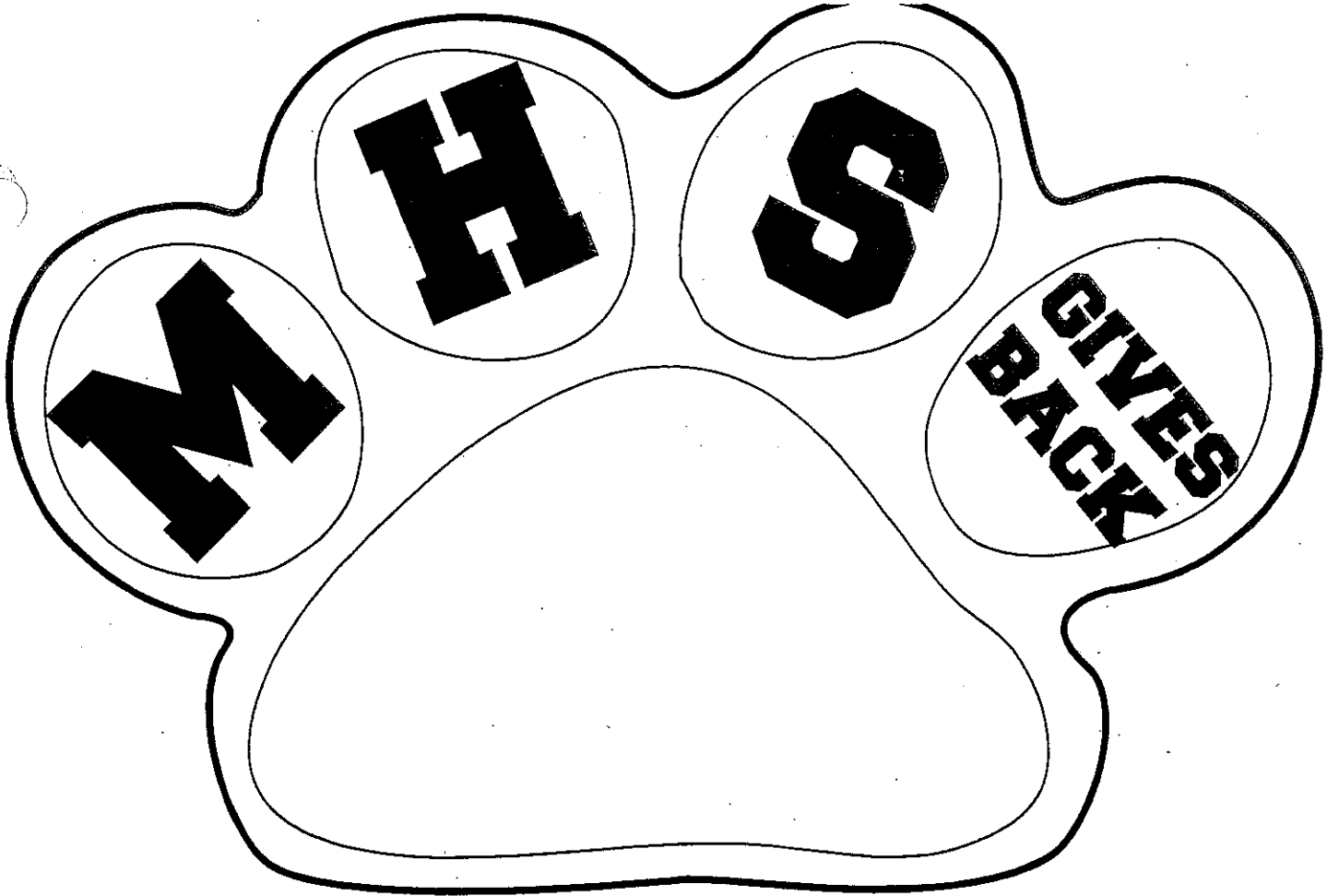
- Do you feel like you are rushed to get ready? Would it help to get up fifteen minutes earlier?
- Would it help to get your items ready at night?
 - Are you finishing homework last minute?
 - Are you printing work last minute?
- Are you staying up too late? Are you using technology too long?
- Are you trying to avoid someone or something in the mornings or on the way to school?
- Do you need to talk to someone about getting to school on time? parent, grandparent, sibling, friend etc...

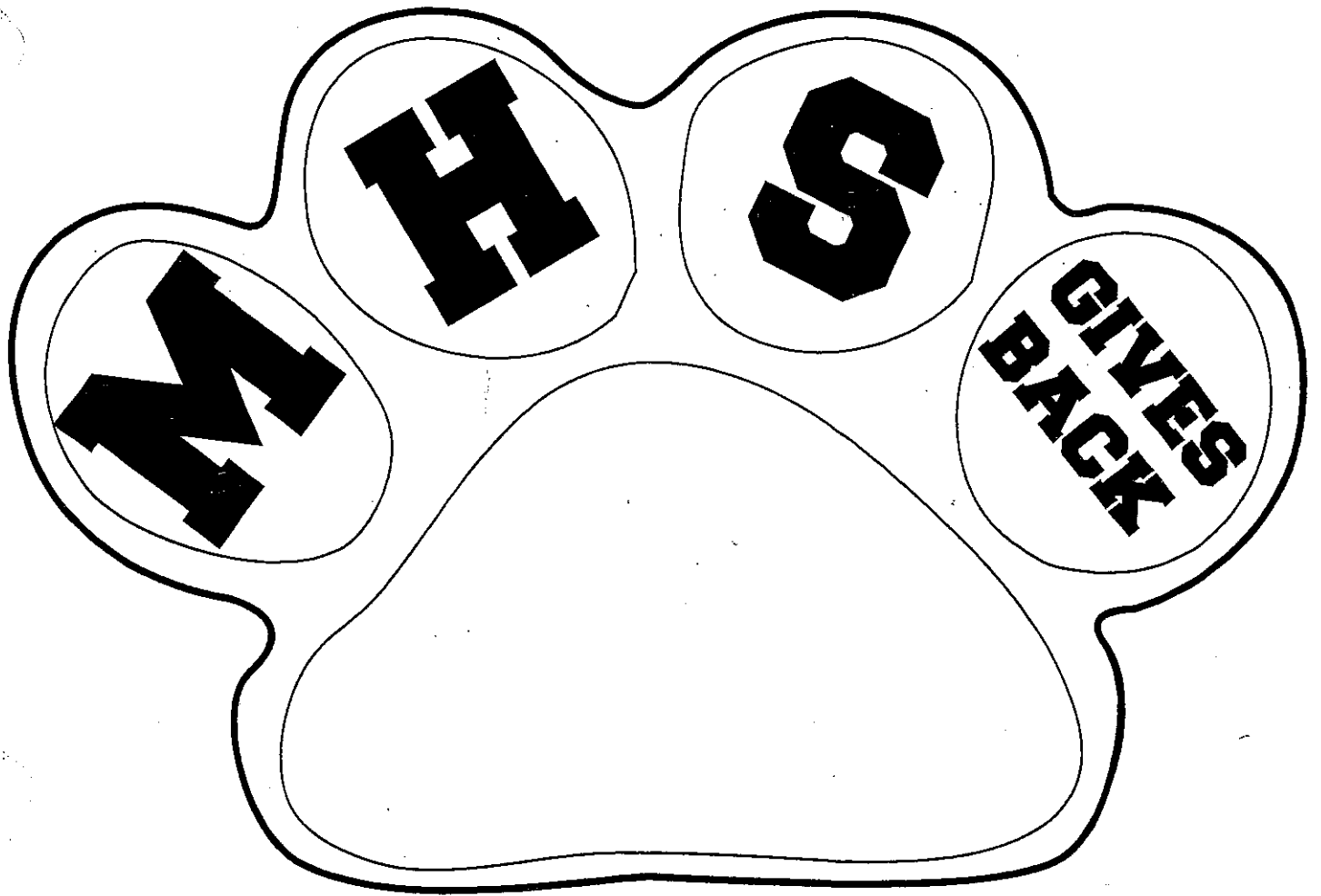
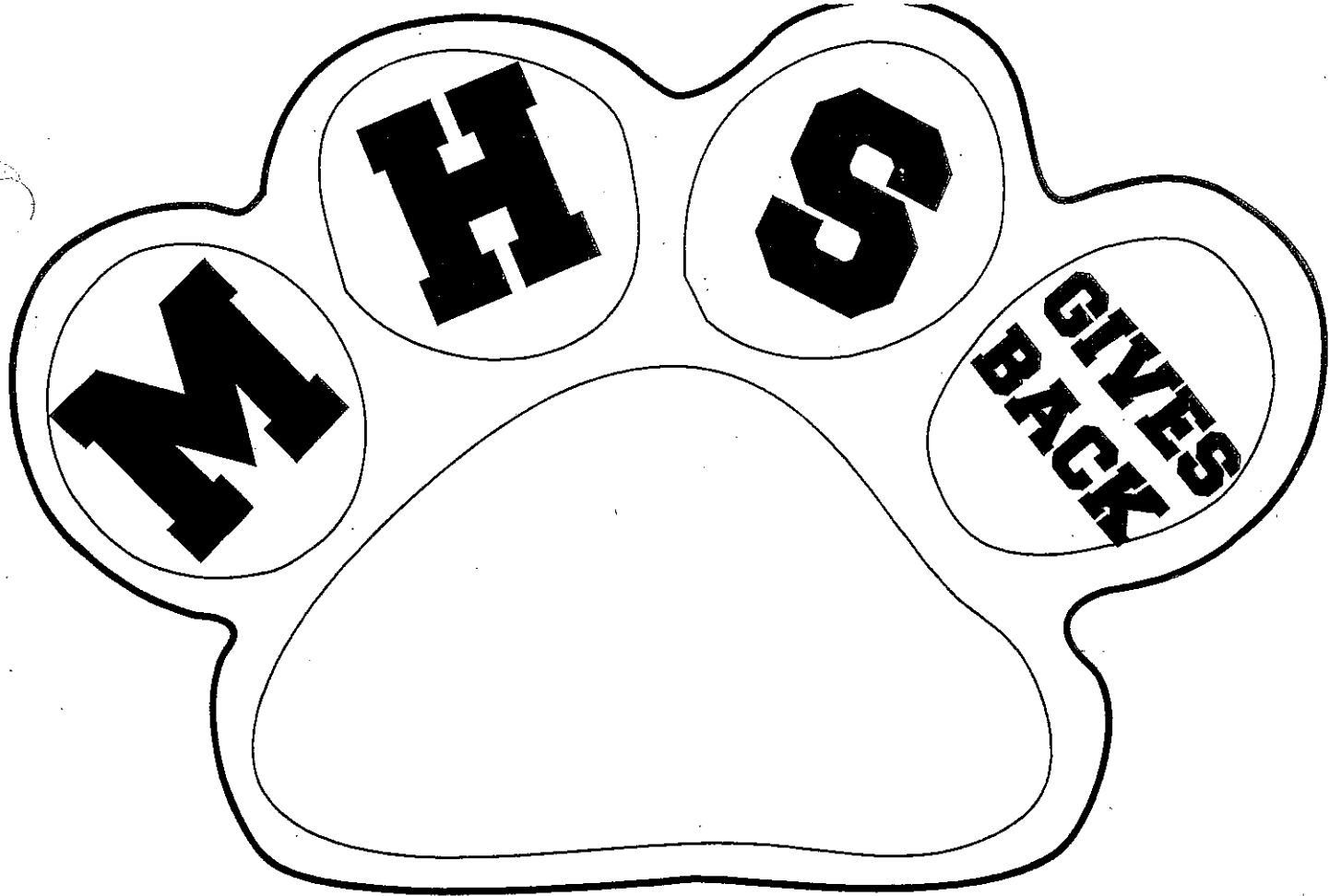
- **If no- Ask yourself why you are not arriving with a positive attitude.**

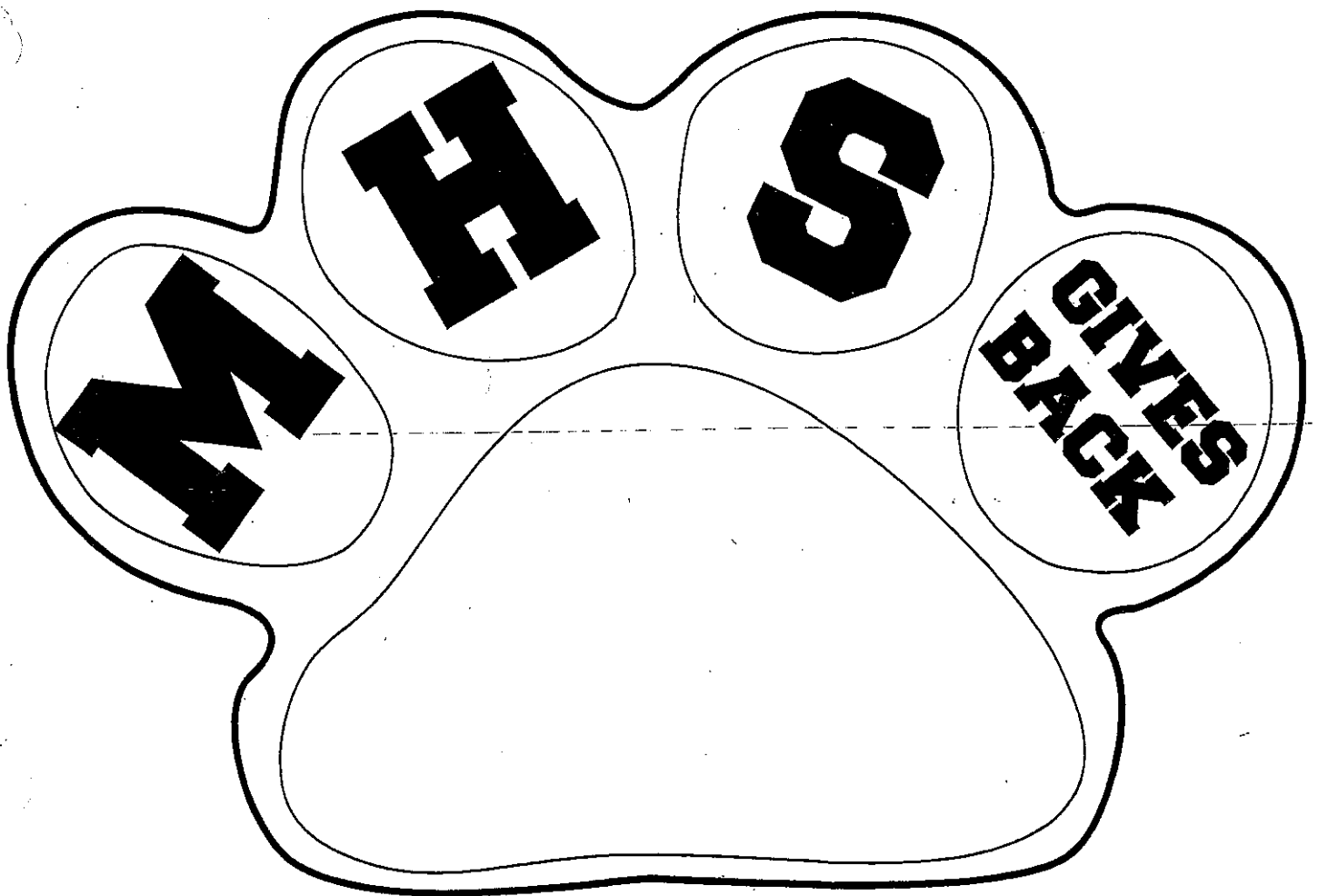
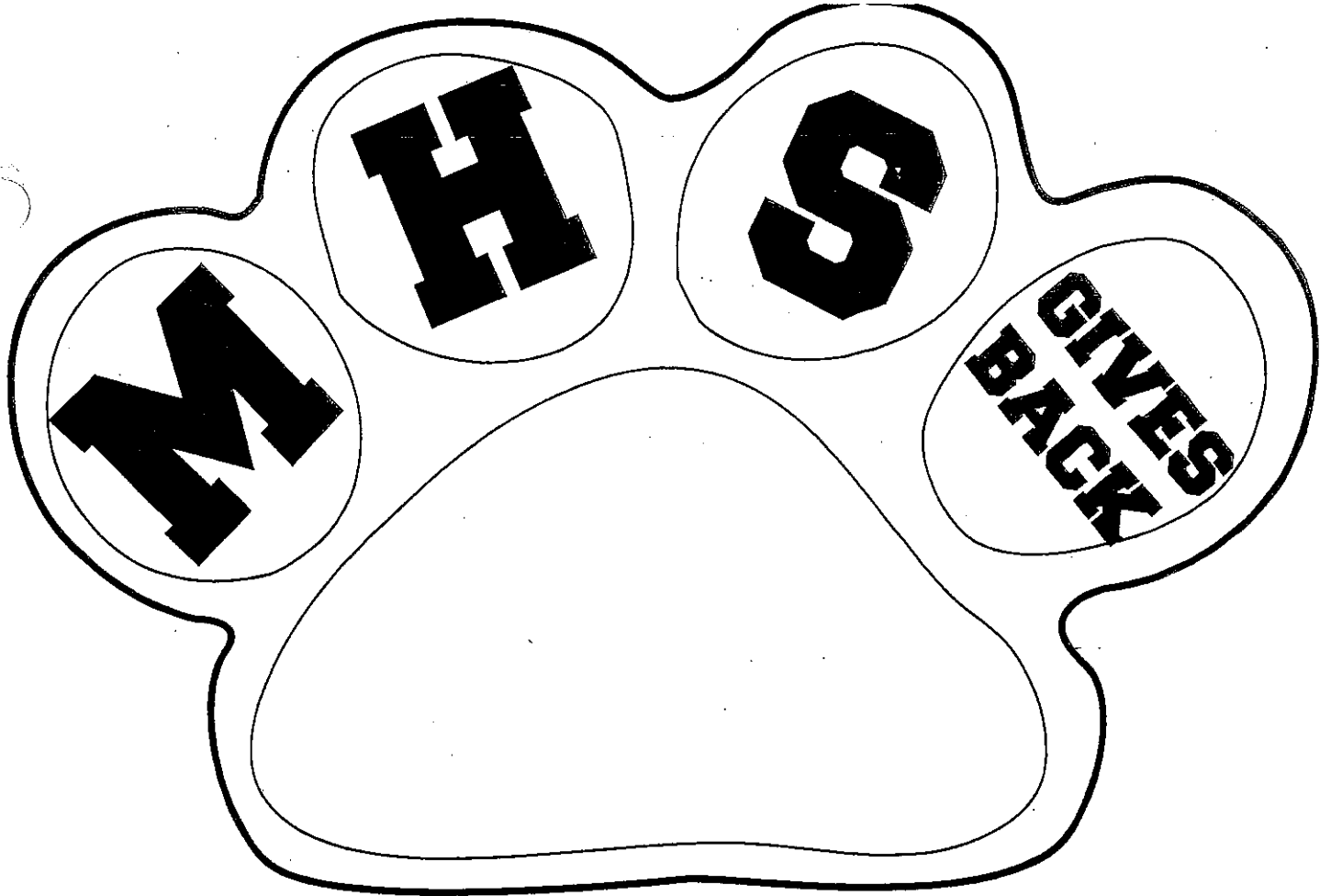
- Are your mornings stressful?
 - Finding lost materials for school, finishing homework?
 - Was there car trouble?
- Is the ride too long to school? Are there issues on the bus or in the car?

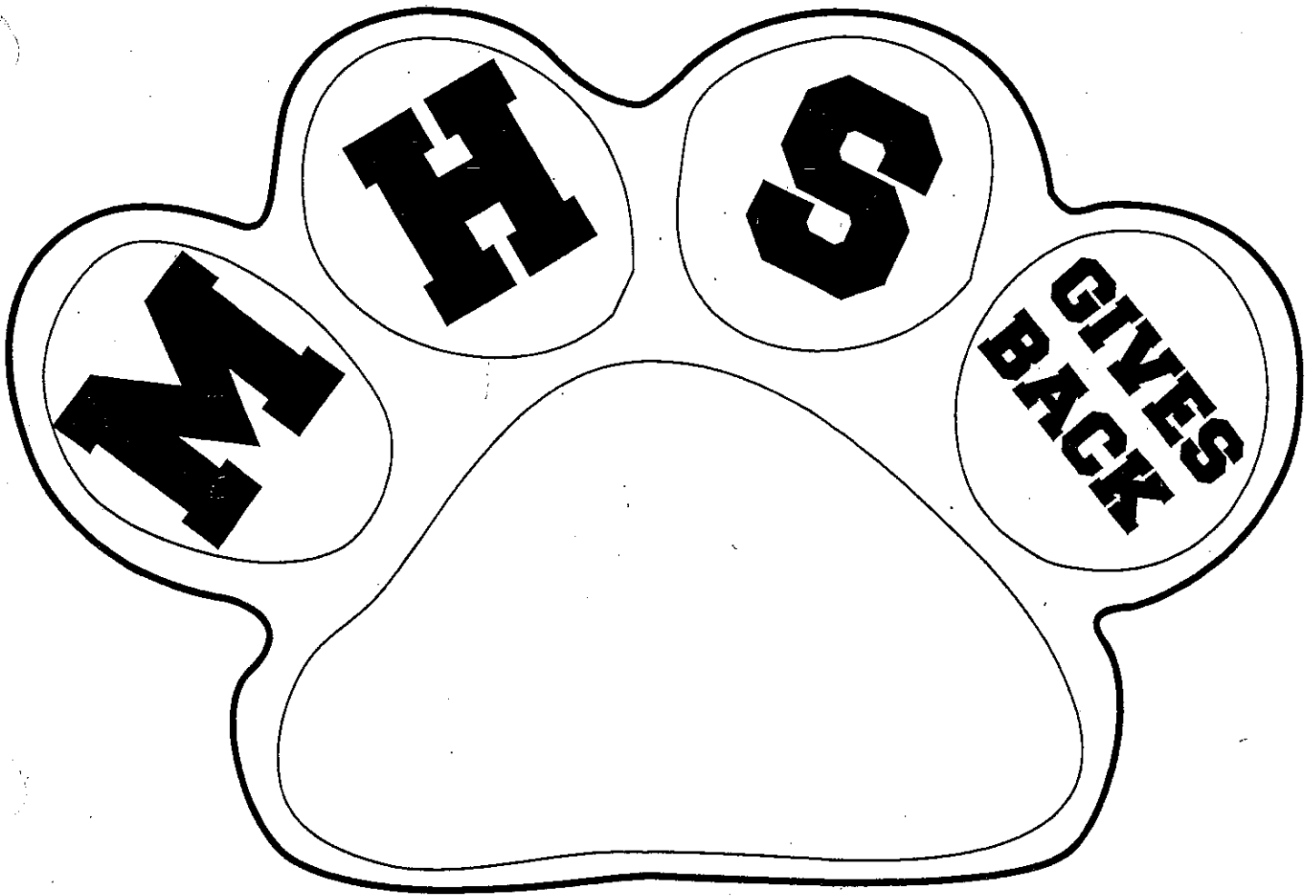
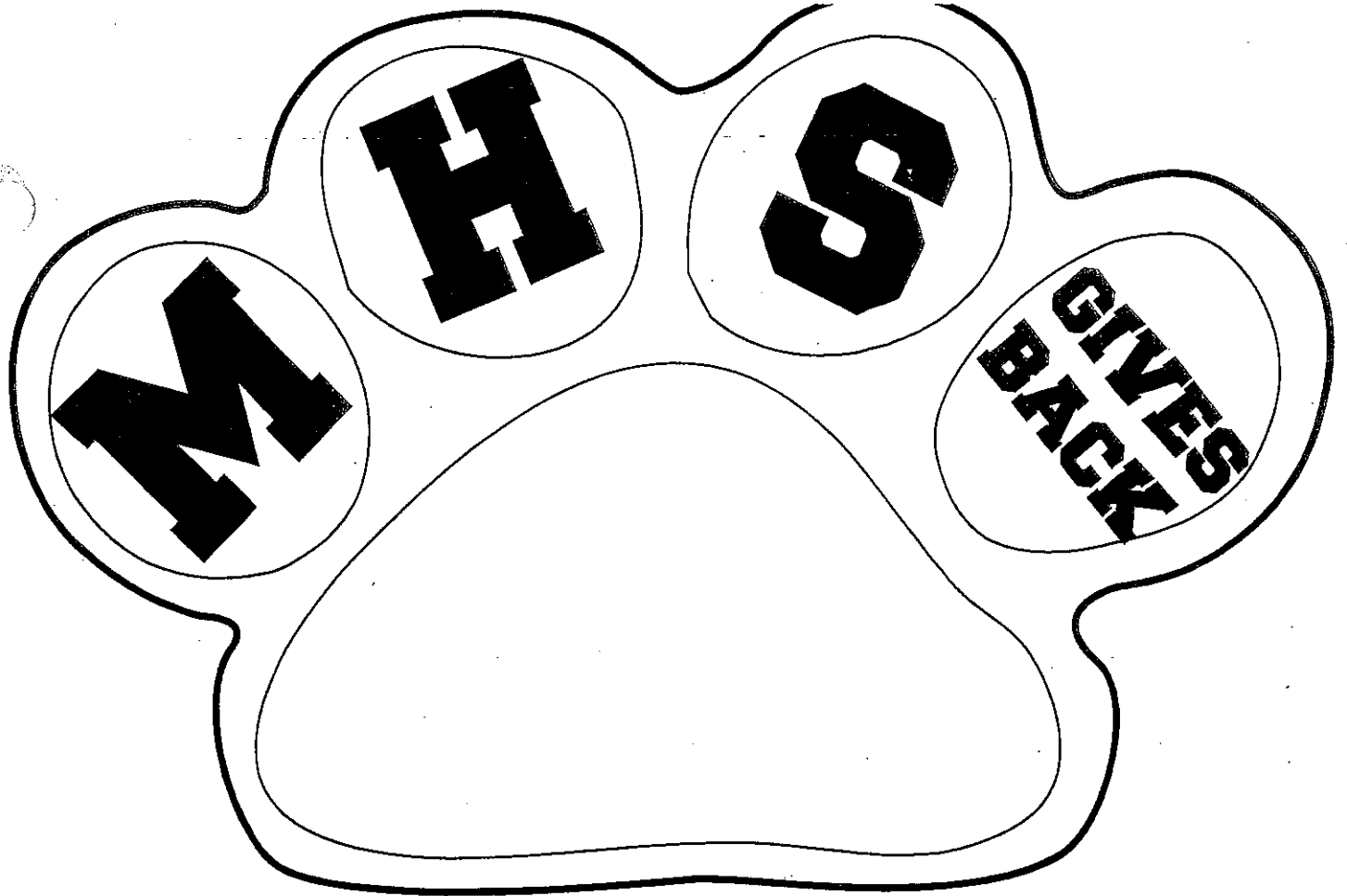
After discussing these questions with your class handout a Panther Pledge to each student. Have them complete the sheet with their plan for decreasing or maintaining their current tardies. REMEMBER you can look up individual tardy data on each student in SIS for your TAP. They can decorate it and make it their own. Then display these pledges in your TAP room or on your TAP door similar to the Panther Paws. If your class would like to make a goal as a TAP Class regarding tardies please help facilitate that conversation as well.

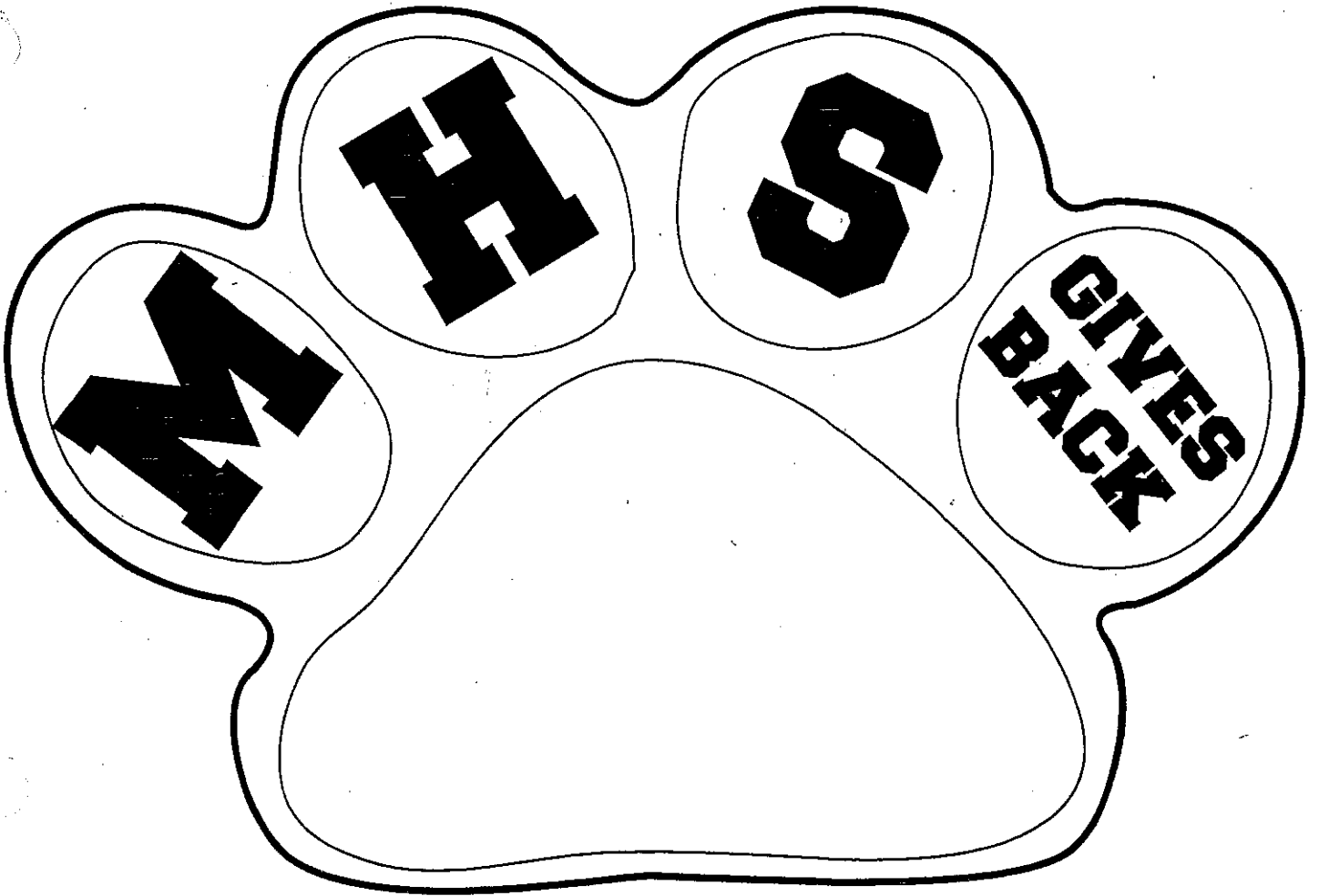
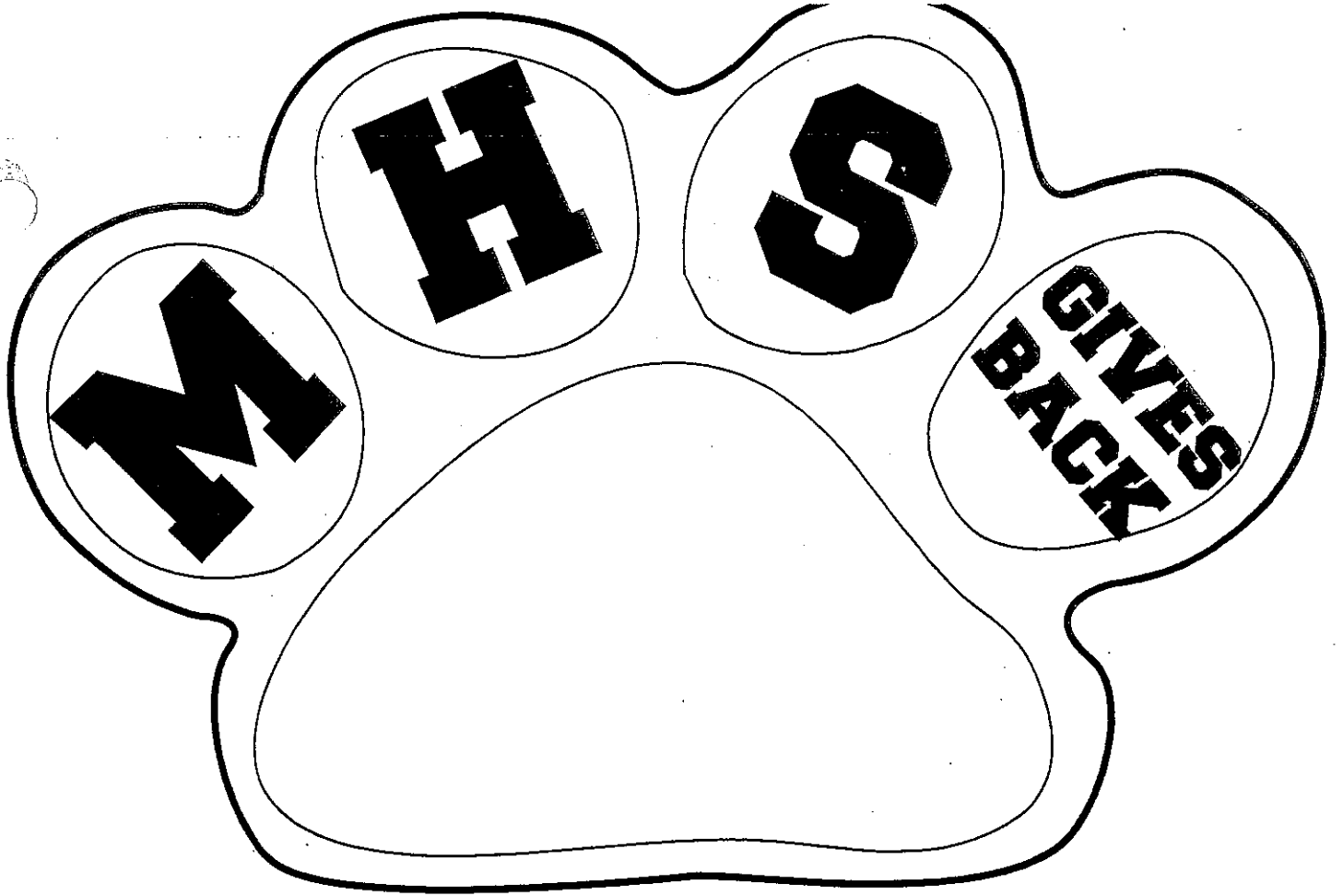


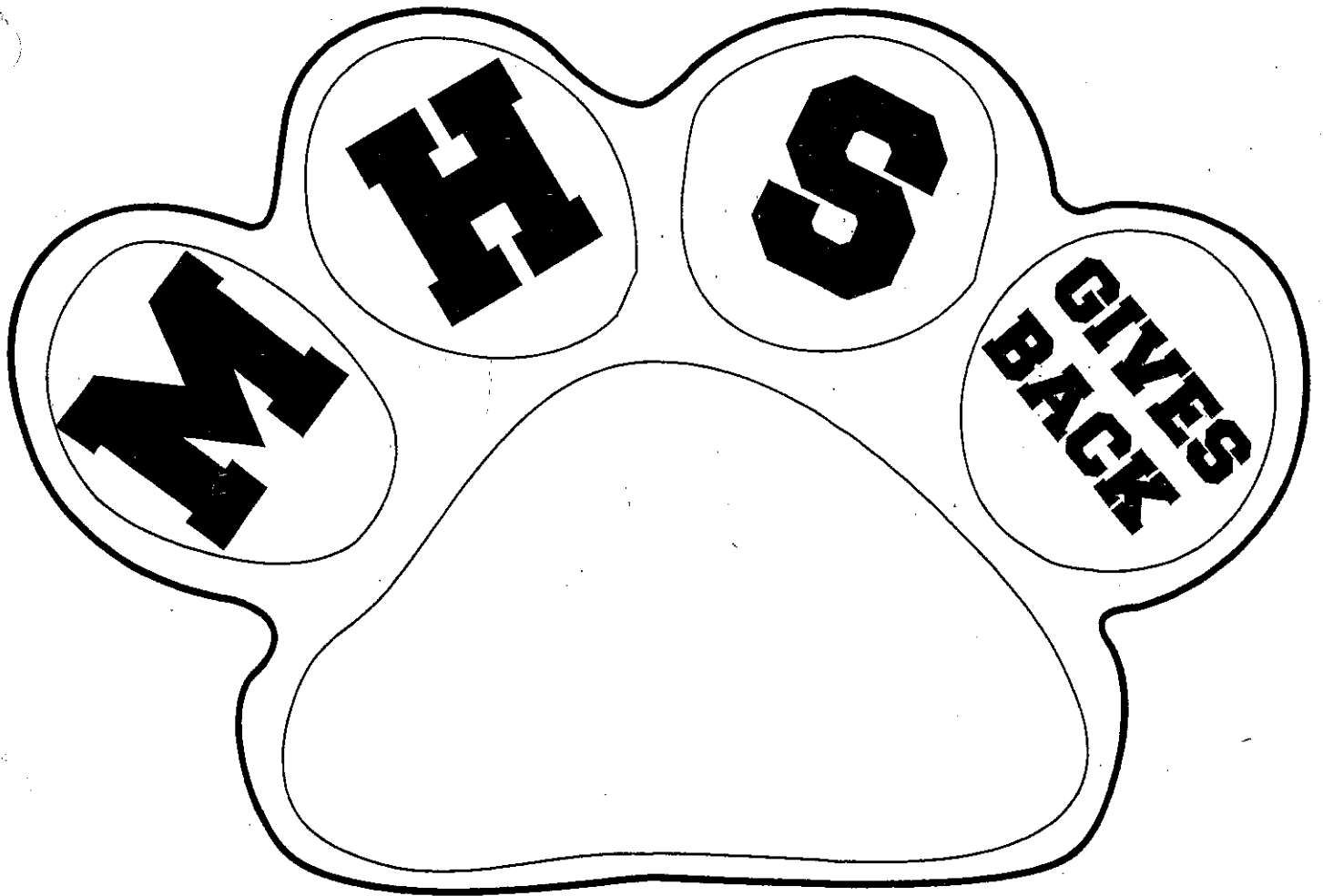
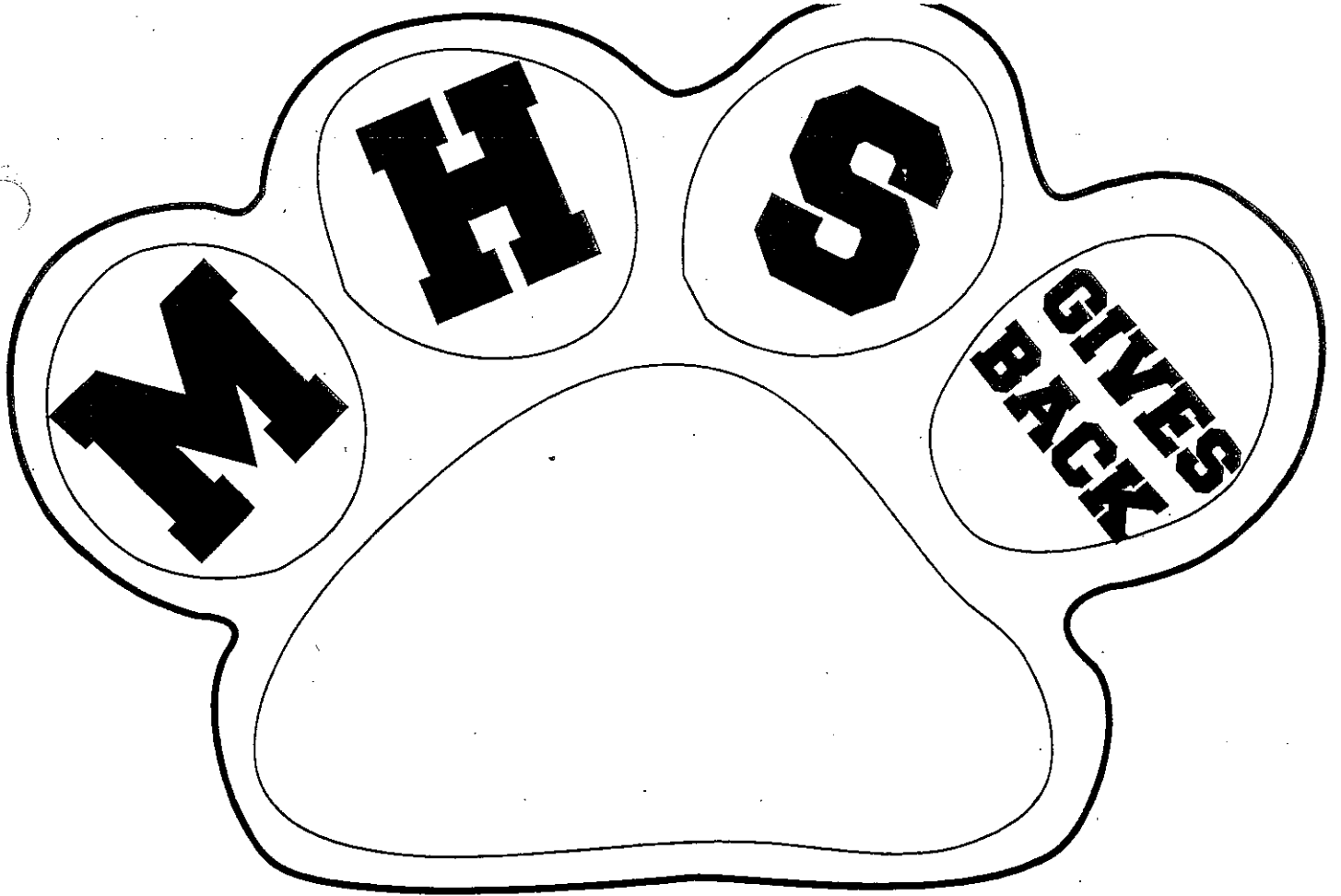


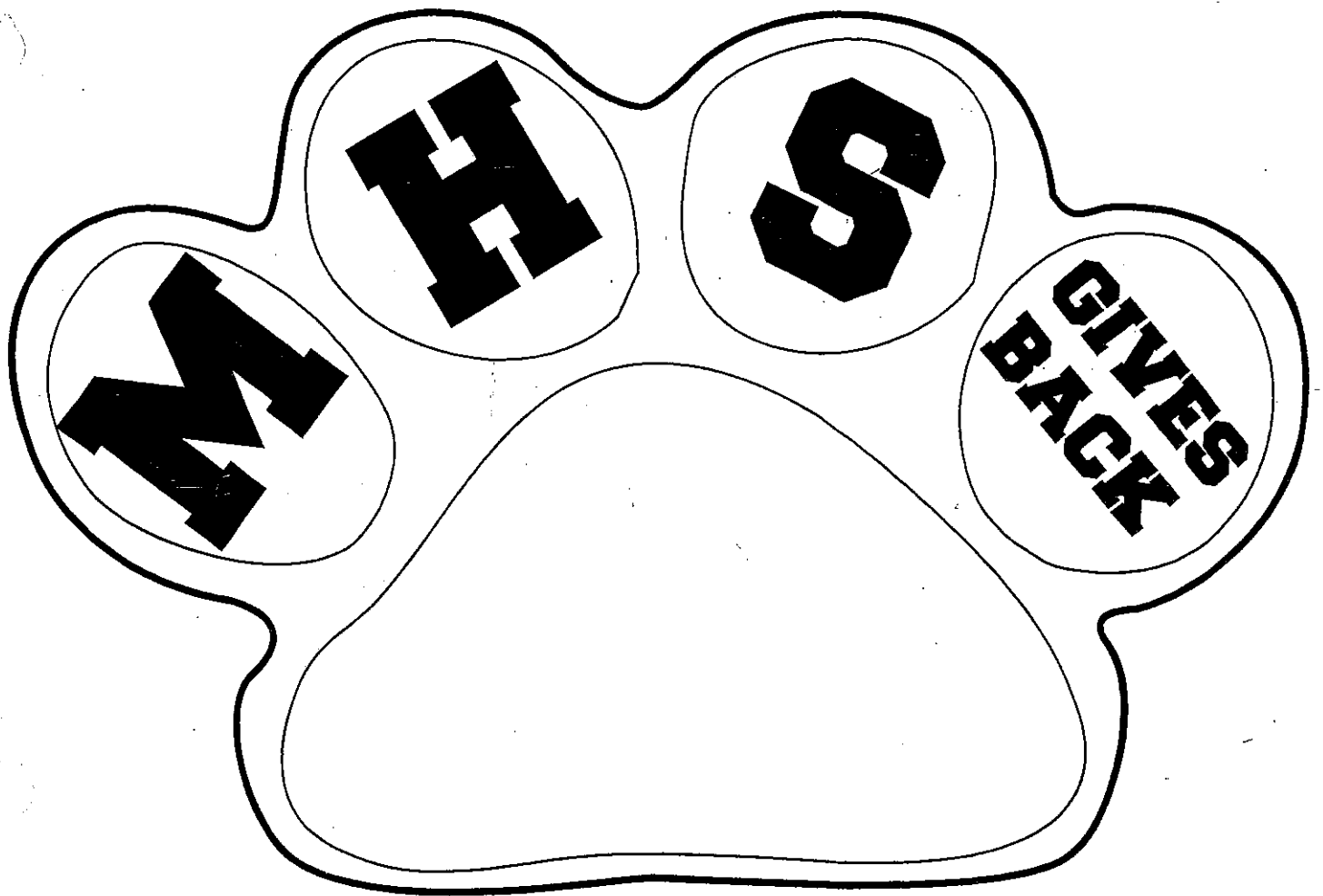
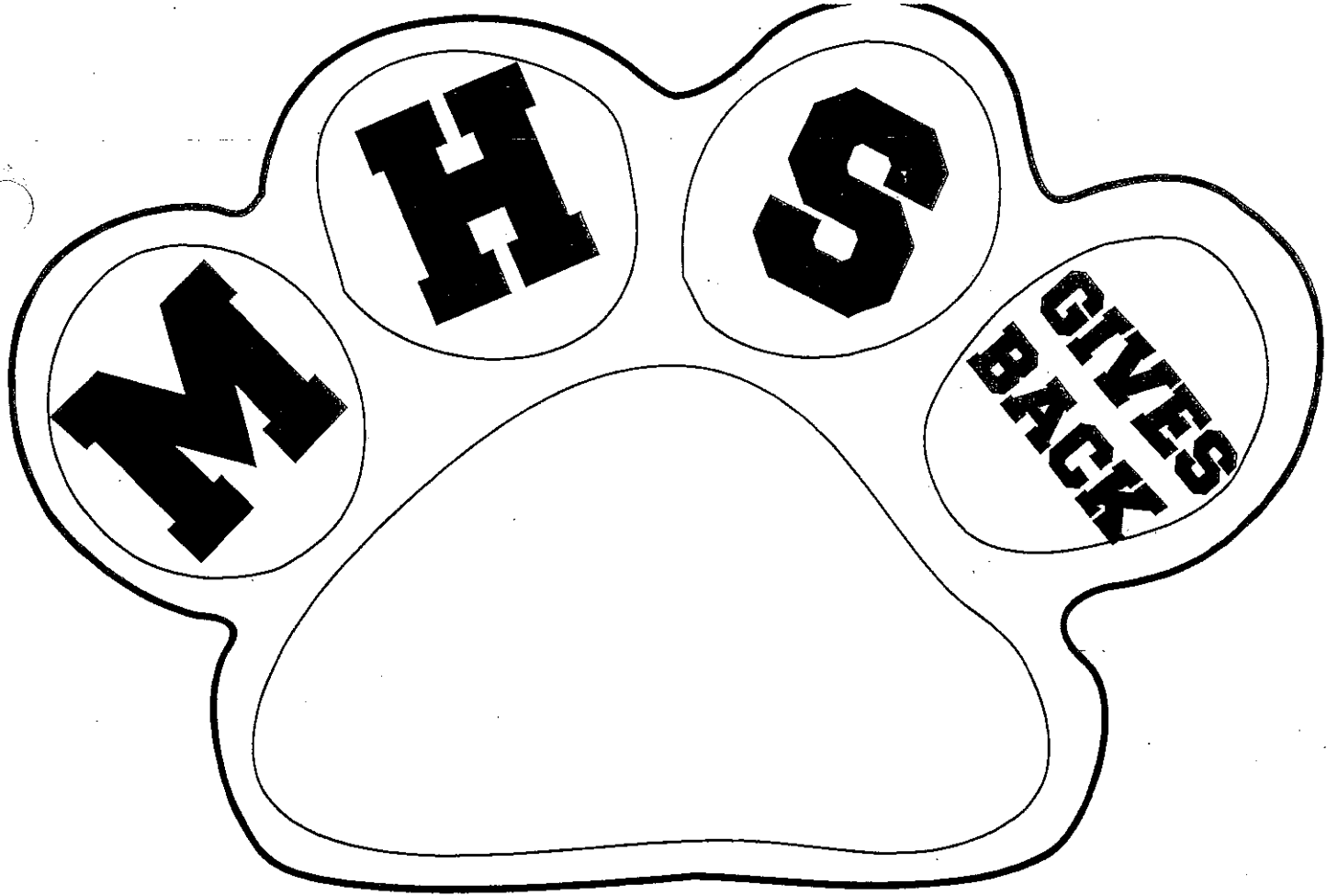


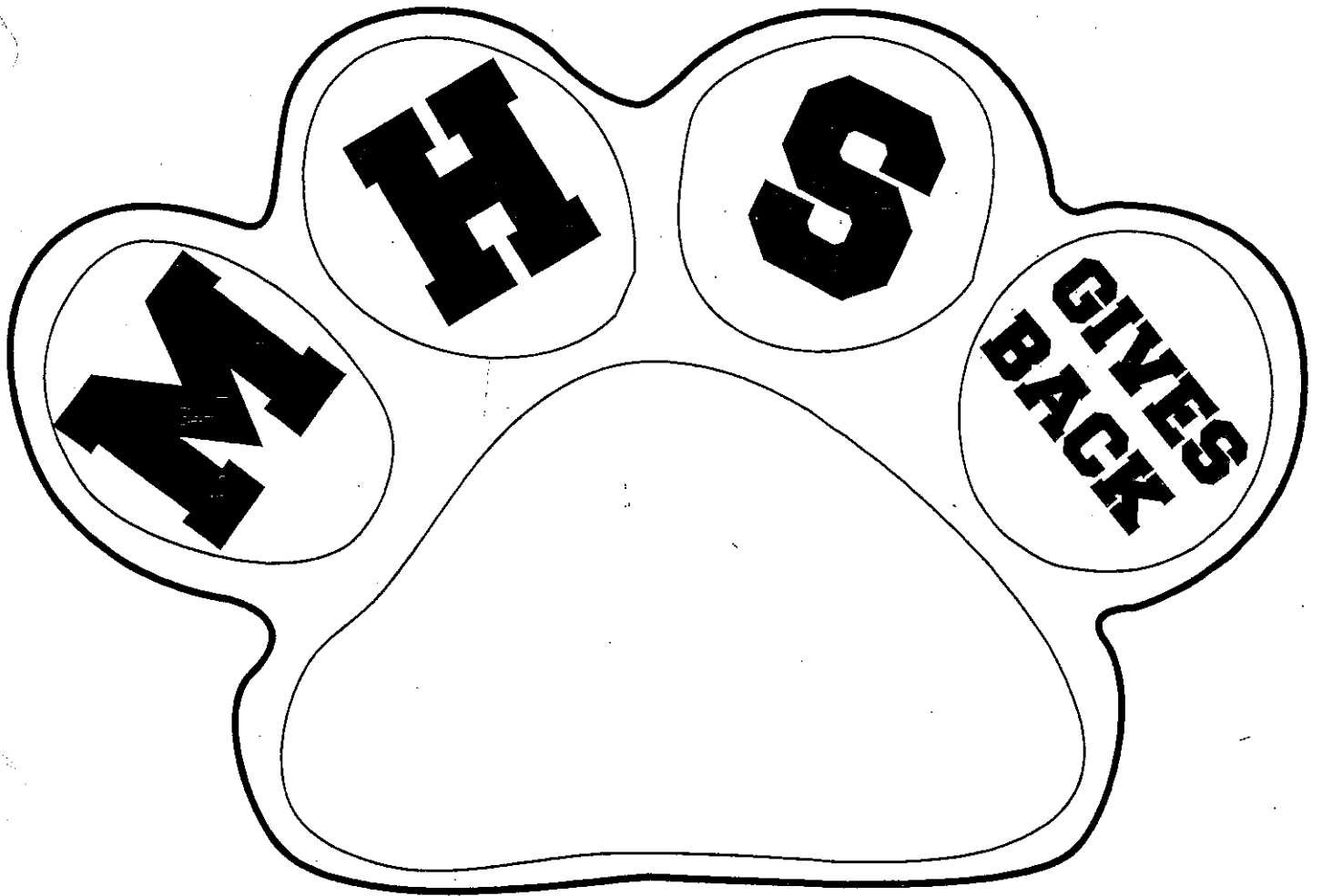
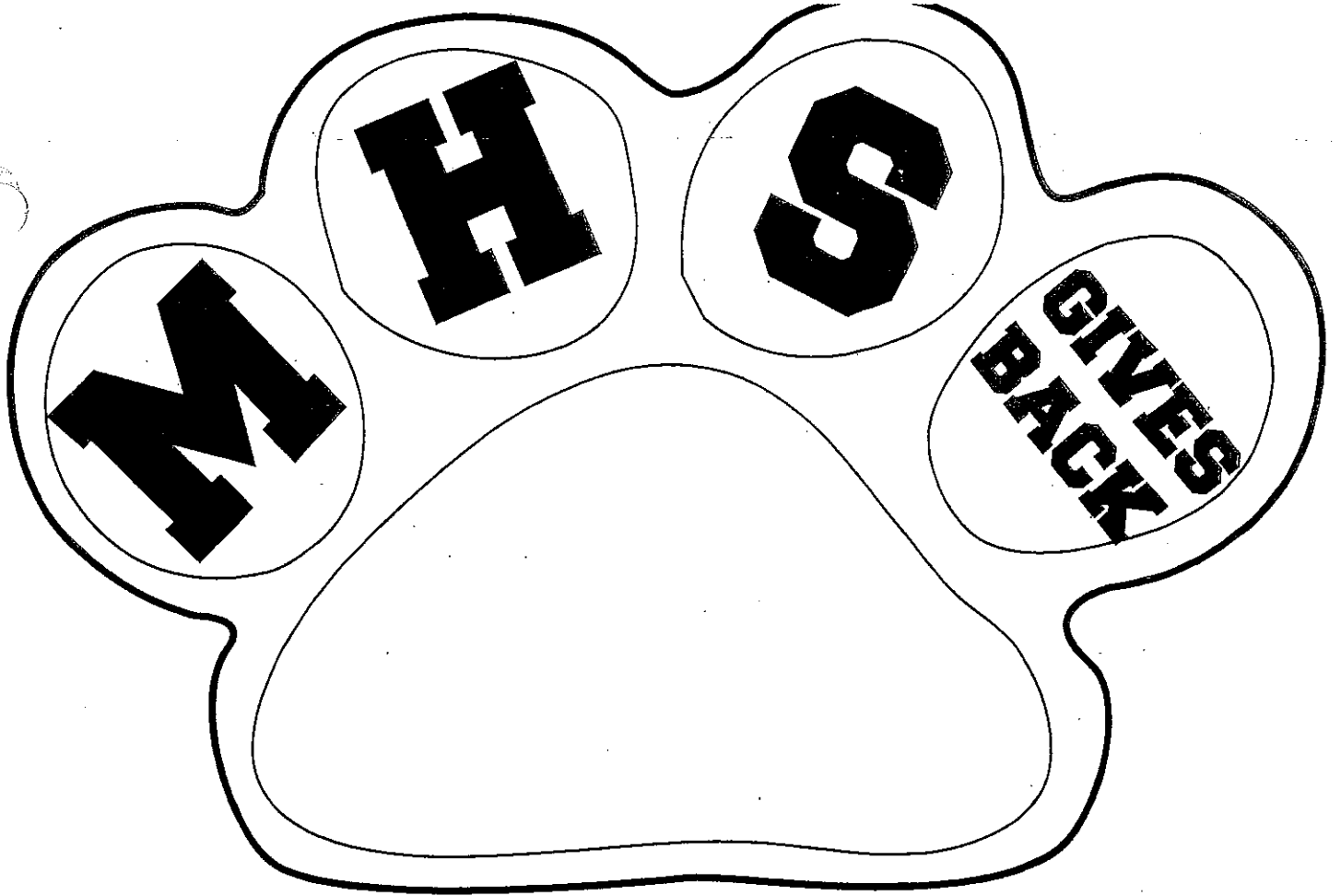


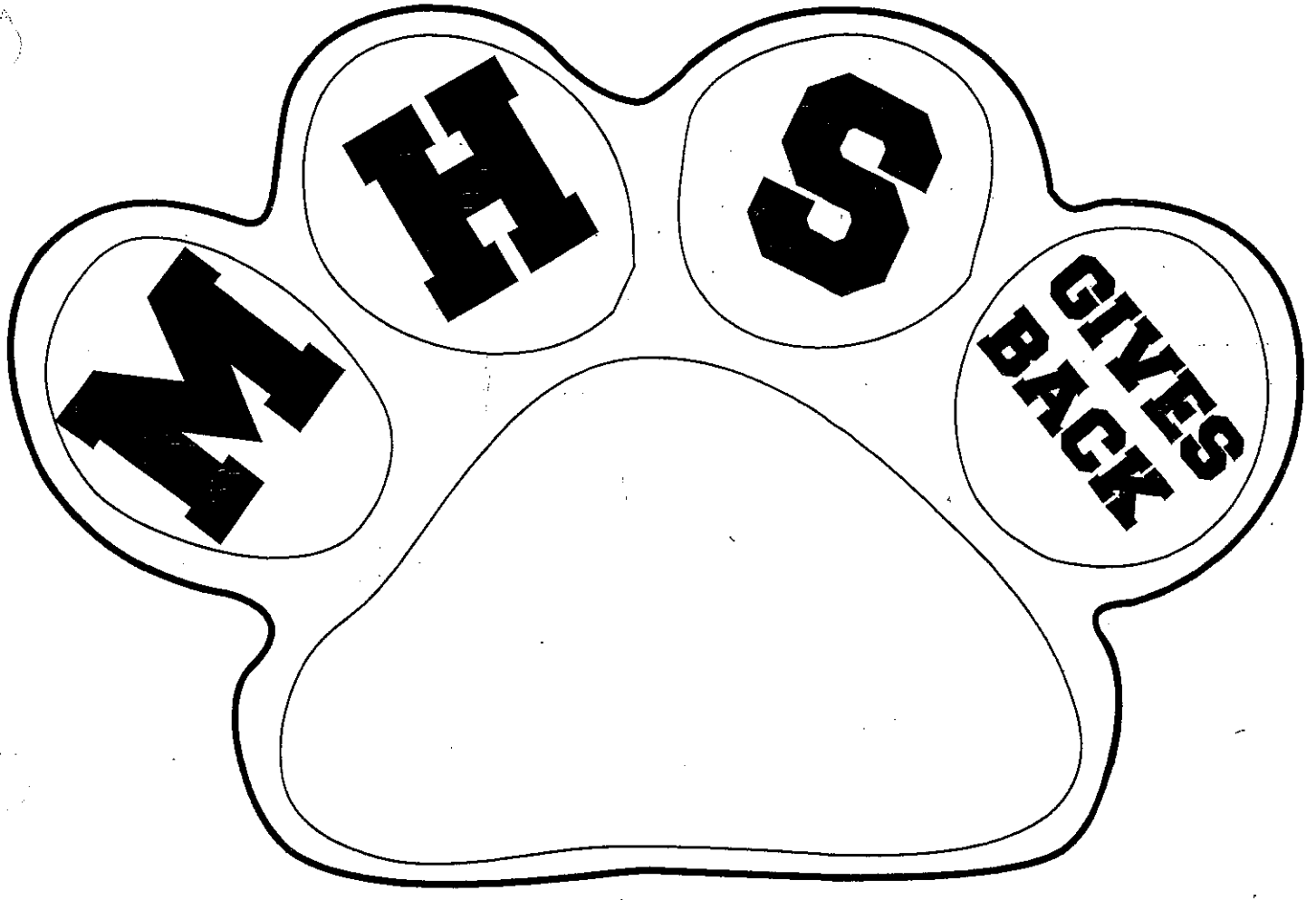
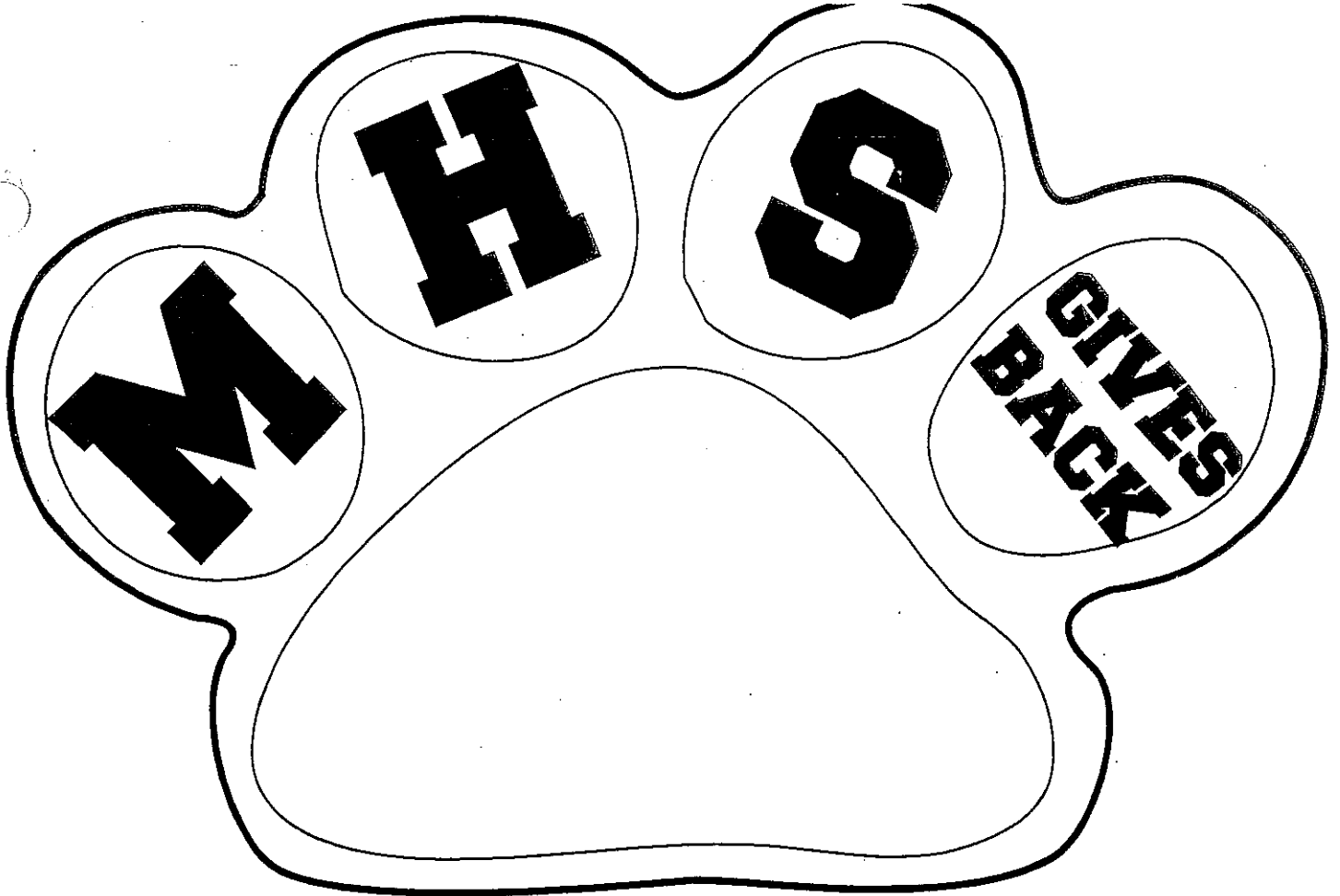


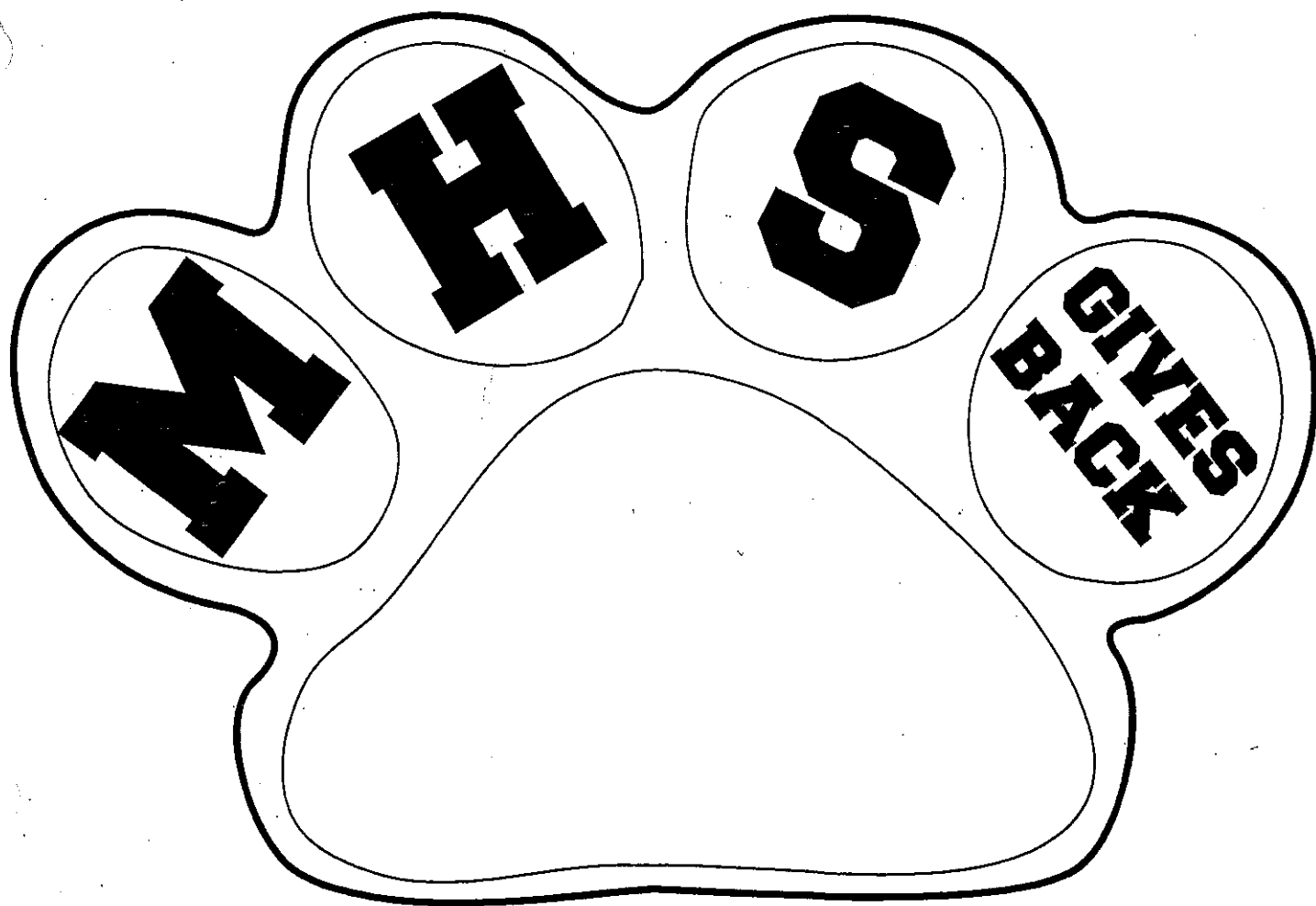
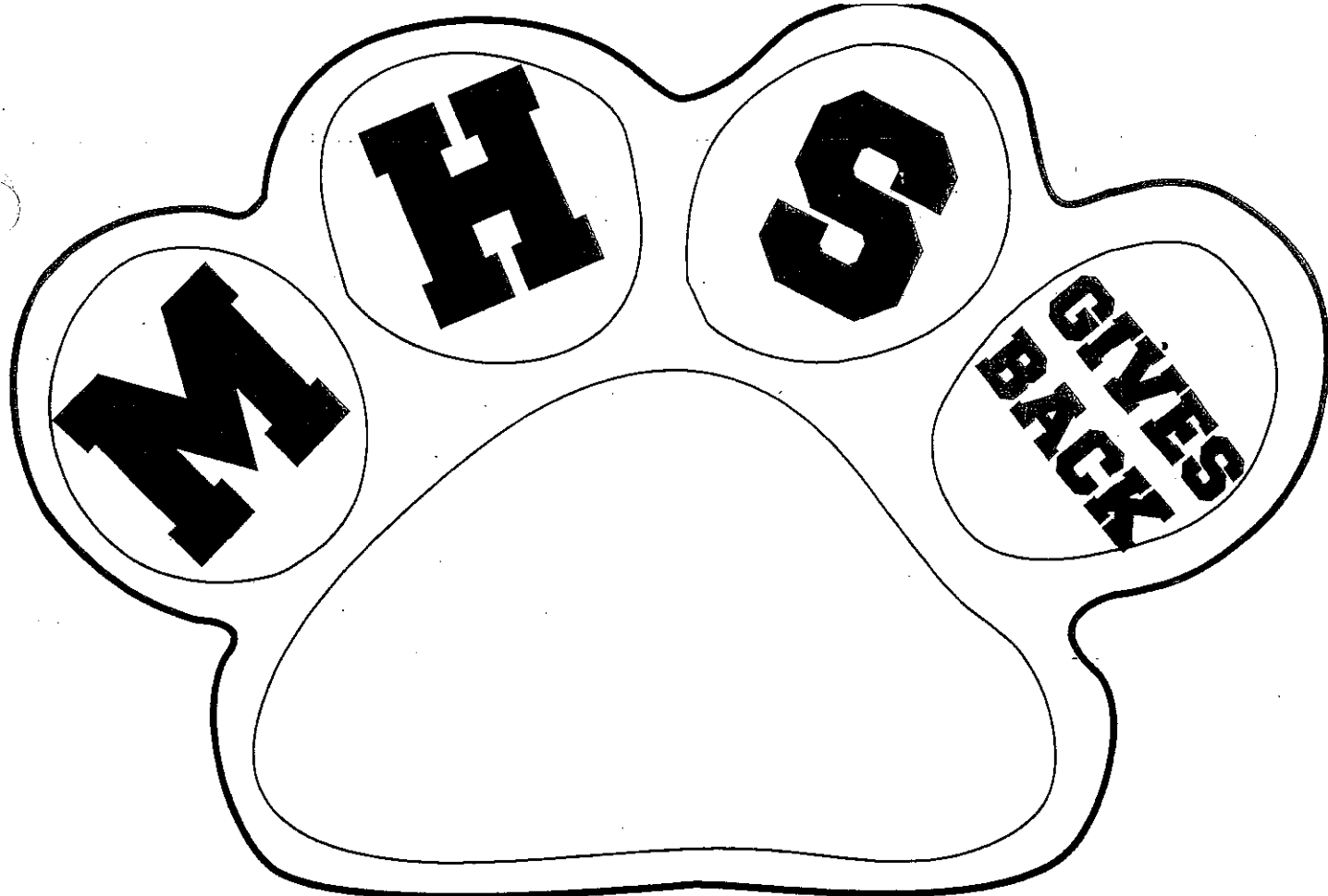


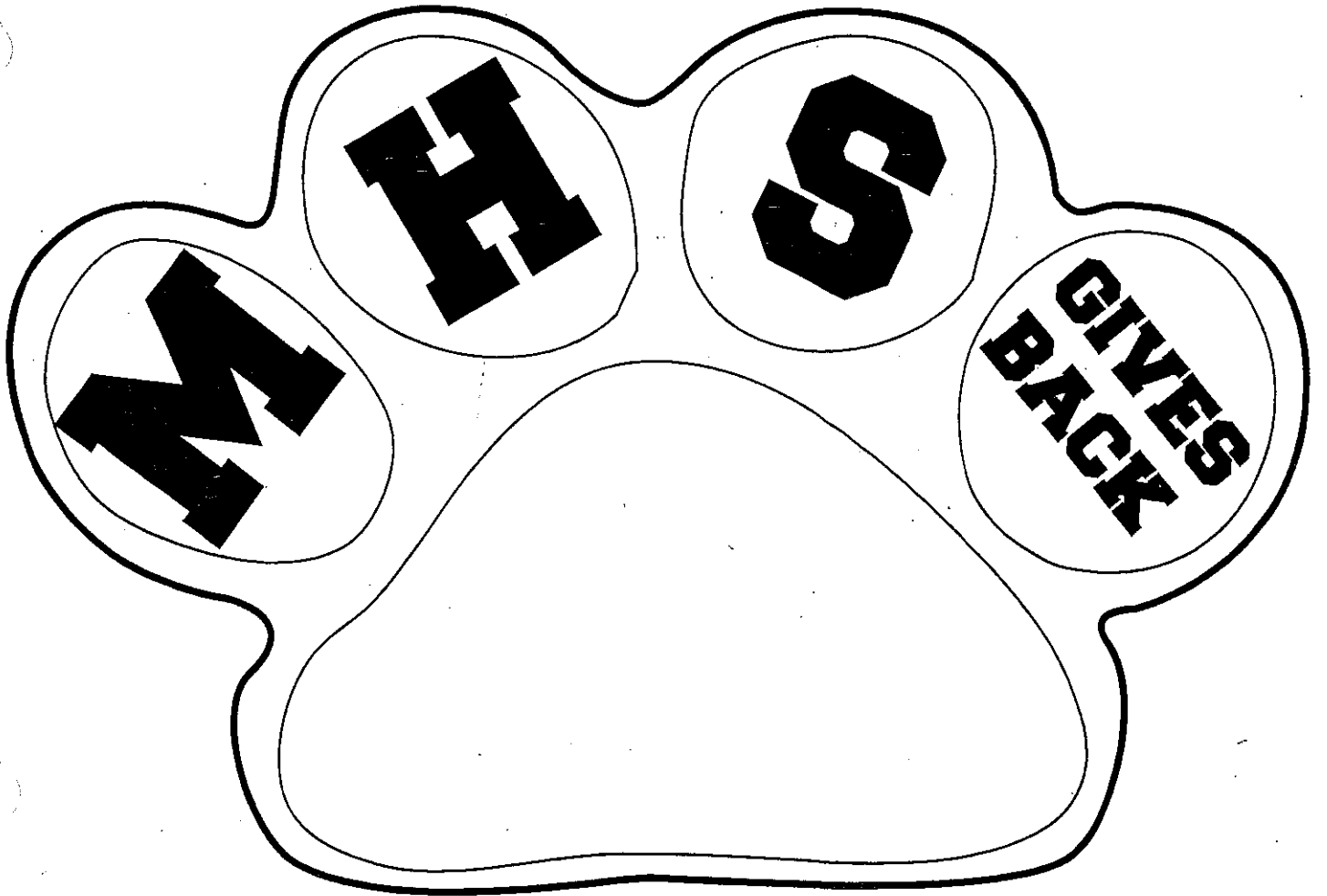
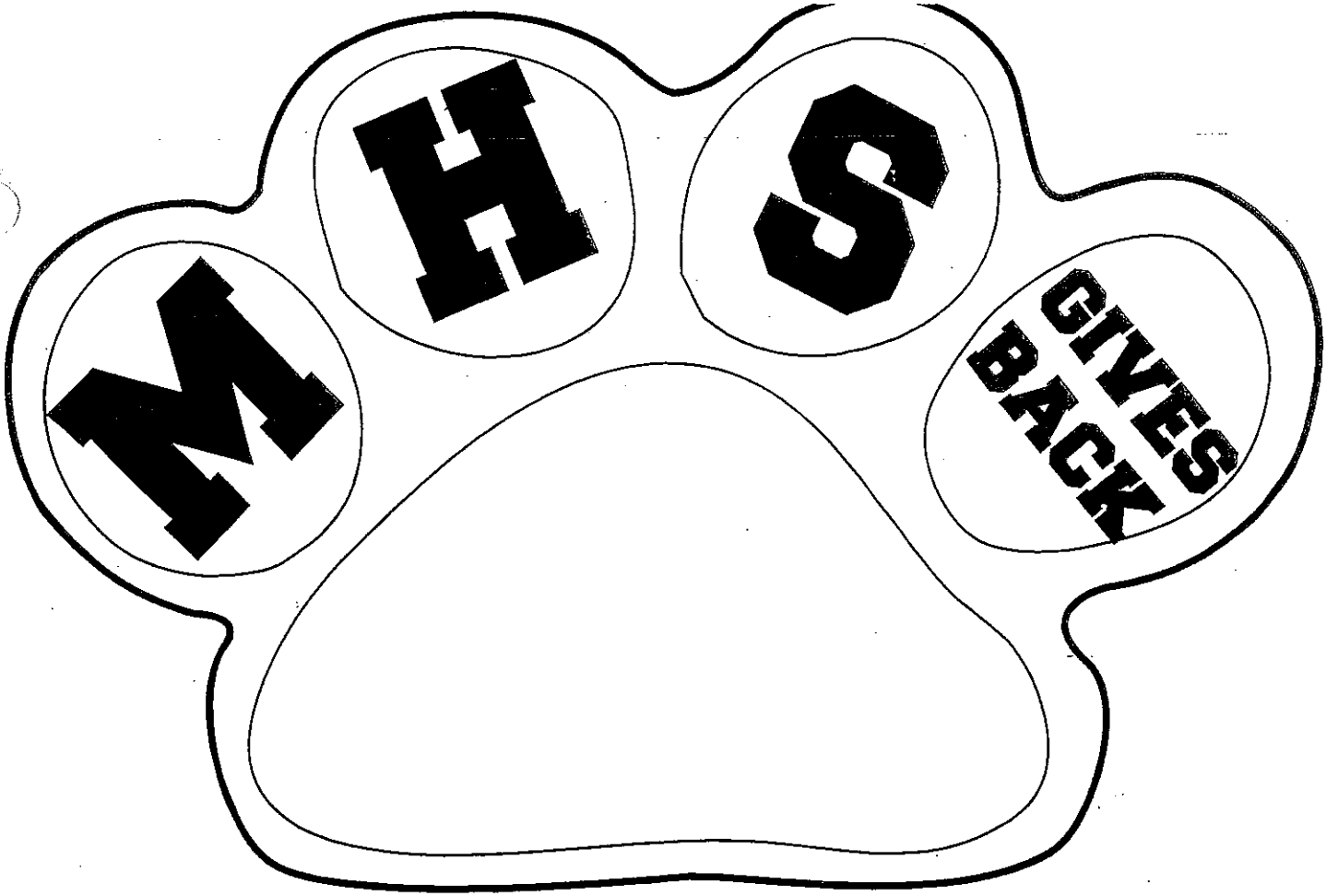


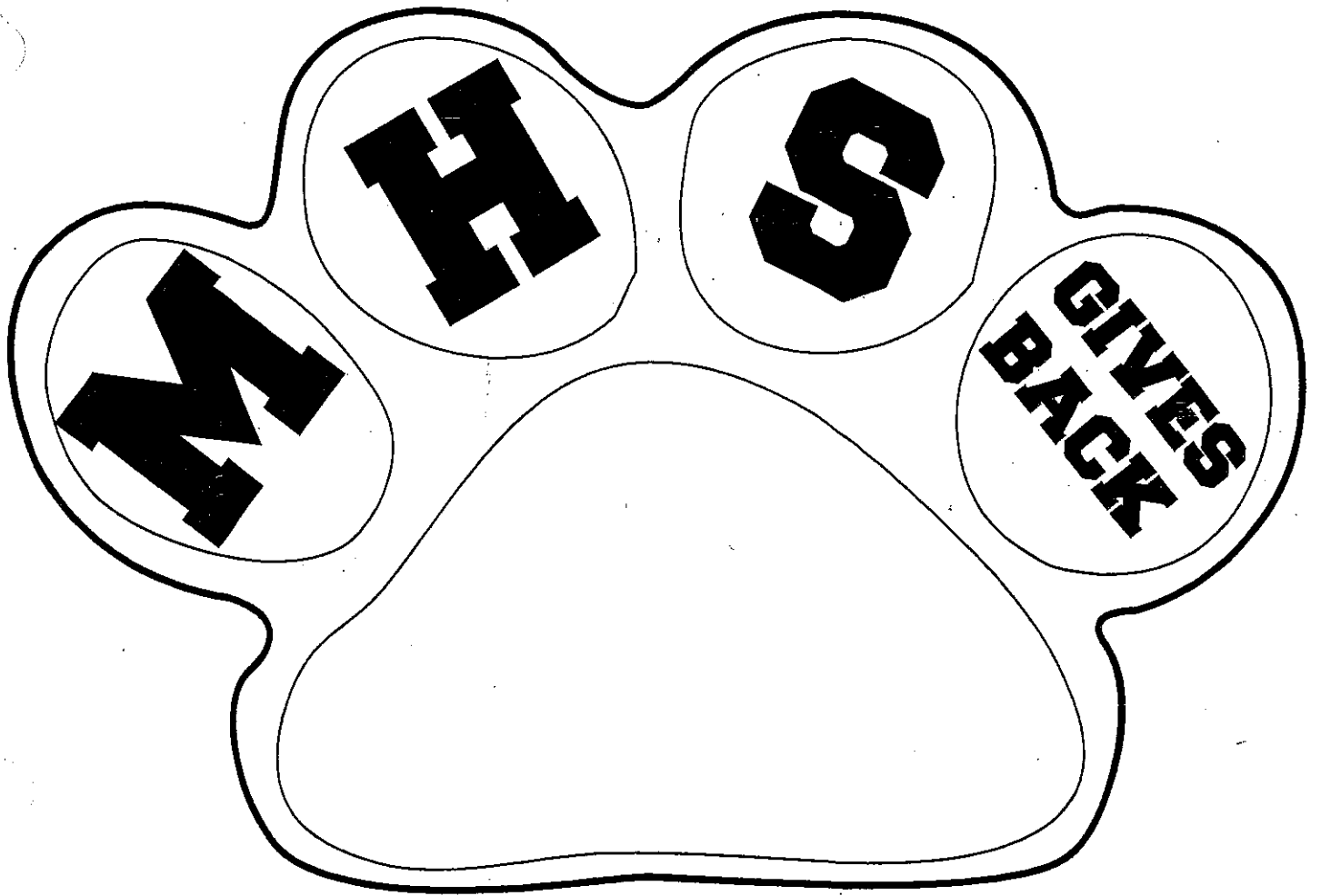
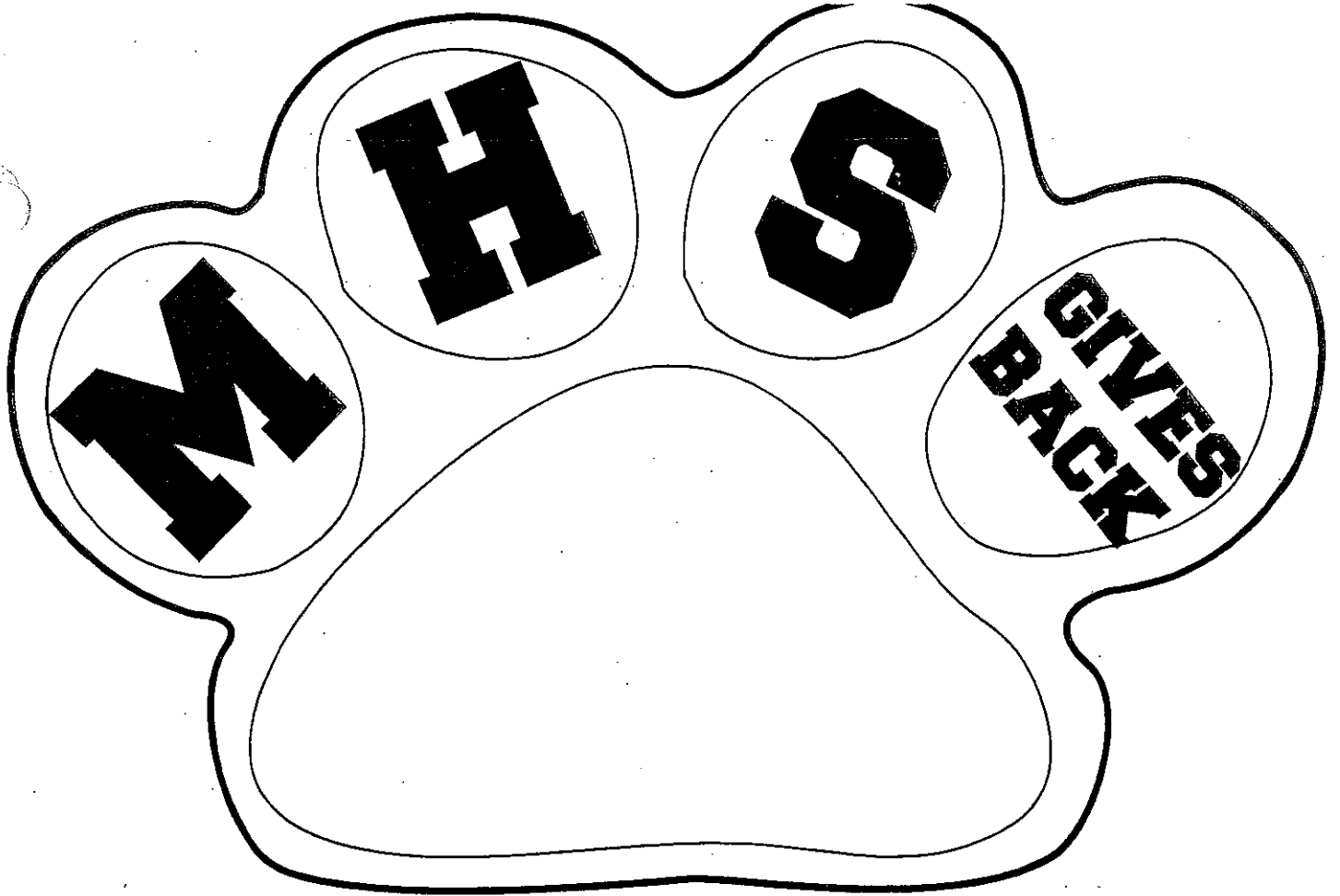


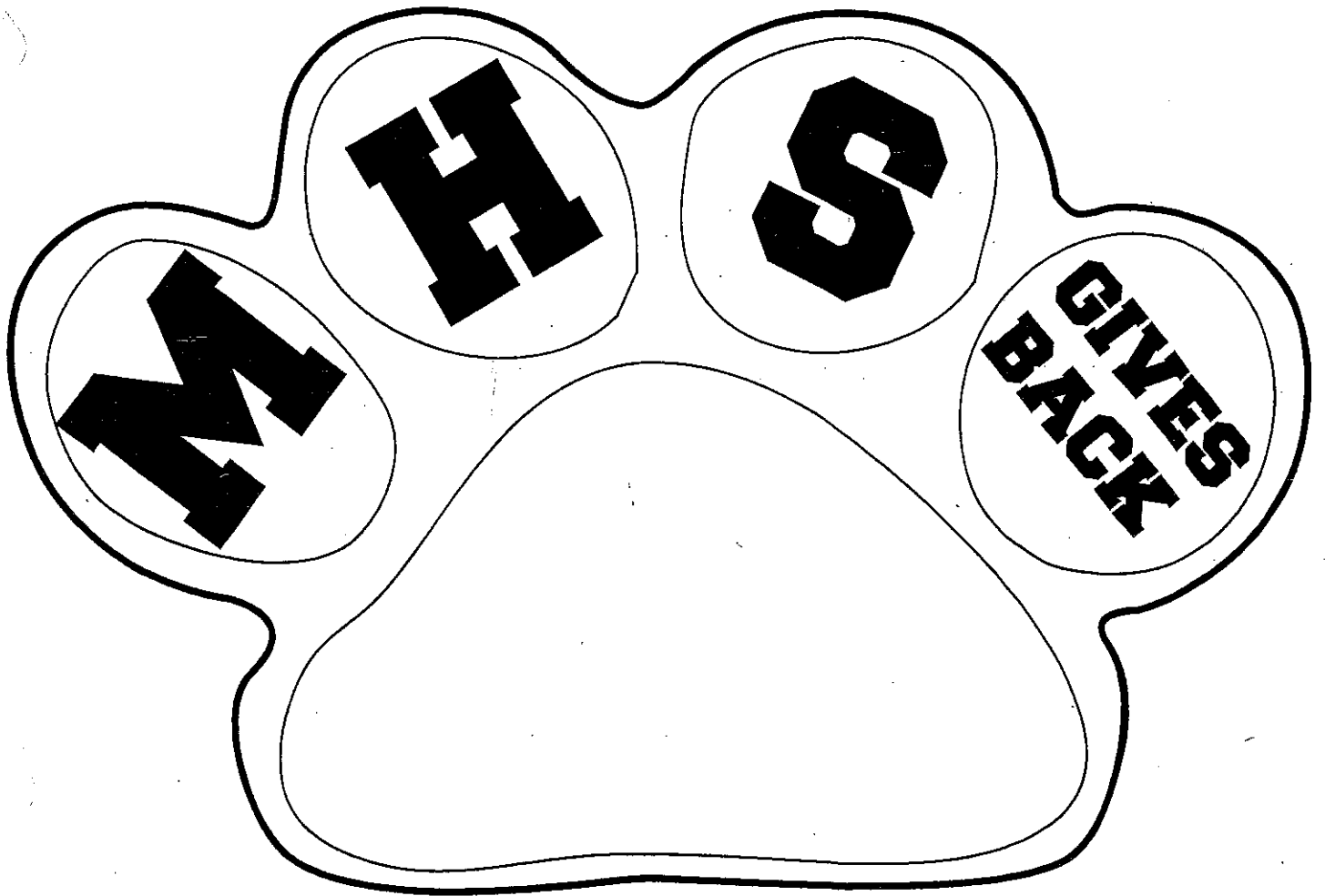
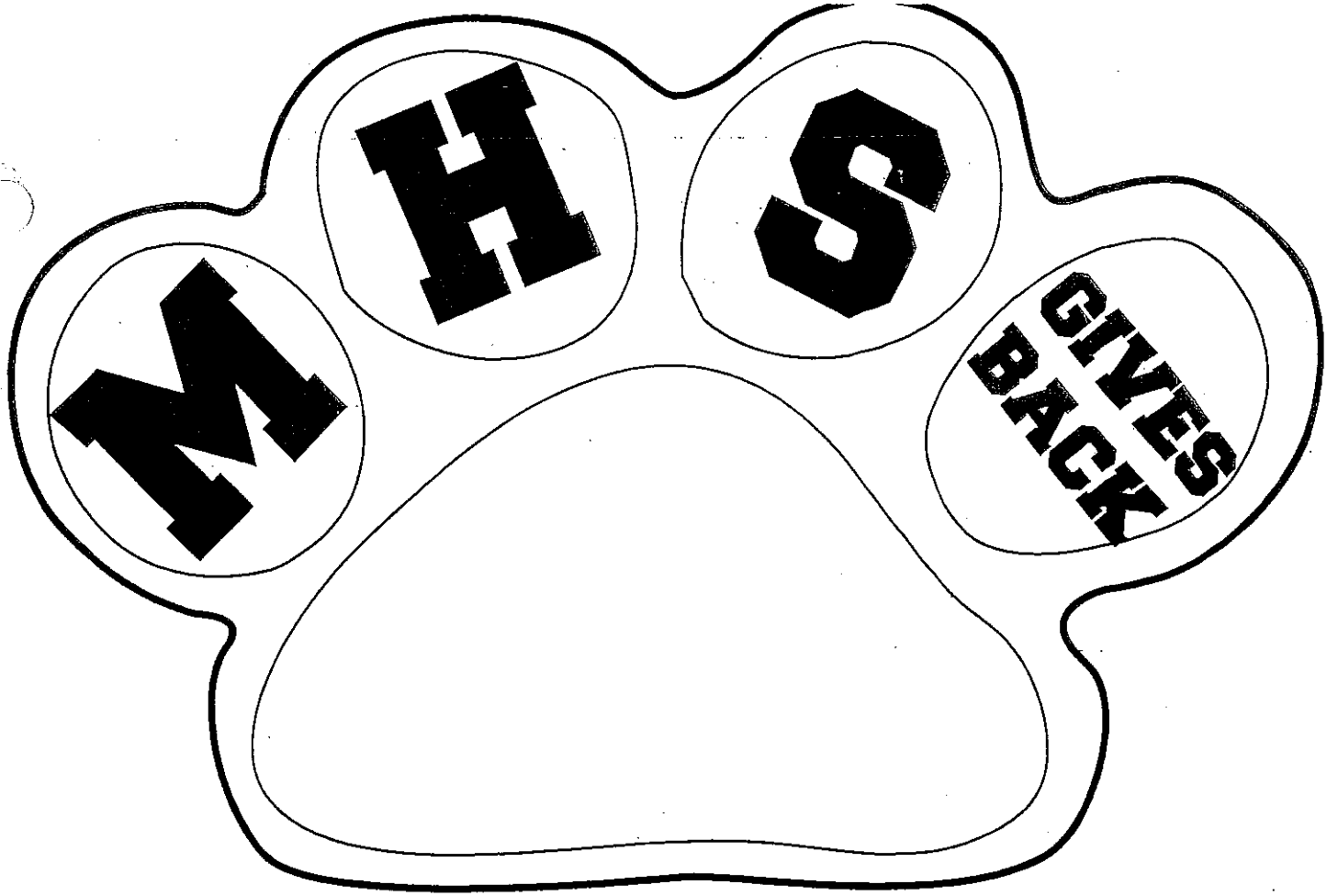


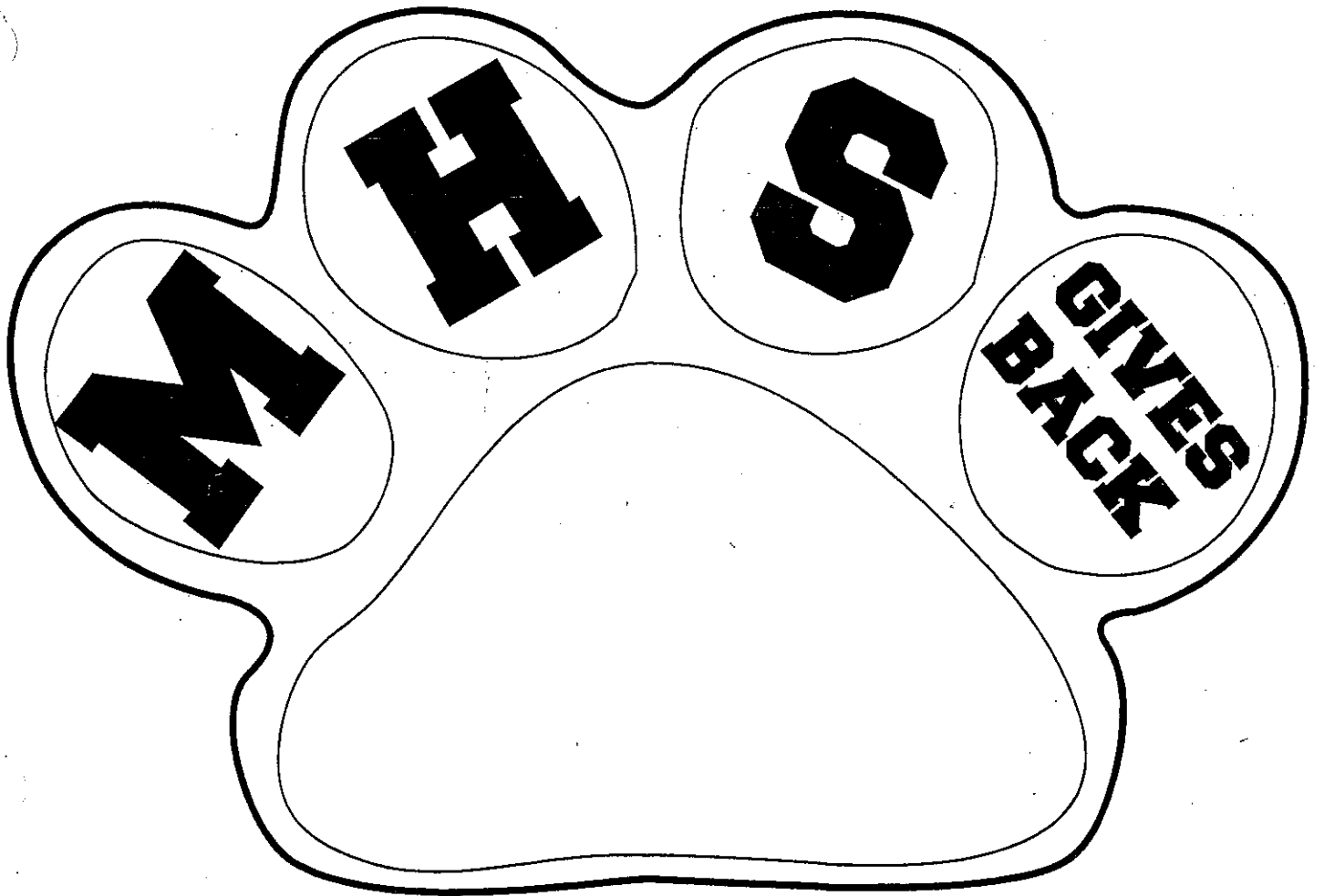
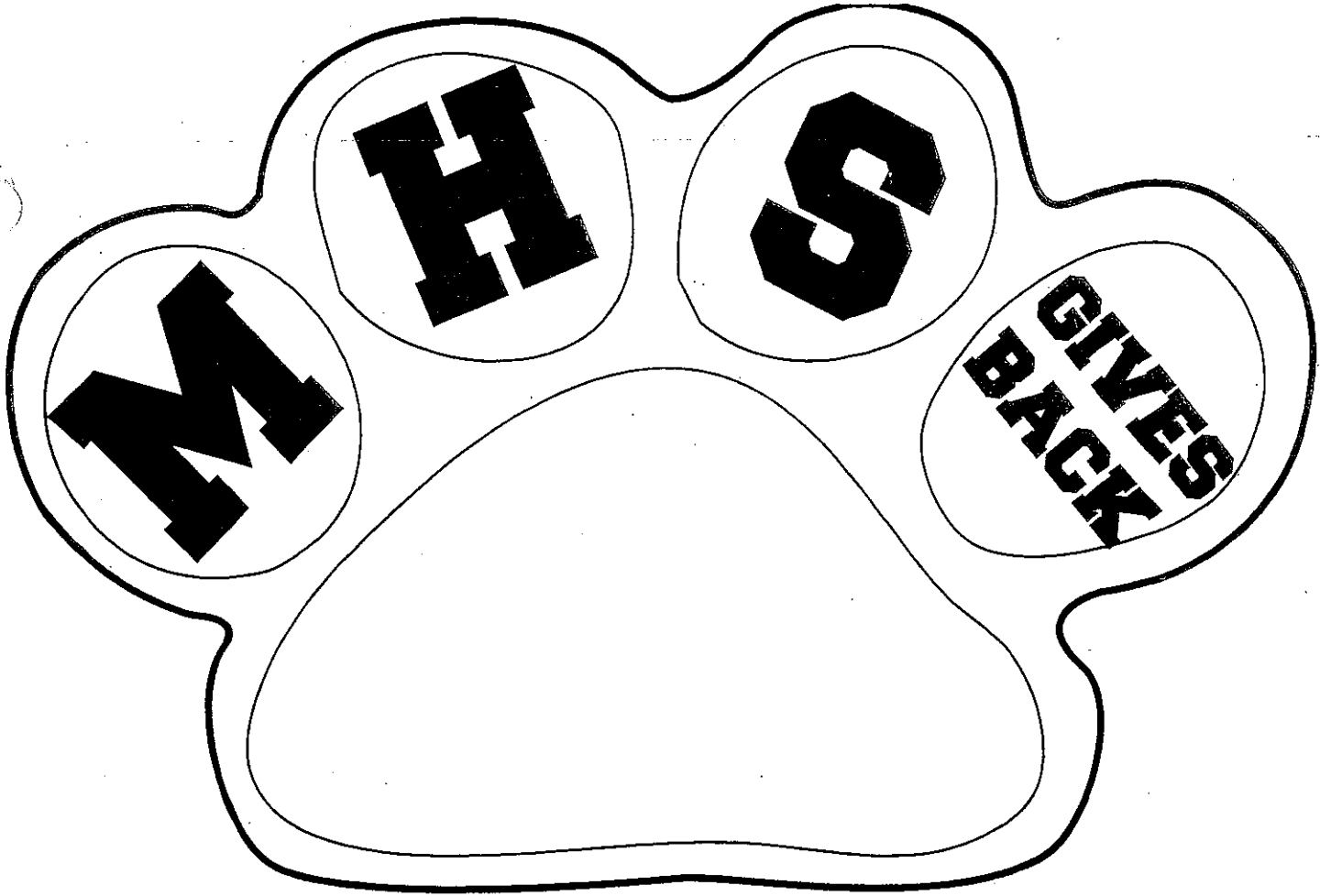


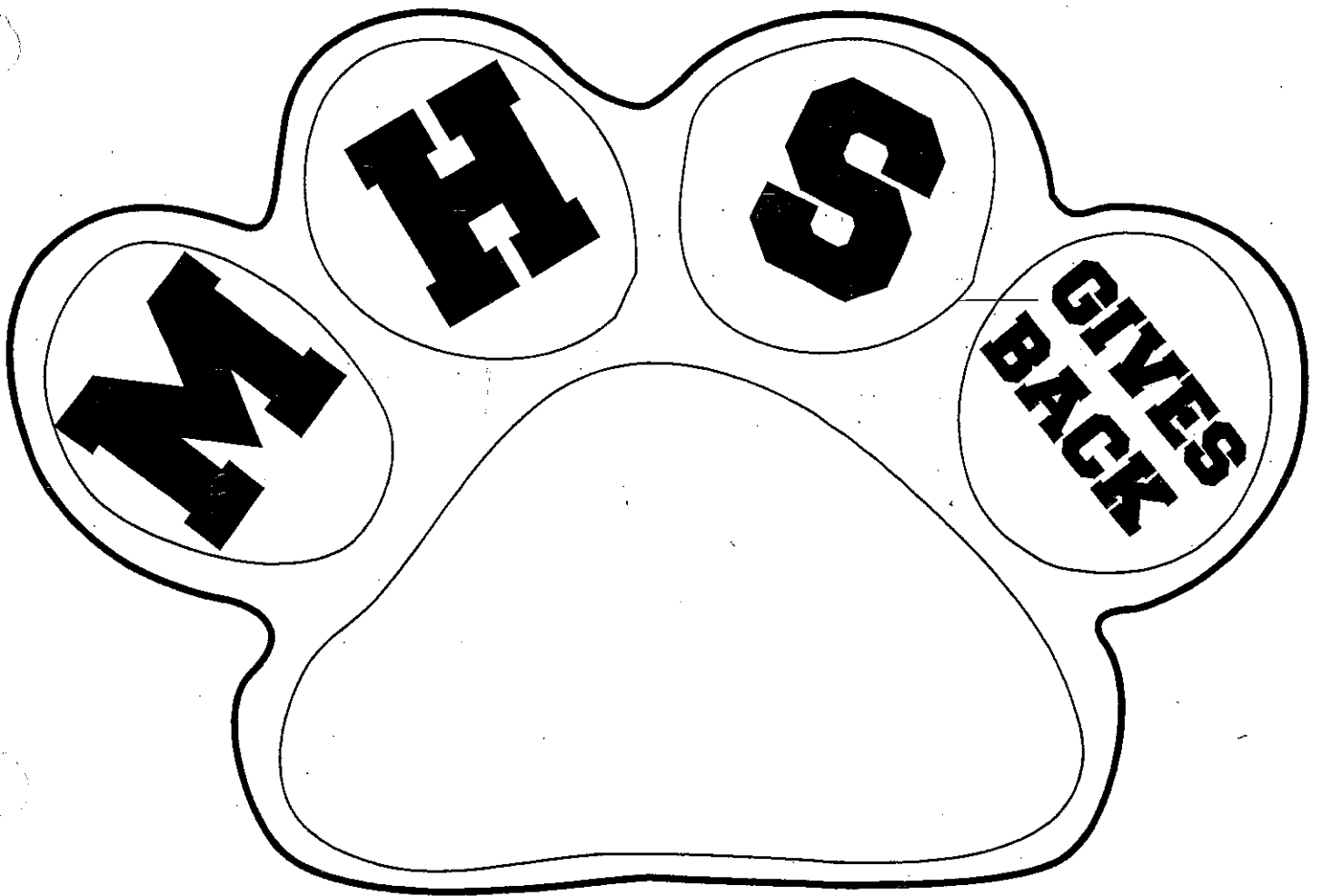
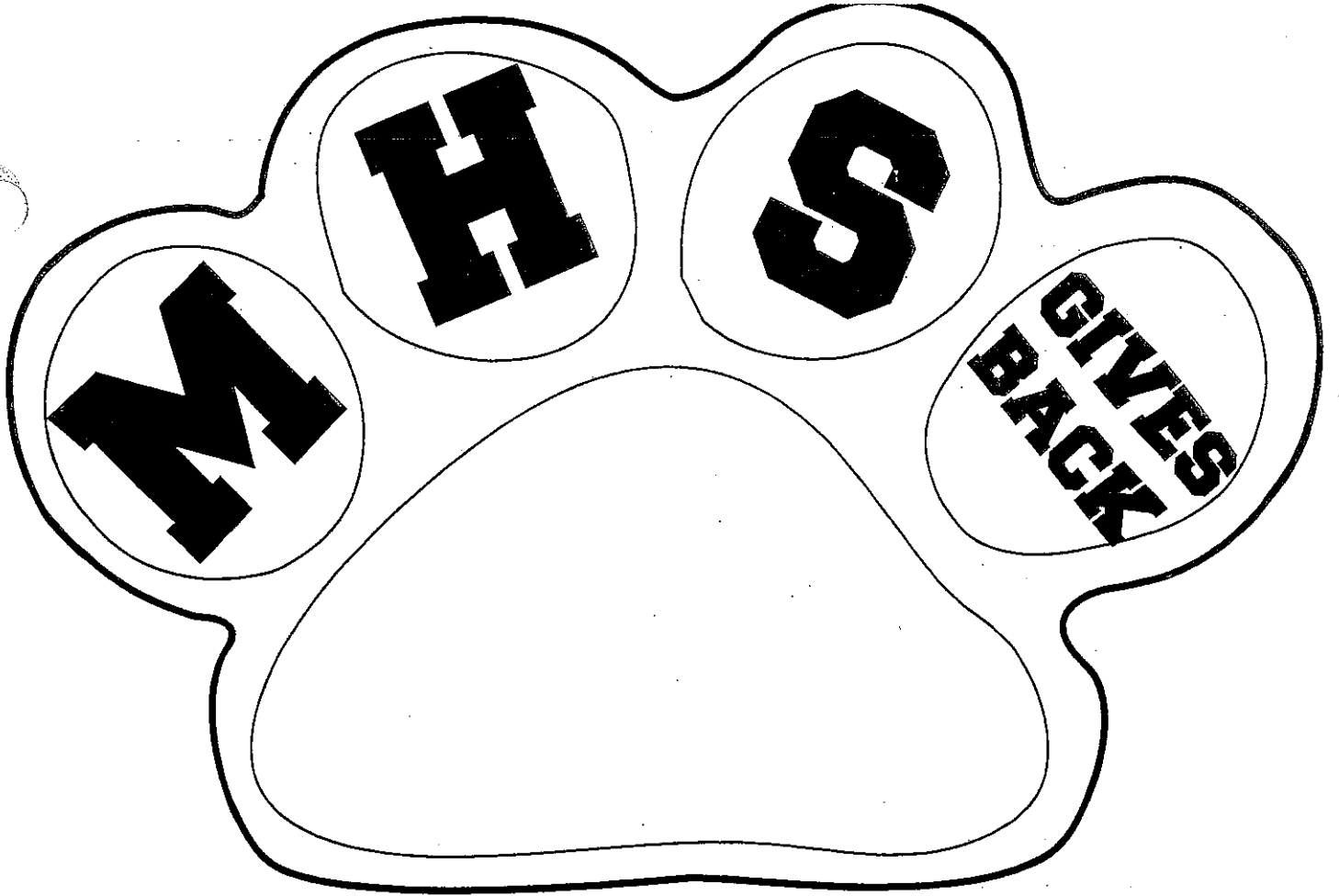


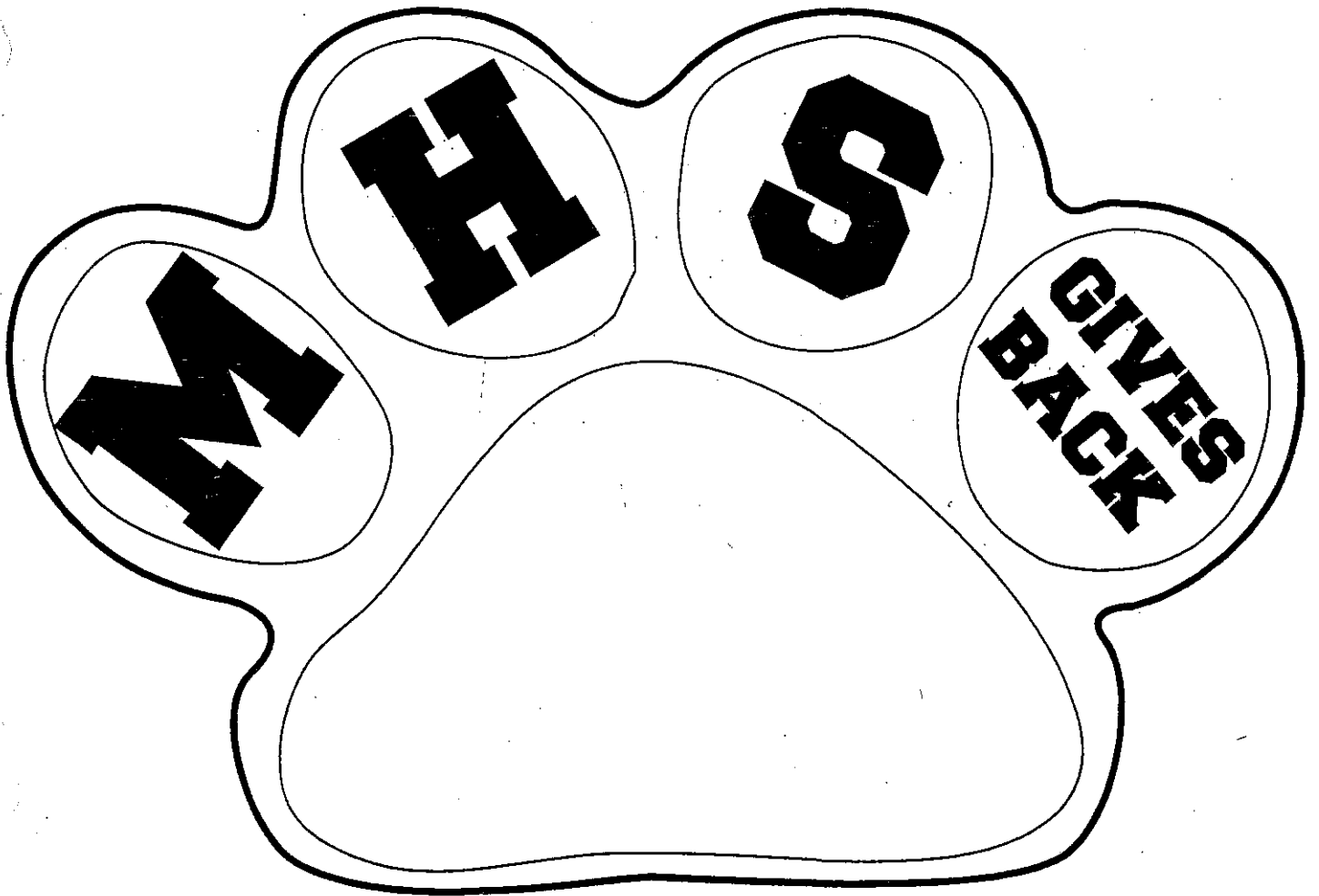
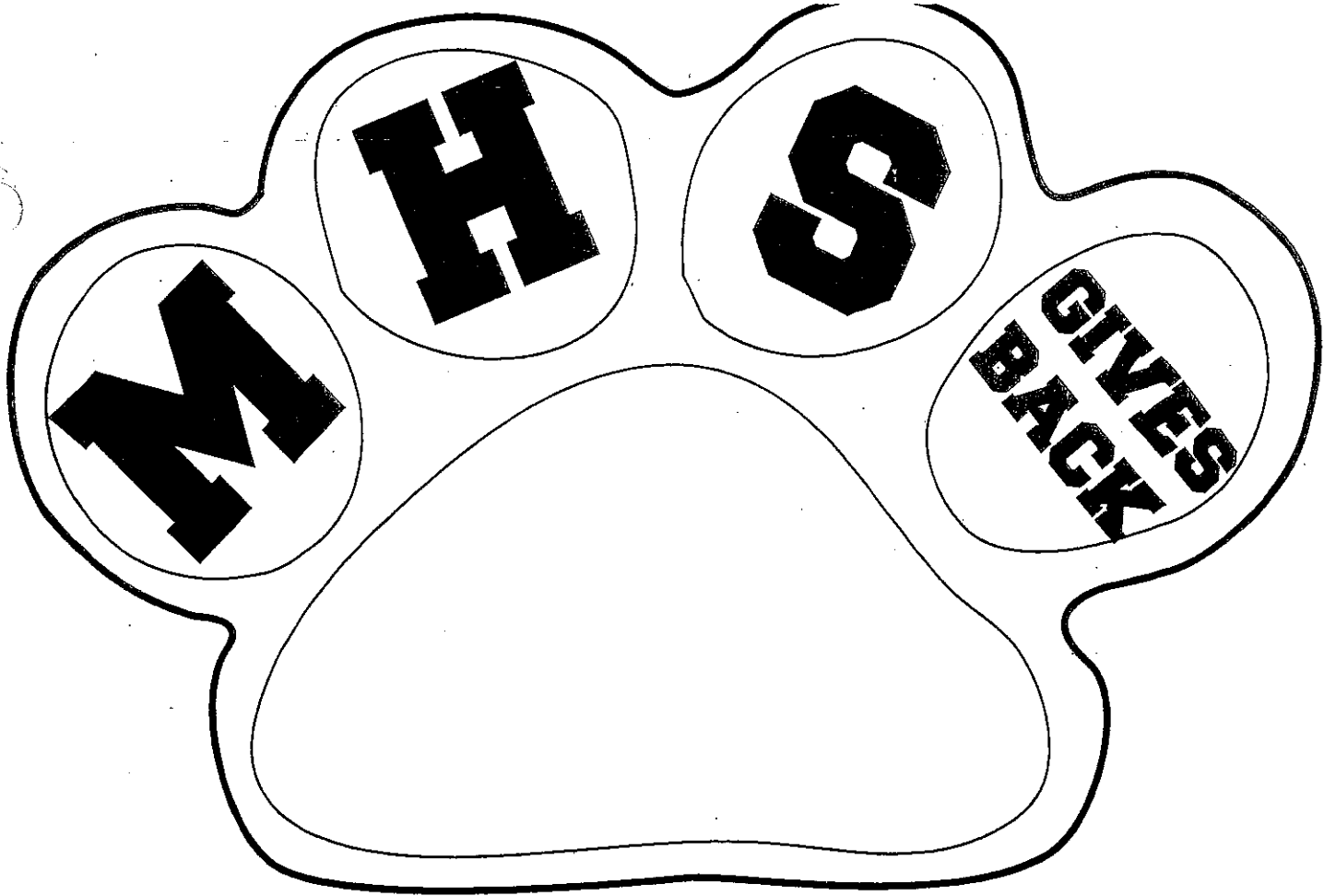


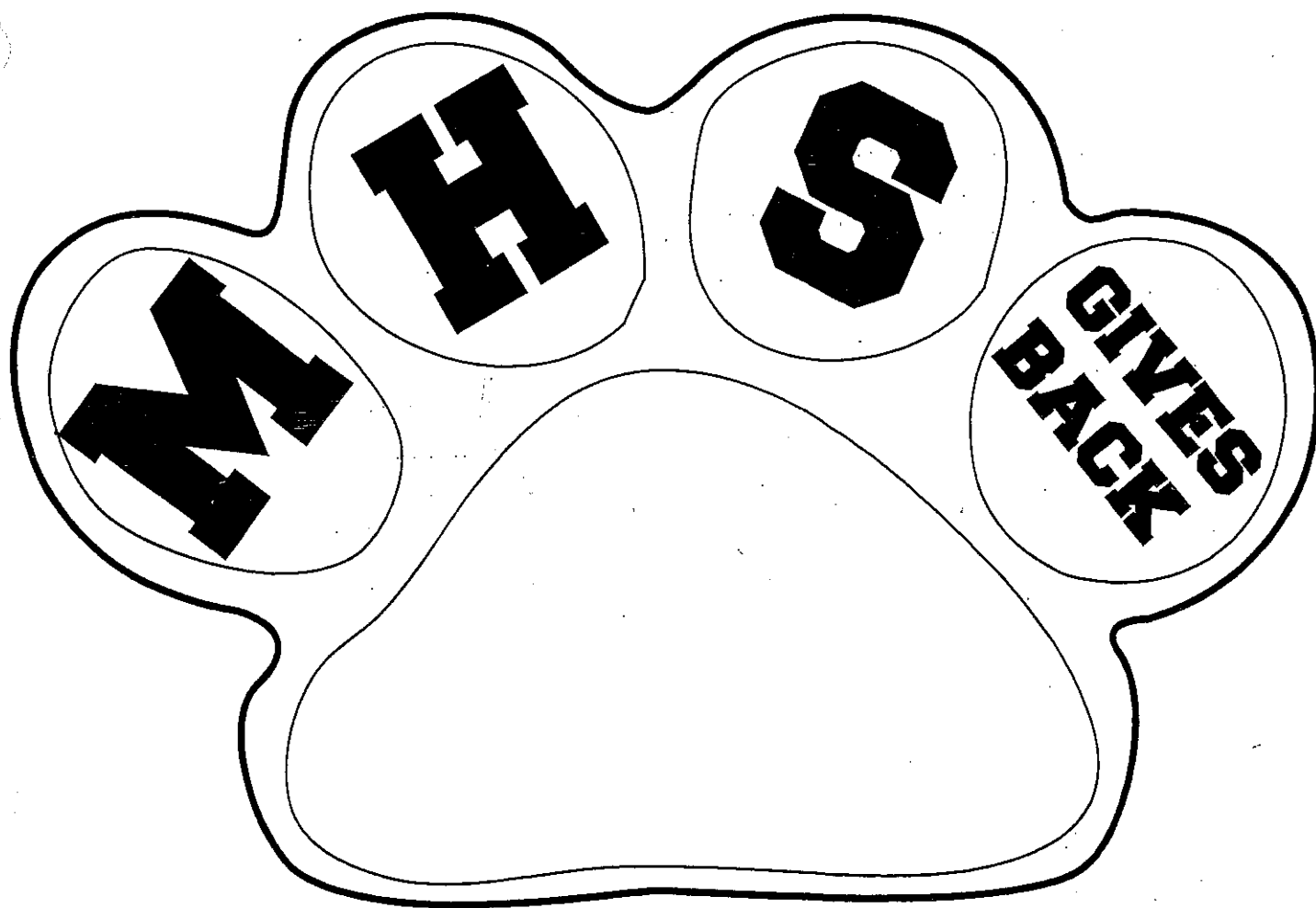
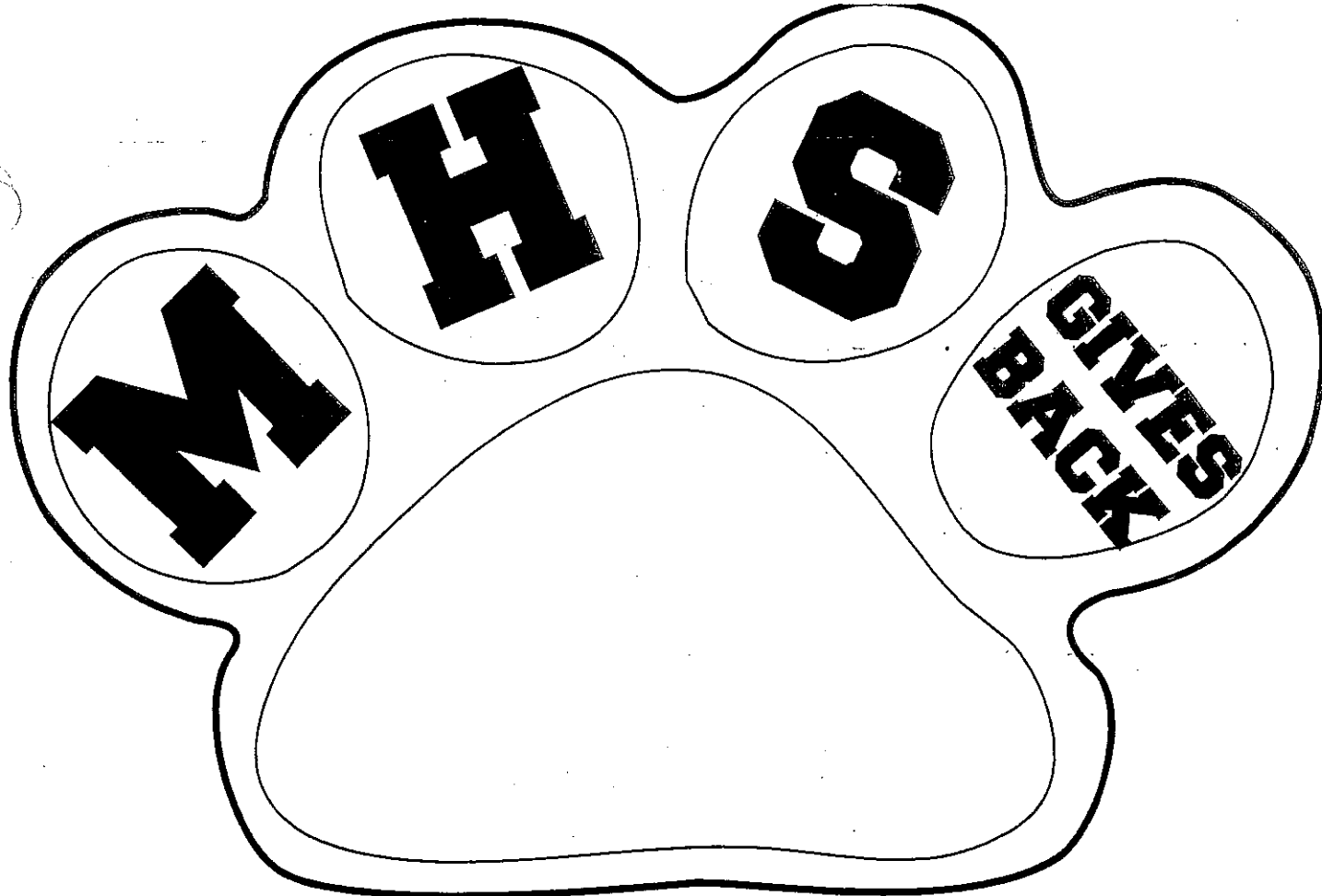


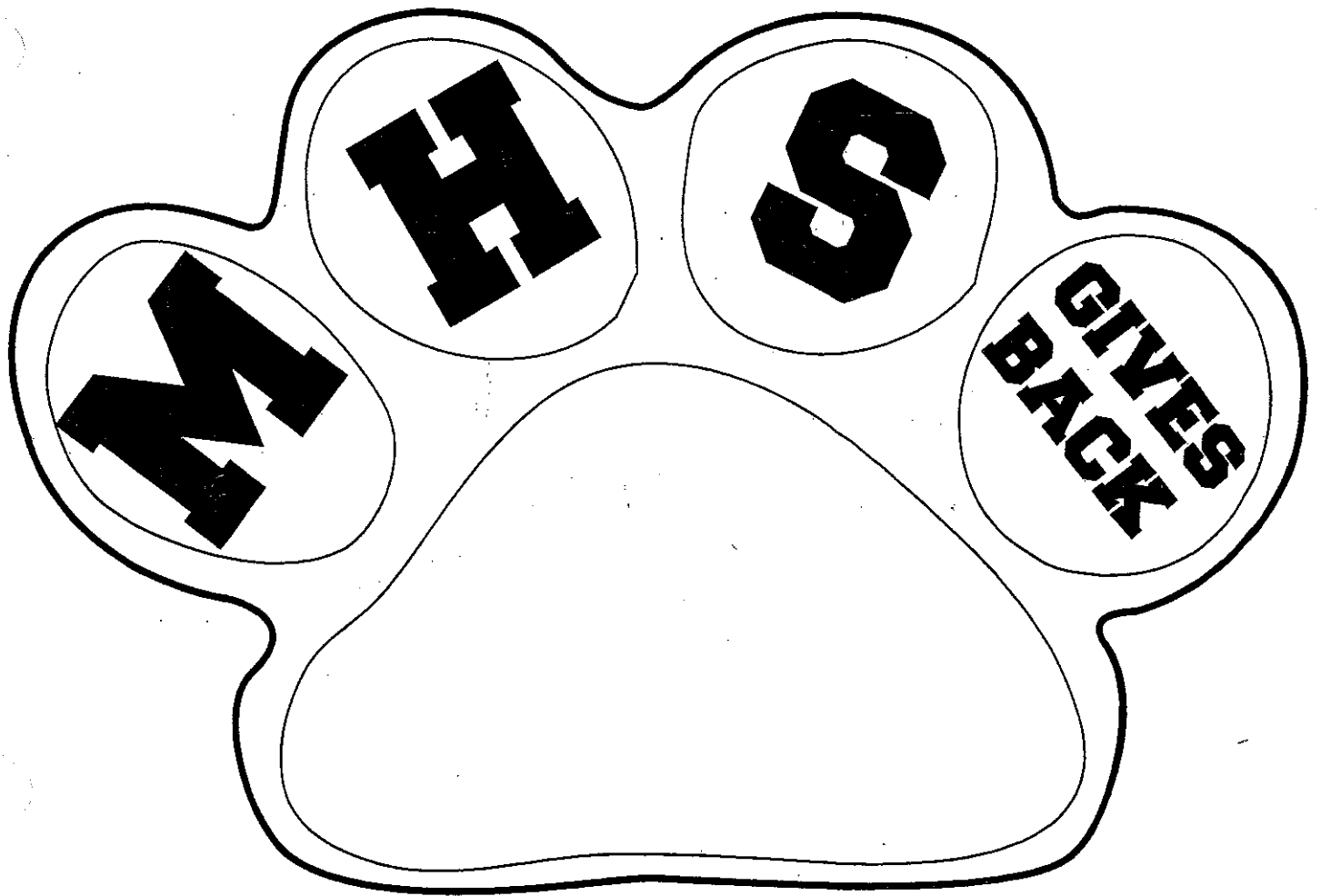
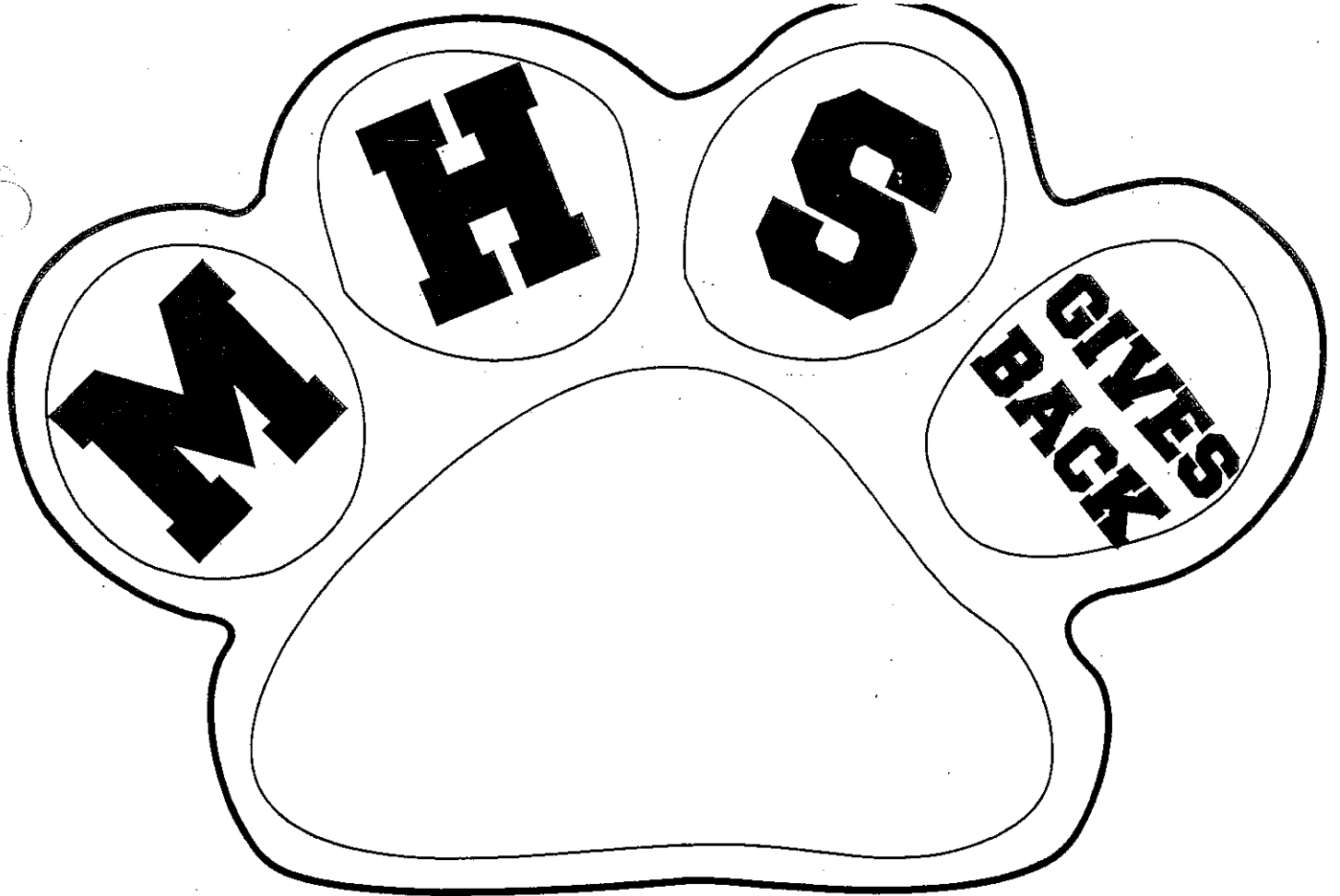


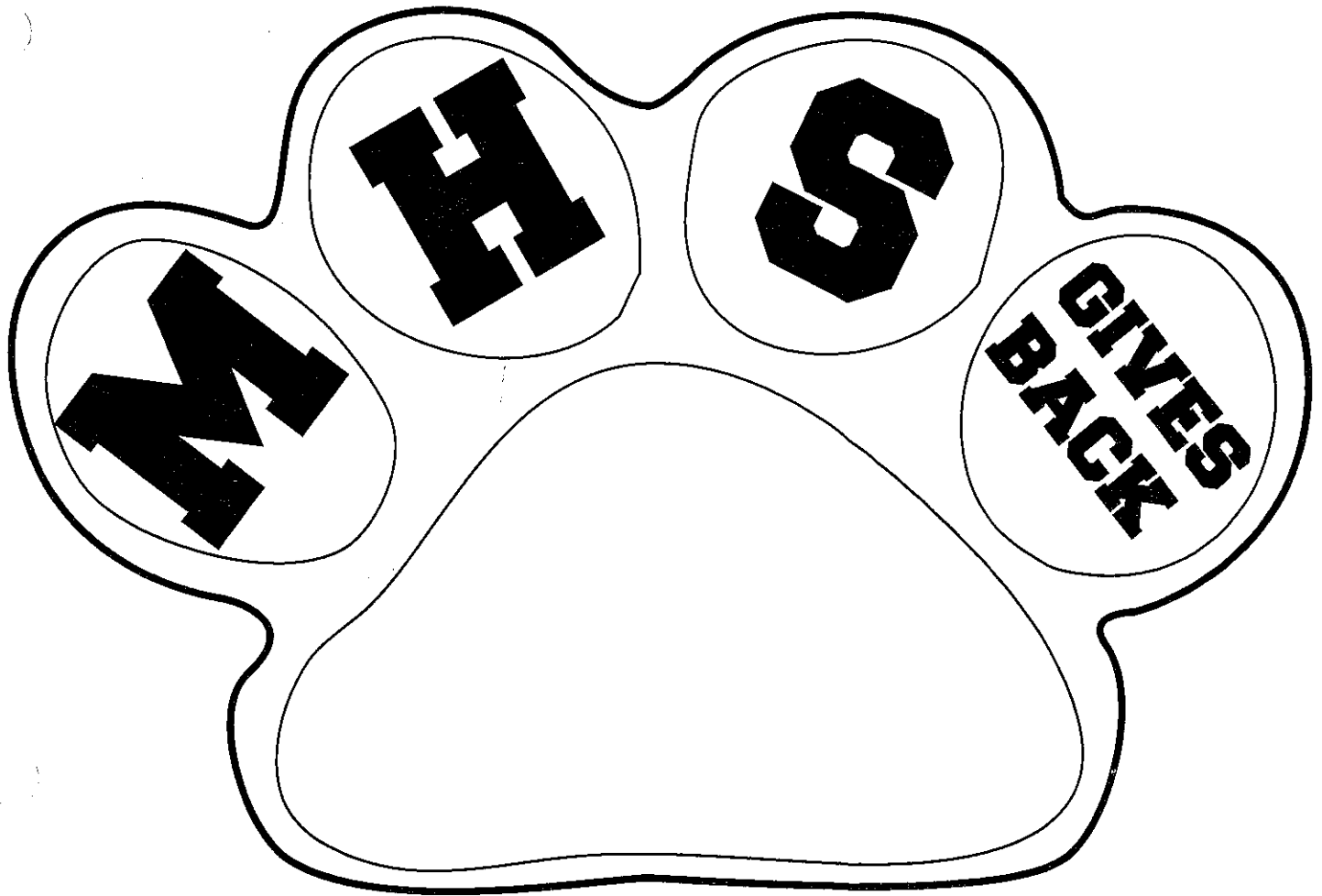
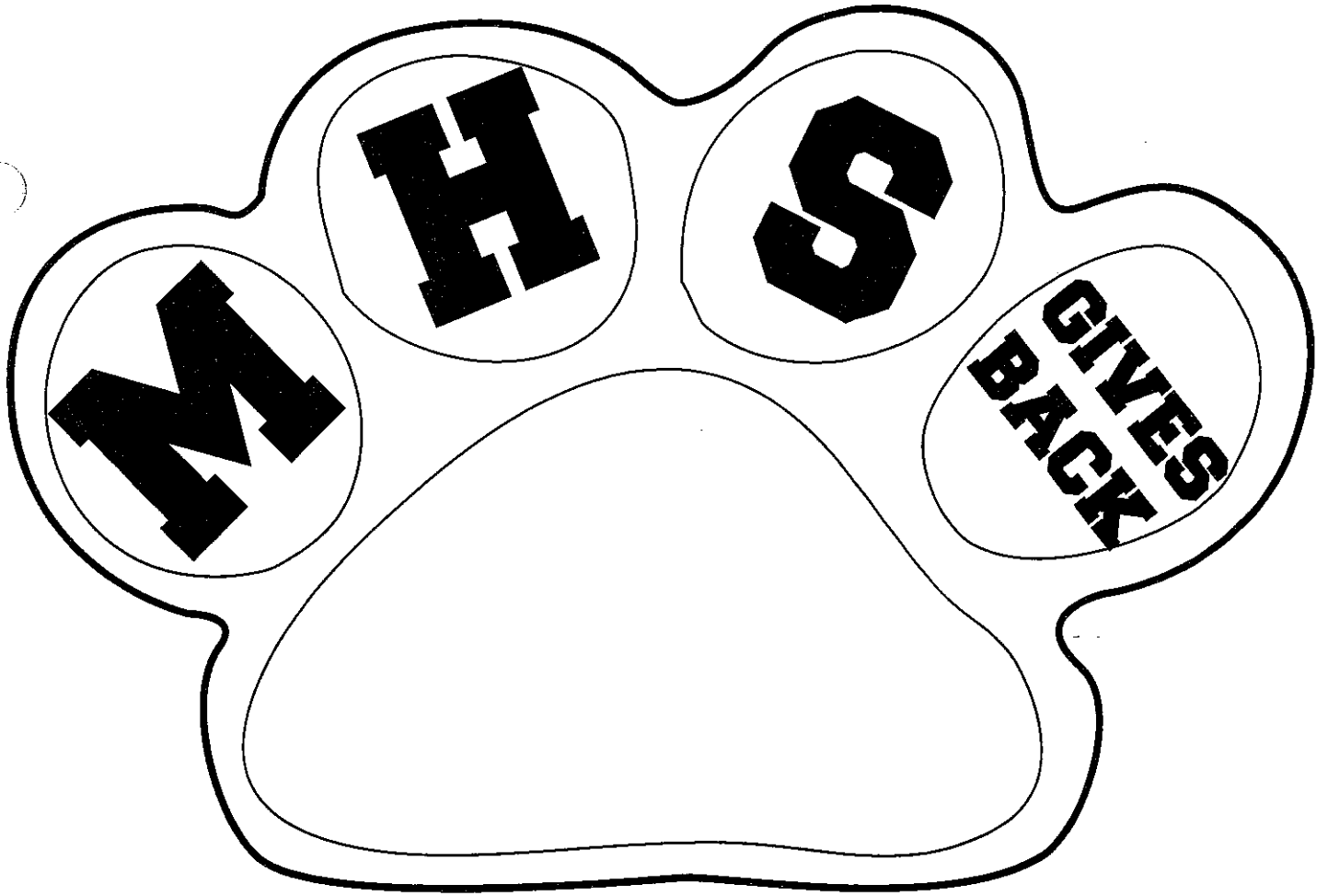








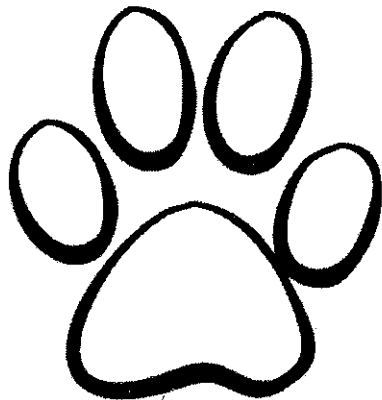






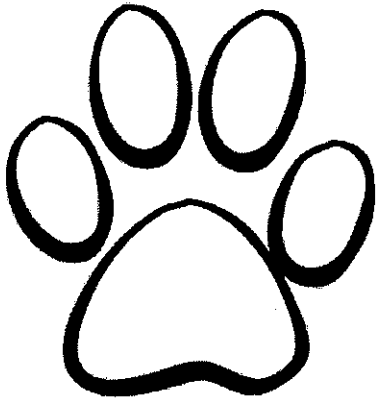
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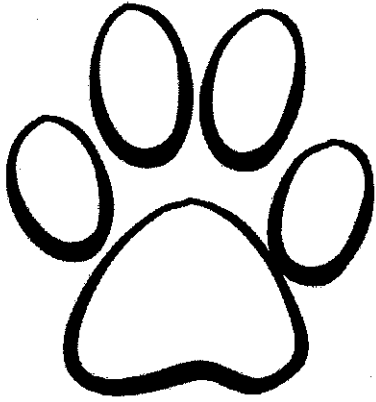
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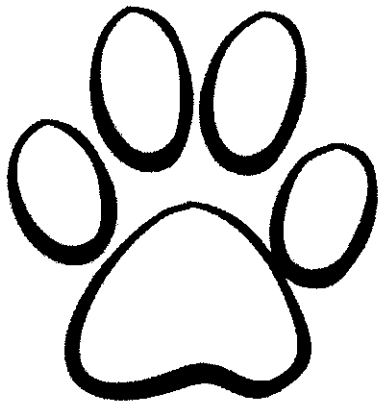
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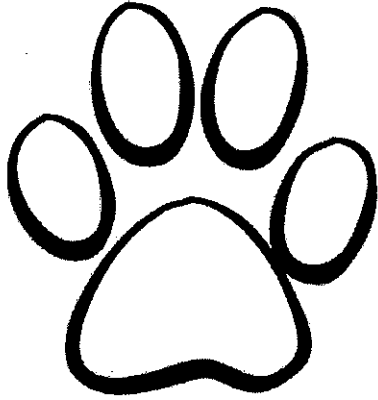
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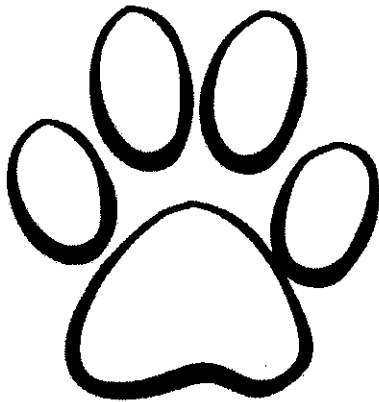
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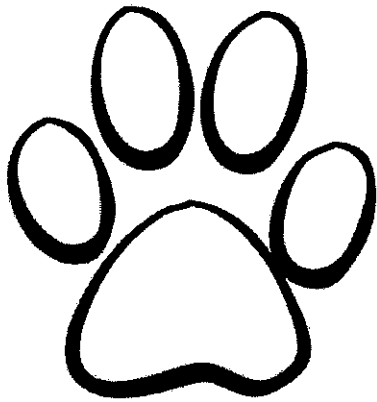
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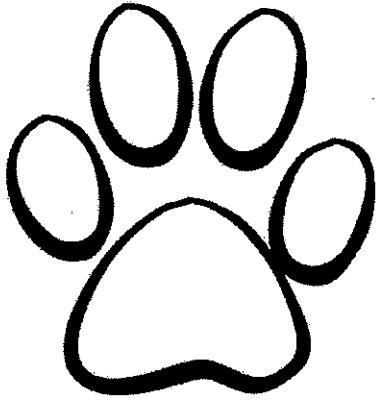
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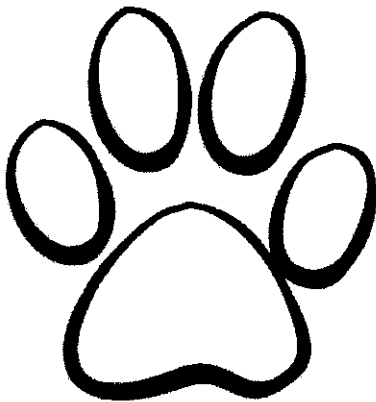
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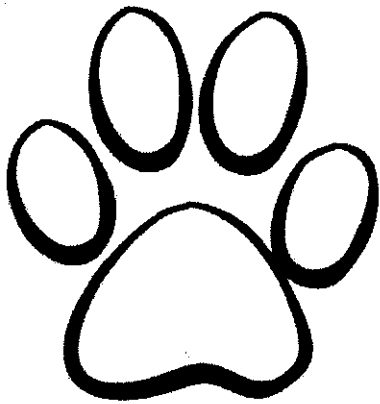
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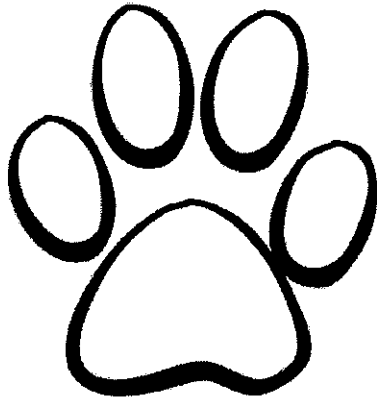
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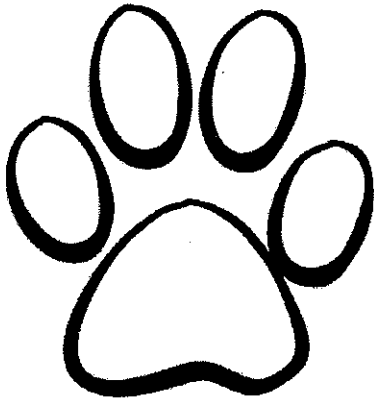
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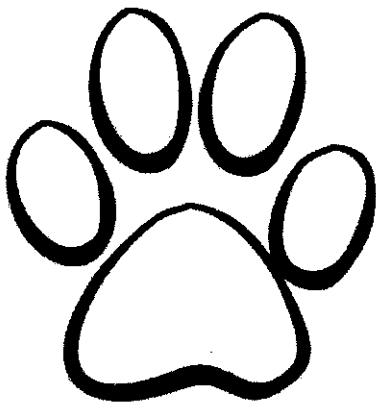
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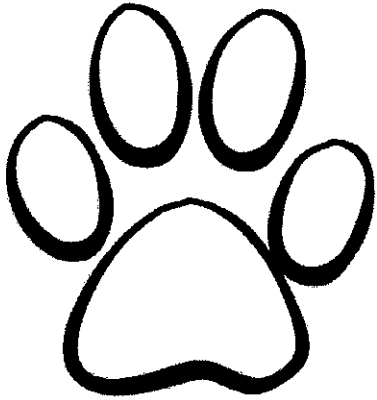
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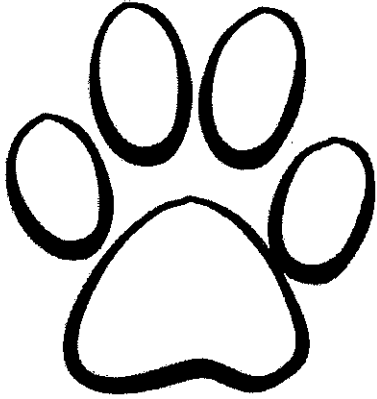
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