



Homeroom Hour SOP

This initiative is part of our proactive approach to prevent student misbehavior. In grades 5-10 there are at least two homeroom teachers assigned to a class. One homeroom teacher from each grade has been assigned a “Homeroom Hour” which takes place once a week. This “lesson” is reserved for a variety of important tasks with a focus on integrating each class.

Goals of the Homeroom Teacher Hour

- Integration
 - Get to know the students and their needs.
 - Give them the opportunity to get to know each other
 - Talk about things that are currently happening in the classroom.
 - Build a good student-teacher relationship. Without relationships there is no education.
- Review Attendance

Homeroom Hour Program

Below is a list inspired by the Polish education system’s “godzina wychowawcza” program.

- You can also think of other themes that might fit better with your class. Or create different projects. Learn about your hobbies or learn about different cultures. Self-Reflection and Mindfulness are also very important topics for young people.
- These do not have to be completed in order and topics (other than the first one) can be skipped.
- You can spend more than one lesson on a topic.
- Consult with Lukasz or other experienced teachers/administrators if there is a topic you think is good for your class and you would like assistance in making it developmentally appropriate.

Examples of Topics	Objectives	Notes
1. Class Contract	Creating a group code, discussing group rules.	This topic should be completed in the very first meeting and maintained throughout the school year when new students join.
2. We are safe at school - health and safety rules.	Recalling the rules of health and safety, evacuation routes in school.	

3. "I would like to say something about myself..."	To develop the skills of presenting oneself, talking about oneself, one's interests.	
4. "How to speak so that we are listened to" - a recipe for proper communication.	To introduce the UFO principle - feeling, fact, expectation.	
5. The ability to say "no" in different life situations.	To develop the ability to recognize situations in which one should be assertive and to develop the skill of saying "no" in a given situation.	
6. Anger is not always bad - distinguishing between anger, aggression and violence.	To recognize anger, aggression and violence in oneself and in others. Developing skills to cope with and respond to difficult situations.	
7. 'Me in the face of positive emotions'.	To create skills to accept compliments, to share one's joy with others in a socially acceptable way	
8. "Jealousy in a relationship". - its consequences and effects.	To make students aware of how jealousy affects them and their relationships with others	
9. "My real self-portrait"	To develop the ability to identify one's strengths and weaknesses. Self-criticism, self-centeredness, self-acceptance	
10. 'The Feast of the Dead.' November 1	To discuss traditions related to the Feast of the Dead.	
11. The role of the homeland	Goal: Developing patriotic attitude. Objective: To recall national symbols.	
12. Love, Friendship - what does it feel to you?	To develop the distinction between friendship and love in relationships with others	
13. Class party	Integration of the group.	There are special days throughout the year which are reserved for class parties. Ex) Day before December holiday break
14. Mikolajki (December 6)	Group integration	Usually D12, 5th and 6th
15. "From generation to generation" -	Learning about Christmas traditions.	

Christmas traditions around the world		
16. Safe holidays	Learning about safety rules during winter holidays.	
17. Day for people with disabilities	To raise awareness of the needs of others.	5 th grade English has a novel unit in which the main character has cerebral palsy
18. Pop culture in the world of the Internet	To develop the ability to look critically at internet creativity, to select content.	
19. Cyberbullying	To raise awareness of the dangers of identity theft, lack of anonymity and hegemony on the Internet.	This topic is very relevant
20. First Aid	To learn the principles of first aid. To learn about forms of first aid.	You can involve the school nurse.
21. I am safe on the road	To learn about traffic rules and how to behave safely on the street	
22. "Healthy eating"	To discuss the dangers of eating disorders. To learn about the terms: anorexia, bulimia, orthorexia.	PE Department has done lessons on this in the past.
23. "I take care of myself"	To reinforce correct habits connected with personal hygiene	You can involve the school nurse. She has done workshops on this in the past.
24. "I am EKO"	Shaping an ecological attitude.	Perfect to do around Earth Day (April 22)
25. "Animals have rights"	To raise awareness of the needs and rights of animals and to form correct attitudes towards animals.	
26. What do I recommend?	Exchange between pupils regarding favorite films, books, music bands, etc.	
27. Risky behavior	To raise awareness of the dangers of risky behavior.	
28. Sanguine, choleric, melancholic, phlegmatic. Does temperament affect interactions with people?	To become familiar with the terms sanguine, choleric, melancholic, phlegmatic. To solve personality tests. To identify career predispositions.	
29. 29th Autism Awareness Day	To raise awareness of the needs of people on the Autism spectrum.	

30. Easter	To talk about the traditions associated with the Easter holiday.	
31. Stress in my life.	To become familiar with the term 'stress'. To learn about ways of coping with stress	
32. "Is rest necessary?"	To raise awareness of the impact of rest on health and well-being. Talking about different forms of rest.	
33. "Volunteering"	To raise awareness of the need to help other people in different aspects of life.	
34. I have my rights and responsibilities	To learn about children's rights and responsibilities.	
35. "Safe holidays"	To learn about safety rules during different forms of recreation in summer.	

Appendix:

Below are some example exercises for your class at the beginning so everyone can get to know each other.

TWO Circles Objectives: - group integration - getting to know the pupils better
1. Divide the class into two groups. One group forms a small circle standing back-to-back. The other group forms a larger circle around them so that everyone has a pair and is facing each other. 2. Each pair talks for 1-2 minutes. 3. Each pair talks to each other for 1-2 minutes answering questions: What will you be doing today? What will you be doing in a month? What will you be doing next year? 4. At the signal of the leader the outer circle moves e.g. by 3 persons (the inner circle does not change position) and in this way new pairs are formed. The questions remain the same. The questions can be changed to different ones. It is important that children have the opportunity to talk face-to-face with people they don't normally talk to.

Through this game, the class gets to know each other and common topics for discussion remain for later.

Let him stand up who ...

Objectives:

- getting to know and integrating the school class
- To add energy and stimulate

1. children sit in a circle on chairs.
 2. one person stands in the center of the circle starting the game (he does not have his chair) saying "Let him stand up who... (likes bananas, has been to London, can ride a bicycle...)"
 3. people who are affected and, for example, like bananas must change places by sitting down on another chair.
 4. it is not allowed to sit on the chair directly adjacent to one's own on the left or right side.
 5. when some people are looking for new seats the person saying the sentence is looking for a seat. This will leave someone else without a chair and start the next round.
- Note: In this game, set rules with the class about what not to say.
- When an inappropriate sentence appears (e.g., Let the one who doesn't like Maciek stand up) you should respond immediately.

Desert island

Objectives:

- class integration and teamwork
- create a sense of strength and power in the group
- increase confidence among students

1. each person in the group names one thing they want to take to a deserted island. There are no restrictions and you can even take a helicopter or hairspray. It is important that the items are not repeated.
- (2) The group's goal is to get all the items to the desert island.
3. Then the group exchanges each other's items by saying: I

I have a comb, what do you have? I have water. Shall we exchange?

4. We exchange several times. It may happen that our item comes back to us - that is ok.

5. After a few minutes, the group sits down on chairs and everyone gives the name of the item, with which he stayed.

6. At the end we check if we have all the items.

Note: Sometimes someone does not want to exchange. Let's not force the children to do it. This is for us information that this person does not feel safe enough in this team to give up his or her item. Although sometimes the reasons for keeping their item may be different.

From A to Z

Objectives:

- harmonized class
- integration of the school class
- getting to know each other
- adding energy and smiles

The group stands in a circle and arranges itself according to some rule, e.g.:

1. alphabetically - names - at the beginning of the circle will stand Anna and at the end Zbyszek

2. alphabetically - streets

3. time of arrival at school - from the shortest to the longest

4. month of birth - at the beginning of January until December

Note: You need to be careful about what can embarrass children and do not position yourself either by height or

weight, nor shoe size. Especially in adolescence, these can be sensitive topics.

The magic cube

Objectives:

- integration of the school class
- learning new things about each other

1 The group sits in a circle.

2. each person who rolls the dice has to give as much information about themselves as the number of eyes fall out.

3. in another version of the game participant can, for example, give as many of his skills, as many eyes fall out. It all depends on what goal we want to achieve.

Note: This is a good integration game, when the class has already gotten to know each other a little and feels like discovering

themselves in front of others in the forum. Let's not make it the first among the games and games for integration