



STUDENT PLAYBOOK 2019-2020

Here is a brief overview of what the Ultimate Learner Competencies mean for our students as well as how it fits into our model of learning at Chinook Trail Middle School.

COLLABORATORS

We actively listen and respectfully participate in groups; pose thoughtful questions, acknowledge the ideas of others; and contribute ideas to further the group's attainment of an objective.



In order to best support you, we must foster collaboration, embrace a diversity of viewpoints, and support information sharing. When highly capable people work together in a collaborative context, they inspire each other to be more creative, more productive and ultimately more successful as a team than they could be as a collection of individuals. CTMS learners will be collaborating on a regular basis in order to meet our Ultimate Learner Collaborators Competency.

Individual performance during collaborative times looks like:

- taking responsibility for oneself
- helping the team
- respecting others

Team performance during collaborative times looks like:

- making and following agreements
- organizing your own work
- working as a whole team and doing your part

Ask and answer high level questions to push your thinking and the thinking of your peers. As we begin this school year, we commit to maintaining the spirit of collaboration at every level.

COMMUNICATORS

We analyze and respect the perspective of others and ask useful questions to clarify and improve our positions in order to effectively communicate for varied purposes.



Communication skills are vital in our world. Whether you are writing, talking with others, or giving a presentation, you need to be confident in your ability to communicate your thoughts, ideas, and perspectives. To be the most effective communicators we must:

- Listen actively by being attentive and concentrating on what is being said.
 - Be impartial – don't form an opinion, just listen.
 - Reflect back – restating what has been said helps the speaker know that you understand.
 - Summarize - pull together the important messages so that you and the speaker recognize what was important during the conversation.
- Express our thoughts and feelings by being open and honest – collaboration between parents and professionals begins with the understanding that you trust each other with all information.
- Communicate without being adversarial by expressing concerns non-judgmentally – talk about your questions or concerns without blaming other people.
- Use "I" messages. Rather than say, "You didn't explain that very well", say, "I didn't understand what you just said. Please explain it again."

INNOVATORS

We analyze relationships and explain the meaning of challenges or situations in order to generate our own questions, define our opportunities and ideate to build solutions and test ideas to complex issues.



We believe that learning is constant; that all aspects of an individual are evolutionary and are able to be improved. The idea that we need to create and constantly evolve is one of our most important themes. At Chinook Trail Middle School, we encourage you to take risks, learn from failure, and design a better future for yourself and the world we live in. We encourage you, our students, to display a growth mindset and always strive to get better. Set ambitious academic goals and hold yourself to exceeding them.

We will live our motto and **BE CURIOUS!** Curiosity relates to learning and innovation in three ways:

- Curiosity is a way to challenge the status quo by pushing us out of our comfort zone.
- Curiosity directly helps ideas to emerge.
- Curiosity helps us to make connections and repurpose things, which leads to solution finding.

We must try all kinds of things and make plenty of mistakes as we search for improvement.

RESEARCHERS

We collect, analyze, and evaluate data and information ethically to construct explanations in order to generate new knowledge to better understand the world around us.



We strive to operate as action researchers. We will spend lots of time accessing information to be informed and to inform others. In doing this, you will build empathy for others who need your ideas in order to solve current and future issues. By presenting information in a variety of formats and platforms, you will be able to share your learning and ideas with others, possibly generating more solutions that could help others in the future.

EMPOWERED LEARNERS

We know our purpose; we self-direct, self-evaluate, self-monitor, and self-advocate; we persist in the creative process by innovating from failure in order to demonstrate mastery of our own learning.



You will make important decisions about the direction of your learning and your life. At Chinook Trail Middle School, we listen to our young people and, instead of prescribing paths, we present options, and teach skills pertaining to leadership and choice. We trust our students to do what they believe is best for our community — giving them lots of freedom, power, and information in support of their decisions. In turn, this generates a sense of responsibility and self-discipline that drives us to do great work that benefits all of us. We believe that people thrive on being trusted, on freedom, and on being able to make a difference. We foster freedom and empowerment in our students.

Inevitably a few members of our school will fall short of academic and behavior expectations. When such instances occur, we aim to address the circumstance in real-time and teach first. This is where open, honest, candid dialogue, in partnership with your families, take root and keep you moving in a direction that is in your best interest.

HEALTHY LEARNERS

We understand the impact of our choices on our mental, emotional, social, and physical well-being in order to positively enhance lifelong wellness.



Wellness is a multifaceted approach to living that promotes being well in all areas of life. We encourage you to engage in healthy behaviors. Find your personal strengths, share your needs, including the daily life struggles we all face. We must engage in mentally stimulating activities, foster creativity, and expand our knowledge and skills. By creating meaningful interpersonal relationships that feel supportive and satisfying, we will contribute positively to each other and our community.

Our goal for you is to develop skills in the following areas:

- **Self-Awareness:** identifying emotions, accurate self-perception, recognize strengths, self-confidence, self-efficacy
- **Self-Management:** impulse control, stress management, self-discipline, self-motivation, goal-setting, organization skills
- **Social-Awareness:** perspective-taking, empathy, appreciating diversity, respect for others
- **Relationship Skills:** communication, social engagement, relationship-building, teamwork
- **Responsible Decision Making:** identifying problems, analyzing solutions, solving problems, evaluating, reflecting, and ethical responsibility

We encourage you to become a part of our school community by participating in the many extracurricular activities we offer. This is a time to try something new. Find a pleasurable physical activity and eat food that is nutritious to support the enormous growth your mind and body are going through at this stage in your life. We encourage all our students to not only take care of themselves physically, but also sleep well to maximize your personal health.

