



**OKLAHOMA**  
VIRTUAL CHARTER ACADEMY<sup>SM</sup>

POWERED BY STRIDE K12



OVCA HUB

**OVCA**

*School Year 22-23 Planner*

**GET READY TO**



**ROCK**



## 2022-2023 Academic Calendar Oklahoma Virtual Charter Academy

July 2022							August 2022							September 2022							Date	Event or Holiday
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Jul 04	Independence Day - School/Office Closed
						1	1	2	3	4	5	6			1	2	3				Jul 25	New Teachers Start
3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10	Aug 01	Teachers Return
10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17	Aug 01	Professional Development
17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24	Aug 02	Professional Development
24	25	26	27	28	29	30	28	29	30	31				25	26	27	28	29	30		Aug 03	Professional Development
31																					Aug 15	First Day Semester/1st Qtr
																					Oct 05	Labor Day - School/Office Closed
																					Oct 11	Last Day 1st Qtr
																					Oct 12	Teacher Work Day - No School
																					Oct 13	Fall Break - School Closed
																					Oct 14	Fall Break - School Closed
																					Nov 21	Thanksgiving Break - School Closed
																					Nov 22	Thanksgiving Break - School Closed
																					Nov 23	Thanksgiving Break - School Closed
																					Nov 24	Thanksgiving Break - School/Office Closed
																					Nov 25	Thanksgiving Break - School/Office Closed
																					Dec 15	Last Day Semester/2nd Qtr
																					Dec 16	Teacher Work Day - No School
																					Dec 19	Winter Break - School Closed
																					Dec 20	Winter Break - School Closed
																					Dec 21	Winter Break - School Closed
																					Dec 22	Winter Break - School Closed
																					Dec 23	Winter Break - School Closed
																					Dec 26	Winter Break - School/Office Closed
																					Dec 27	Winter Break - School/Office Closed
																					Dec 28	Winter Break - School/Office Closed
																					Dec 29	Winter Break - School/Office Closed
																					Dec 30	Winter Break - School/Office Closed
																					Jan 02	Teacher Work Day - No School
																					Jan 03	First Day Semester/3rd Qtr
																					Jan 16	MLK Day - School/Office Closed
																					Feb 20	President's Day - School/Office Closed
																					Feb 23	Professional Development - No School
																					Feb 24	Professional Development - No School
																					Mar 10	Last Day 3rd Qtr
																					Mar 13	Spring Break - School Closed
																					Mar 14	Spring Break - School Closed
																					Mar 15	Spring Break - School Closed
																					Mar 16	Spring Break - School Closed
																					Mar 17	Spring Break - School Closed
																					May 26	Last Day Semester/4th Qtr
																					May 29	Memorial Day - School/Office Closed
																					May 30	Teacher Work Day - No School
																					May 31	Teacher Work Day - No School
																					Jun 01	Teacher Work Day - No School
																					Jun 02	Teacher Work Day/ Check Out - No School

## This Planner Belongs To:

Name:

Student ID:

Eng. Teacher:

Math Teacher:

Sci. Teacher:

Hist. Teacher:

Elec. Teacher:

Principal:

Counselor:

CFA:

Login Username:

Login PW:

Misc. School Websites-

Website:

Username:

PW:

Website:

Username:

PW:

Hola! Bienvenidos a nuestra escuela!

Mi nombre es Sonia Gaytan, Asesor Familiar Comunitario

Si necesitas ayuda en español puedo ayudarte.

Puede enviarme un correo electrónico a

[sogaytan@okvirtual.org](mailto:sogaytan@okvirtual.org) (OVCA)

• Puede enviarme un mensaje de texto a 405 345 6018

• Puedes llamarme a 405 259 9478 ext. 3150



## Visit The OVCA Hub for:

- Staff directory
- School specific info
- Student Handbook
- School events
- College prep readiness
- Tutoring assistance
- MS/HS Clubs
- Student Support Services

## Attendance Matters!

### Attendance facts:

As a virtual public school in Oklahoma, students are expected to complete 72 instructional activities per quarter, or about 2 activities per day, under state law. This is cumulative – students are expected to work daily. At OVCA, an instructional activity is defined as:

- Completion of assignments that are used to record a grade for a student that is factored into the student's grade for the term in which the assignment is completed;
- Attending live classes;
- Attending testing, virtual or in person;
- School-sanctioned outings in-person or online
- Attending Orientations.

Students who fall below 70% of expected instructional activities at any point during the school year will receive support from staff: CFAs, paraprofessionals, counselors, engagement specialists, and/or the truancy specialists. A student who is below 45% of the expected number instructional activities for three consecutive weeks may be withdrawn for lack of attendance. If you have specific questions, please contact our Truancy Specialist Celeste Claggett at [cclaggett@okvirtual.org](mailto:cclaggett@okvirtual.org).

### Truancy facts:

Students enrolled at OVCA are expected to school daily. Once a student has missed 5 consecutive school days, OVCA staff begin contacting learning coaches to check in on the student and family to work to re-engage the student. OVCA staff will attempt to reach families via email, phone calls, and/or text messages. If a student misses 15 consecutive school days, a student may be withdrawn for truancy and the legal guardian of the student referred to the state authorities for truancy. If your student will be absent for 5 (or more) consecutive school days, please contact your Community Family Advisor (CFA) with this information so that they can make the correct staff members aware and make sure that your student has what is needed to get back on track with school work.

More details regarding OVCA's Attendance & Truancy Policies can be found at The OVCA HUB.



## Bison Best 3 for Me

On each weekly page you will be given an opportunity to recognize the good stuff going on in your life right now. It will be as easy as 3, 2, 1, and will take as little as 10 minutes. Here is how it works:

Each week in the column on the right jot down:

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

Give it a try and see how the **Bison Best 3 for Me** works for you!

*"A GOAL without a PLAN is just a WISH"*

OVCA's GOAL this school year is to help each of our students PLAN for success! Let's work together to make this not just a wish, but a reality for you!

The OVCA MS/HS Planner is designed to help you structure your month and week. Along with our weekly structured class schedule, and your Week At A Glance from each of your teachers, this planner will help you feel more in control of your schedule.

Goal setting is an important life skill that we want to encourage.

On the following pages you will find information about using the W.O.O.P. Goal Setting System. You will find space to enter your W.O.O.P. goals on each monthly page.

The Science of 

To learn more about  
the Science of W.O.O.P.  
Goal Setting,  
scan here:



 SCAN ME



# WOOP Overview

Character LAB

WWW.CHARACTERLAB.ORG

## SELF-CONTROL

### WHAT IS WOOP?

WOOP is a practical, accessible, evidence-based activity that helps students find and fulfill their wishes. In character development terms, WOOP builds self-control.

WOOP is named for each step in the process: identifying your Wish, imagining the Outcome, anticipating the Obstacle, and developing a specific Plan.

More than 20 years of research shows that WOOP improves students' effort, attendance, homework completion, and GPA.

### WHEN CAN I USE WOOP?

You can introduce WOOP any time of the year. It works best when it becomes a habit, not a one-off activity, so we recommend introducing it early in the semester. The earlier and more often you help students WOOP, the more they develop a habit of WOOPing. Make it a regular practice to check in about previous WOOPs and develop new ones.

WOOP can help with any kind of wish, whether it's something large ("I want to start a school newspaper") or comparatively small ("I want to get an A in Science this quarter"). WOOP works equally well for academic, athletic, or personal wishes. It can be used one-on-one, in a small group, or with an entire class.

### WHO SHOULD USE WOOP?

Everyone can use WOOP, including teachers. In fact, it's most effective when teachers have first-hand experience with the process. Try WOOP yourself before teaching it to your students.

WOOP is especially helpful for anyone who procrastinates, who feels anxious about taking the first step—and the next step—toward their wish.

### WHAT'S THE SCIENCE?

Developed by Gabriele Oettingen and Peter M. Gollwitzer, professors at New York University, WOOP has been tested in classrooms, gyms, and health care settings.

In schools, WOOP significantly improves effort, attendance, homework completion, and GPA. Outside of schools, WOOP has been shown to reduce stress, increase engagement, improve time management, and promote physical health.

### WHAT MAKES IT EFFECTIVE?

Often, people fixate on how great it would feel to achieve their wish—but overlook the obstacles in that wish. WOOP works because it guides students through those in-between and oft-forgotten steps.

Rather than pursuing goals that feel imposed by others, WOOP taps into a student's intrinsic interests.

### WHAT ELSE?

Like any skill, WOOP takes practice and patience to master. It's common to struggle at first. When practicing WOOP yourself, be willing to experiment with different approaches. When teaching WOOP, go slowly so students can WOOP thoughtfully, without interruption. It's worth it: Teaching students how to achieve important wishes is the difference between a lifetime of "I wanted to" and a lifetime of "I did."

### WOOP RESOURCES:



WOOP CHARACTER LAB/UNIVERSITY FOR A WISER FUTURE. ADAPTATION, FACILITATOR GUIDE, AND STUDENT EXAMPLES

SEE FULL AT: CHARACTERLAB.ORG/WOOP

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# WOOP Student Example

Character LAB

WWW.CHARACTERLAB.ORG

WOOP helps people do the things they really want to do.

<b>W</b>	<b>WISH</b> What is an important wish that you want to accomplish? Your wish should be challenging but feasible.	<b>My wish:</b> <u>Get an A on my biology quiz</u>
<b>O</b>	<b>OUTCOME</b> What will be the best result from accomplishing your wish? How will you feel? Pause and really imagine the outcome.	<b>Best outcome:</b> <u>I'll feel proud</u>
<b>O</b>	<b>OBSTACLE</b> What is the main obstacle inside you that might prevent you from accomplishing your wish? Pause and really imagine the obstacle.	<b>My obstacle:</b> <u>I procrastinate</u>
<b>P</b>	<b>PLAN</b> What's an effective action to tackle the obstacle? Make a when-then plan.	<b>When:</b> <u>I finish dinner</u> <b>Then I will (my action):</b> <u>Make 5 flash cards</u>

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# WOOP Annotated Exemplar

Character LAB

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WOOP helps people do the things they really want to do.

<b>W</b>	<b>WISH</b> What is an important wish that you want to accomplish? Your wish should be challenging but feasible.	<b>My wish:</b> <u>Get an A on my biology quiz</u> <i>Specific; requires self-control; can be accomplished in time frame</i>
<b>O</b>	<b>OUTCOME</b> What will be the best result from accomplishing your wish? How will you feel? Pause and really imagine the outcome.	<b>Best outcome:</b> <u>I'll feel proud</u> <i>Fulfilling and motivating; clearly visualized; reduced to most crucial aspects</i>
<b>O</b>	<b>OBSTACLE</b> What is the main obstacle inside you that might prevent you from accomplishing your wish? Pause and really imagine the obstacle.	<b>My obstacle:</b> <u>I procrastinate</u> <i>Inner obstacle, not outside barrier; clearly visualized; reduced to most crucial aspects</i>
<b>P</b>	<b>PLAN</b> What's an effective action to tackle the obstacle? Make a when-then plan.	<b>When:</b> <u>I finish dinner</u> <b>Then I will (my action):</b> <u>Make 5 flash cards</u> <i>Observable action rather than internal decision; Student has all resources/skills needed to implement plan</i>

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# WOOP

Name \_\_\_\_\_

WOOP helps people do the things they really want to do.

<b>W</b>	<b>WISH</b> What is an important wish that you want to accomplish? Your wish should be challenging but feasible.	<b>My wish:</b> _____
<b>O</b>	<b>OUTCOME</b> What will be the best result from accomplishing your wish? How will you feel? Pause and really imagine the outcome.	<b>Best outcome:</b> _____
<b>O</b>	<b>OBSTACLE</b> What is the main obstacle inside you that might prevent you from accomplishing your wish? Pause and really imagine the obstacle.	<b>My obstacle:</b> _____
<b>P</b>	<b>PLAN</b> What's an effective action to tackle the obstacle? Make a when-then plan.	<b>When:</b> _____ <b>Then I will (my action):</b> _____

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## *My Subjects for the Semester:*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

## *Clubs I Am In:*

- 1.
- 2.
- 3.

## *My Daily Routine Is:*

Before School:

During School:

After School:

Evening:

# AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1	2	3	4
8	9	10 *Meet Your Teacher Virtual Sessions	11 *Meet Your Teacher Virtual Sessions
15 <b>BACK TO SCHOOL</b>  1st Day of School Semester 1/Qtr. 1	16	17	18
22  High School Beginning of Year STAR 360 Assessments	23  High School Beginning of Year STAR 360 Assessments	24  High School Beginning of Year STAR 360 Assessments	25  High School Beginning of Year STAR 360 Assessments
29  Middle School Beginning of Year STAR 360 Assessments	30  Middle School Beginning of Year STAR 360 Assessments	31  *details will be emailed	

**MUSIC FUN FACTS:** According to Billboard, Mozart sold a total of 1.25 million CDs in 2016, beating Drake, Kanye West & Beyoncé! The 200 CD Collection, "Mozart 225: The New Complete Edition", spans 240 hours of classical music written by Wolfgang Amadeus was released in 2016.

SEL THEME:

*Get Ready!*

FRIDAY	SATURDAY	SUNDAY
5	6	7
12  *Virtual Back to School BASH	13	14
19	20	21
26  High School Beginning of Year STAR 360 Assessments	27	28

SEL Monthly Theme Lyrics:

"Are you ready to rock?  
Yes, I am.  
Are you ready to rock?  
Ah, yeah!"

-R.U. Ready 2 Rock  
by Blue Oyster Cult

*My W.O.D.P. Goal*

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*

## Monthly Calendar KEY:

Black Ink = Federal Holidays  
Red Ink = School Breaks  
Blue Ink = Regional In-Person & Virtual Outings  
Pink Ink = STAR 360 Assessments  
Orange Ink = P/T Conferences  
Green Ink = Semester/Quarter Changes  
Teal Ink = Lock Dates & Finals  
Purple Ink = Miscellaneous

# WEEKLY PLANS

## MONDAY

Aug 1

TUESDAY

Aug 2

WEDNESDAY

Aug 3

**THURSDAY**

Aug 4

FRIDAY

Aug 5

SATURDAY

Aug 6

**SUNDAY**

Aug 7

Priorities  
This Week:

Bison Best  
3 for Me

Each week jot down:

3 things, people or places you adore.

3 things to look forward to.

2 people you can count on for warm hugs & kind words.

2 pursuits you are passionate about.  
1 thing you have worked hard to achieve.

1 thing that is going well for you right now.



# WEEKLY PLANS

MONDAY

*Aug 8*

TUESDAY

*Aug 9*

WEDNESDAY

*Aug 10*

THURSDAY

*Aug 11*

FRIDAY

*Aug 12*

SATURDAY

*Aug 13*

SUNDAY

*Aug 14*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# WEEKLY PLANS

MONDAY

*Aug 15*

TUESDAY

*Aug 16*

WEDNESDAY

*Aug 17*

THURSDAY

*Aug 18*

FRIDAY

*Aug 19*

SATURDAY

*Aug 20*

SUNDAY

*Aug 21*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# WEEKLY PLANS

## MONDAY

Aug 22

TUESDAY

Aug 23

WEDNESDAY

Aug 24

**THURSDAY**

Aug 25

FRIDAY

Aug 26

SATURDAY

Aug 27

**SUNDAY**

Aug 28

Bison Best  
3 for Me

Priorities  
This Week:

Each week jot down:

3 things, people or places you adore.

3 things to look forward to.

2 people you can count on for warm hugs & kind words.

2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.

1 thing that is going well for you right now.



# WEEKLY PLANS

## MONDAY

Aug 29

TUESDAY

Aug 30

WEDNESDAY

Aug 31

**THURSDAY**

Sep 1

FRIDAY

Sep 2

SATURDAY

Sep 3

**SUNDAY**

Sep 4

Bison Best  
3 for Me

Priorities  
This Week:

Each week jot down:

3 things, people or places you adore.

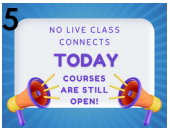
3 things to look forward to.

2 people you can count on for warm hugs & kind words.

2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.

1 thing that is going well for you right now.

# SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1
<div>5</div>  <div>Labor Day School Closed</div>	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29

**MUSIC FUN FACTS:** A 2014 study of 12,000 participants in England, found the song "Wannabe" by the Spice Girls to be the catchiest song, with most people being able to recognize it in about 2.3 seconds.

SEL THEME:

*We are Connected!*

FRIDAY	SATURDAY	SUNDAY
2	3	4
9	10	11
16	17	18
23	24	25
30	SEL Monthly Theme Lyrics:  "Lean on me, When you're not strong And I'll be your friend I'll help you carry on."  -Lean on Me by Bill Withers	

*My W.O.D.P. Goal*

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*

# WEEKLY PLANS

MONDAY

Sep 5

TUESDAY

Sep 6

WEDNESDAY

Sep 7

THURSDAY

Sep 8

FRIDAY

Sep 9

SATURDAY

Sep 10

SUNDAY

Sep 11

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
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1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.



# WEEKLY PLANS

MONDAY

Sep 12

TUESDAY

Sep 13

WEDNESDAY

Sep 14

THURSDAY

Sep 15

FRIDAY

Sep 16

SATURDAY

Sep 17

SUNDAY

Sep 18

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# WEEKLY PLANS

MONDAY

Sep 19

TUESDAY

Sep 20

WEDNESDAY

Sep 21

THURSDAY

Sep 22

FRIDAY

Sep 23

SATURDAY

Sep 24

SUNDAY

Sep 25

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# WEEKLY PLANS

MONDAY

Sep 26

TUESDAY

Sep 27

WEDNESDAY

Sep 28

THURSDAY

Sep 29

FRIDAY

Sep 30

SATURDAY

Oct 1

SUNDAY

Oct 2

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
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achieve.  
1 thing that is going well for you right  
now.



# OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	4	5	6
10	11	12 <small>NO LIVE CLASS CONNECTS TODAY COURSES ARE STILL OPEN!</small> Teacher Work Day School Closed	13 <small>NO LIVE CLASS CONNECTS TODAY COURSES ARE STILL OPEN!</small> Fall Break
Columbus Day	Last Day of Qtr. 1		
17	18	19	20
First Day of Qtr. 2	Middle School Science Power Up Boot Camp Week		
24	25	26	27
	Middle School Social Studies Power Up Boot Camp Week		
<b>RED RIBBON WEEK</b>			
31	MUSIC FUN FACTS: The country of Finland has the most metal bands per capita, with 53.3 metal bands per 100,000 people.		

SEL THEME:

*100% Accountable!*

FRIDAY	SATURDAY	SUNDAY
	1	2
7	8	9
Fall Festival Outing		
14 <small>NO LIVE CLASS CONNECTS TODAY COURSES ARE STILL OPEN!</small> Fall Break	15	16 #High School Mid Semester Check Point & Lock Date
21	22	23
28 Qtr. 1 MS Honor Roll Awards Assembly	29	30

*My W.O.D.P. Goal*

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*

SEL Monthly  
Theme Lyrics:  
"It's my life  
And it's now or never"  
-It's My Life  
by Bon Jovi

# For HS only-  
all Teacher Graded  
Assignments & discussions  
assigned so far are  
due by this date and locked

# WEEKLY PLANS

MONDAY

*Oct 3*

TUESDAY

*Oct 4*

WEDNESDAY

*Oct 5*

THURSDAY

*Oct 6*

FRIDAY

*Oct 7*

SATURDAY

*Oct 8*

SUNDAY

*Oct 9*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
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hugs & kind words.  
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1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# WEEKLY PLANS

## MONDAY

Oct 10

TUESDAY

Oct 11

WEDNESDAY

Oct 12

**THURSDAY**

Oct 13

FRIDAY

Oct 14

SATURDAY

Oct 15

**SUNDAY**

Oct 16

Bison Best  
3 for Me

Priorities  
This Week:

Each week jot down:

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# WEEKLY PLANS

MONDAY

*Oct 17*

TUESDAY

*Oct 18*

WEDNESDAY

*Oct 19*

THURSDAY

*Oct 20*

FRIDAY

*Oct 21*

SATURDAY

*Oct 22*

SUNDAY

*Oct 23*

*Priorities  
This Week:*

*Bison Best  
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hugs & kind words.  
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achieve.  
1 thing that is going well for you right  
now.

# WEEKLY PLANS

MONDAY

*Oct 24*

TUESDAY

*Oct 25*

WEDNESDAY

*Oct 26*

THURSDAY

*Oct 27*

FRIDAY

*Oct 28*

SATURDAY

*Oct 29*

SUNDAY

*Oct 30*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

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2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# WEEKLY PLANS

## MONDAY

Oct 31

TUESDAY

Nov 1

WEDNESDAY

Nov 2

**THURSDAY**

Nov 3

FRIDAY

Nov 4

SATURDAY

Nov 5

**SUNDAY**

Nov 6

Priorities  
This Week:

Bison Best  
3 for Me

Each week jot down:

3 things, people or places you adore.

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2 people you can count on for warm hugs & kind words.

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1 thing you have worked hard to  
achieve.

1 thing that is going well for you right now.



# NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 Middle School Math Power Up Boot Camp Week	2	3
7	8 Middle School ELA Power Up Boot Camp Week	9	10
14 PT Conferences 5-7pm	15	16	17 PT Conferences 5-7pm
21 Thanksgiving Break Week: School/Office Closed- Courses Open	22	23	24 Thanksgiving Day
28	29	30	

**MUSIC FUN FACTS:** In 2015, Chris Hadfield, a Canadian astronaut released an album recorded entirely in outer space. You can find his album, "Space Sessions: Songs for a Tin Can" on Amazon.

**SEL THEME:**

*Attitude of Gratitude!*

FRIDAY	SATURDAY	SUNDAY
4	5	6
11 Veterans Day Assembly 2pm Parades in MWC & Tulsa Veterans Day	12	13
18 PT Conferences 8am-12pm	19	20
25	26	27

**SEL Monthly  
Theme Lyrics:**

"That I'm thankful  
For the blessing  
And the lessons that  
I've learned with you."

-Thankful  
by Kelly Clarkson

*My W.O.D.P. Goal*

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*

# WEEKLY PLANS

MONDAY

*Nov 7*

TUESDAY

*Nov 8*

WEDNESDAY

*Nov 9*

THURSDAY

*Nov 10*

FRIDAY

*Nov 11*

SATURDAY

*Nov 12*

SUNDAY

*Nov 13*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# WEEKLY PLANS

## MONDAY

Nov 14

TUESDAY

Nov 15

WEDNESDAY

Nov 16

**THURSDAY**

Nov 17

FRIDAY

Nov 18

SATURDAY

Nov 19

**SUNDAY**

Nov 20

Priorities  
This Week:

Bison Best  
3 for Me

Each week jot down:

3 things, people or places you adore.

3 things to look forward to.

2 people you can count on for warm hugs & kind words.

2 pursuits you are passionate about.  
1 thing you have worked hard to achieve.

1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

*Nov 21*

TUESDAY

*Nov 22*

WEDNESDAY

*Nov 23*

THURSDAY

*Nov 24*

FRIDAY

*Nov 25*

SATURDAY

*Nov 26*

SUNDAY

*Nov 27*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

*Nov 28*

TUESDAY

*Nov 29*

WEDNESDAY

*Nov 30*

THURSDAY

*Dec 1*

FRIDAY

*Dec 2*

SATURDAY

*Dec 3*

SUNDAY

*Dec 4*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1  High School Middle of Year STAR 360 Assessments
5  Middle School AND High School Middle of Year STAR 360 Assessments	6  Middle School AND High School Middle of Year STAR 360 Assessments	7  High School Middle of Year STAR 360 Assessments	8  HS Finals English & Foreign Language
12  HS Finals Science & Electives	13	14	15  Winter Blast Outing  Last Day of Semester 1/Qtr. 2
19  <b>Winter Break: School Closed/Courses Closed</b>	20	21	22
26  <b>Winter Break: School Closed/Courses Closed Until Jan. 3rd.</b>  Christmas Day (Observed)	27	28	29

**MUSIC FUN FACTS:** Did you know? None of the Beatles could read or write music. Paul McCartney said the music just came to him and his bandmates.

**SEL THEME:**

*Live to Give!*

FRIDAY	SATURDAY	SUNDAY
2  High School Middle of Year STAR 360 Assessments	3	4
9  HS Finals Math & History	10	11  #High School Semester 1 Lock Date
16  Teacher Work Day School Closed	17	18
23	24	25  Christmas Day
30	31	# For HS only- all work for Semester 1 due, except for final exams.

**SEL Monthly  
Theme Lyrics:**

"We'll find out what we're made of  
When we are called to help our  
friends in need."

-Count on Me by Bruno Mars

*My W.O.D.P. Goal*

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*



# WEEKLY PLANS

## MONDAY

Dec 5

TUESDAY

Dec 6

WEDNESDAY

Dec 7

**THURSDAY**

Dec 8

FRIDAY

Dec 9

SATURDAY

Dec 10

**SUNDAY**

Dec 11

Bison Best  
3 for Me

Each week jot down:

3 things, people or places you adore.

3 things to look forward to.

2 people you can count on for warm hugs & kind words.

2 pursuits you are passionate about.  
1 thing you have worked hard to achieve.

1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

*Dec 12*

TUESDAY

*Dec 13*

WEDNESDAY

*Dec 14*

THURSDAY

*Dec 15*

FRIDAY

*Dec 16*

SATURDAY

*Dec 17*

SUNDAY

*Dec 18*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# WEEKLY PLANS

MONDAY

*Dec 19*

TUESDAY

*Dec 20*

WEDNESDAY

*Dec 21*

THURSDAY

*Dec 22*

FRIDAY

*Dec 23*

SATURDAY

*Dec 24*

SUNDAY

*Dec 25*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# WEEKLY PLANS

MONDAY

*Dec 26*

TUESDAY

*Dec 27*

WEDNESDAY

*Dec 28*

THURSDAY

*Dec 29*

FRIDAY

*Dec 30*

SATURDAY

*Dec 31*

SUNDAY

*Jan 1*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

## *My Subjects for the Semester:*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

## *Clubs I Am In:*

- 1.
- 2.
- 3.

## *My Daily Routine Is:*

Before School:

During School:

After School:

Evening:

# JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2  Teacher Work Day School Closed	3  1st Day of Semester 2/Qtr. 3.	4	5
9	10	11	12
16  MLK Day School/Office Closed	17	18	19
23	24	25	26
NATIONAL SCHOOL CHOICE WEEK			
30	31	MUSIC FUN FACTS: A song that gets stuck in your head is called an earworm.	

SEL THEME:

*Everything is Possible!*

FRIDAY	SATURDAY	SUNDAY
		1  New Years Day
6	7	8
13	14	15
20  Qtr. 2 MS Honor Roll Awards Assembly	21	22
27	28	29

*My W.O.D.P. Goal*

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*

SEL Monthly  
Theme Lyrics:  
"There's a light inside all of us.  
Soon you'll find that it's your  
time to fly"  
-Fly by Avril Lavigne



# WEEKLY PLANS

MONDAY

*Jan 2*

TUESDAY

*Jan 3*

WEDNESDAY

*Jan 4*

THURSDAY

*Jan 5*

FRIDAY

*Jan 6*

SATURDAY

*Jan 7*

SUNDAY

*Jan 8*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# WEEKLY PLANS

MONDAY

*Jan 9*

TUESDAY

*Jan 10*

WEDNESDAY

*Jan 11*

THURSDAY

*Jan 12*

FRIDAY

*Jan 13*

SATURDAY

*Jan 14*

SUNDAY

*Jan 15*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# WEEKLY PLANS

MONDAY

*Jan 16*

TUESDAY

*Jan 17*

WEDNESDAY

*Jan 18*

THURSDAY

*Jan 19*

FRIDAY

*Jan 20*

SATURDAY

*Jan 21*

SUNDAY

*Jan 22*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

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3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# WEEKLY PLANS

MONDAY

*Jan 23*

TUESDAY

*Jan 24*

WEDNESDAY

*Jan 25*

THURSDAY

*Jan 26*

FRIDAY

*Jan 27*

SATURDAY

*Jan 28*

SUNDAY

*Jan 29*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# WEEKLY PLANS

MONDAY

*Jan 30*

TUESDAY

*Jan 31*

WEDNESDAY

*Feb 1*

THURSDAY

*Feb 2*

FRIDAY

*Feb 3*

SATURDAY

*Feb 4*

SUNDAY

*Feb 5*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

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- 3 things to look forward to.
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- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1	2
6	7	8	9
13 PT Conferences 5-7pm	14	15	16 PT Conferences 5-7pm
Random Acts of Kindness Week			
20 NO LIVE CLASS CONNECTS TODAY COURSES ARE STILL OPEN! President's Day School/Office Closed	21	22	23 NO LIVE CLASS CONNECTS TODAY COURSES ARE STILL OPEN! Professional Development School Closed
27 Middle School Science Power Up Boot Camp Week	28		

**MUSIC FUN FACTS:** In 2013, rock band Metallica achieved a new Guinness Book Record title after becoming the first musical act to play a concert on all 7 continents.

SEL THEME:

*Passion First!*

FRIDAY	SATURDAY	SUNDAY
3	4	5
10	11	12
17 PT Conferences 8am-12pm	18	19
24 NO LIVE CLASS CONNECTS TODAY COURSES ARE STILL OPEN! Professional Development School Closed	25	26

SEL Monthly  
Theme Lyrics:

"You can see the change you want  
to be, what you want to be,  
when you get a head full of dreams."

-Head Full of Dreams by ColdPlay

*My W.O.D.P. Goal*

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*



# WEEKLY PLANS

MONDAY

*Feb 6*

TUESDAY

*Feb 7*

WEDNESDAY

*Feb 8*

THURSDAY

*Feb 9*

FRIDAY

*Feb 10*

SATURDAY

*Feb 11*

SUNDAY

*Feb 12*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

*Feb 13*

TUESDAY

*Feb 14*

WEDNESDAY

*Feb 15*

THURSDAY

*Feb 16*

FRIDAY

*Feb 17*

SATURDAY

*Feb 18*

SUNDAY

*Feb 19*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

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3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# WEEKLY PLANS

MONDAY

*Feb 20*

TUESDAY

*Feb 21*

WEDNESDAY

*Feb 22*

THURSDAY

*Feb 23*

FRIDAY

*Feb 24*

SATURDAY

*Feb 25*

SUNDAY

*Feb 26*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# WEEKLY PLANS

MONDAY

*Feb 27*

TUESDAY

*Feb 28*

WEDNESDAY

*Mar 1*

THURSDAY

*Mar 2*

FRIDAY

*Mar 3*

SATURDAY

*Mar 4*

SUNDAY

*Mar 5*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1	2
	Middle School Science Power Up Boot Camp Week		
6	7	8	9
	Middle School Social Studies Power Up Boot Camp Week		
13	14	15	16
Spring Break - School Closed Courses Open			
20	21	22	23
1st Day of Qtr. 4	Middle School Math Power Up Boot Camp Week		
27	28	29	30
	Middle School ELA Power Up Boot Camp Week		

MUSIC FUN FACTS: Michael Jackson wanted so badly to play Spider-Man in a movie that he attempted to buy Marvel Comics.

SEL THEME:

*The Time is Now!*

FRIDAY	SATURDAY	SUNDAY
3	4	5
10	11	12
	Last Day of Qtr. 3	
17	18	19
		#High School Mid Semester Check Point & Lock Date
24	25	26
31	SEL Monthly Theme Lyrics:	
	"It's a beautiful day Sky falls, you feel like It's a beautiful day Don't let it get away." -It's a Beautiful Day by U2	

# For HS only-  
all Teacher Graded  
Assignments  
& discussions  
assigned so far  
are due  
by this date  
and locked

*My W.O.D.P. Goal*

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*

# WEEKLY PLANS

MONDAY

*Mar 6*

TUESDAY

*Mar 7*

WEDNESDAY

*Mar 8*

THURSDAY

*Mar 9*

FRIDAY

*Mar 10*

SATURDAY

*Mar 11*

SUNDAY

*Mar 12*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

*Mar 13*

TUESDAY

*Mar 14*

WEDNESDAY

*Mar 15*

THURSDAY

*Mar 16*

FRIDAY

*Mar 17*

SATURDAY

*Mar 18*

SUNDAY

*Mar 19*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.



# WEEKLY PLANS

MONDAY

*Mar 20*

TUESDAY

*Mar 21*

WEDNESDAY

*Mar 22*

THURSDAY

*Mar 23*

FRIDAY

*Mar 24*

SATURDAY

*Mar 25*

SUNDAY

*Mar 26*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

## Each week jot down:

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

*Mar 27*

TUESDAY

*Mar 28*

WEDNESDAY

*Mar 29*

THURSDAY

*Mar 30*

FRIDAY

*Mar 31*

SATURDAY

*Apr 1*

SUNDAY

*Apr 2*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 Middle School End of Year STAR 360 Assessments	4 Middle School End of Year STAR 360 Assessments	5	6
10	11	12	13
17	18	19	20
24	25	26	27

MUSIC FUN FACTS: Aulophobia is the fear of flutes!

SEL THEME:

*Perseverance!*

FRIDAY	SATURDAY	SUNDAY
	1	2
7 Qtr. 3 MS Honor Roll Awards Assembly	8	9
14	15	16
21	22 *Proposed date for HS PROM	23
28	29	30

SEL Monthly  
Theme Lyrics:

"You don't say good luck,  
You don't say give up  
It's the fire inside you, let it burn."  
-The Fire by The Roots ft. John Legend

\*details will be  
announced

*My W.O.D.P. Goal*

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*

# WEEKLY PLANS

MONDAY

*Apr 3*

TUESDAY

*Apr 4*

WEDNESDAY

*Apr 5*

THURSDAY

*Apr 6*

FRIDAY

*Apr 7*

SATURDAY

*Apr 8*

SUNDAY

*Apr 9*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# WEEKLY PLANS

MONDAY

*Apr 10*

TUESDAY

*Apr 11*

WEDNESDAY

*Apr 12*

THURSDAY

*Apr 13*

FRIDAY

*Apr 14*

SATURDAY

*Apr 15*

SUNDAY

*Apr 16*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# WEEKLY PLANS

MONDAY

*Apr 17*

TUESDAY

*Apr 18*

WEDNESDAY

*Apr 19*

THURSDAY

*Apr 20*

FRIDAY

*Apr 21*

SATURDAY

*Apr 22*

SUNDAY

*Apr 23*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

*Apr 24*

TUESDAY

*Apr 25*

WEDNESDAY

*Apr 26*

THURSDAY

*Apr 27*

FRIDAY

*Apr 28*

SATURDAY

*Apr 29*

SUNDAY

*Apr 30*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.



# MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 High School End of Year STAR 360 Assessments  School Principal Day	2 High School End of Year STAR 360 Assessments	3 High School End of Year STAR 360 Assessments	4 High School End of Year STAR 360 Assessments
8	9	10	11
15	16	17	18
22 HS Finals Math & History	23 HS Finals Science & Electives	24 End of Year 7th/8th Grade Awards Assembly 11am	25 8th Grade Promotion Assembly 11am
29 Memorial Day Office Closed	30	31	

## Teacher Appreciation Week

**MUSIC FUN FACTS:** Music was sent down a telephone line for the 1st time in 1876, the year the phone was invented.

SEL THEME:

*Celebrate!*

FRIDAY	SATURDAY	SUNDAY
5 High School End of Year STAR 360 Assessments	6	7
12	13	14
19 HS Finals English & Foreign Language	20 CLASS OF 2023 HS Graduation	21
26 Last Day of School	27	28

*My W.O.D.P. Goal*

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*

SEL Monthly Theme Lyrics:

"I got this feelin' inside my bones  
It goes electric, wavy when I turn it on  
All through my city, all through my home  
We're flyin' up, no ceilin',  
When we are in our zone."

-Can't Stop the Feeling  
by Justin Timberlake

# WEEKLY PLANS

MONDAY

*May 1*

TUESDAY

*May 2*

WEDNESDAY

*May 3*

THURSDAY

*May 4*

FRIDAY

*May 5*

SATURDAY

*May 6*

SUNDAY

*May 7*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# WEEKLY PLANS

MONDAY

*May 8*

TUESDAY

*May 9*

WEDNESDAY

*May 10*

THURSDAY

*May 11*

FRIDAY

*May 12*

SATURDAY

*May 13*

SUNDAY

*May 14*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# WEEKLY PLANS

MONDAY

*May 15*

TUESDAY

*May 16*

WEDNESDAY

*May 17*

THURSDAY

*May 18*

FRIDAY

*May 19*

SATURDAY

*May 20*

SUNDAY

*May 21*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# WEEKLY PLANS

MONDAY

*May 22*

TUESDAY

*May 23*

WEDNESDAY

*May 24*

THURSDAY

*May 25*

FRIDAY

*May 26*

SATURDAY

*May 27*

SUNDAY

*May 28*

*Priorities  
This Week:*

*Bison Best  
3 for Me*

**Each week jot down:**

3 things, people or places you adore.  
3 things to look forward to.  
2 people you can count on for warm  
hugs & kind words.  
2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.  
1 thing that is going well for you right  
now.

# WEEKLY PLANS

## MONDAY

May 29

TUESDAY

May 30

WEDNESDAY

May 31

**THURSDAY**

June 1

FRIDAY

June 2

SATURDAY

June 3

**SUNDAY**

June 4

Bison Best  
3 for Me

Priorities  
This Week:

Each week jot down:

3 things, people or places you adore.

3 things to look forward to.

2 people you can count on for warm hugs & kind words.

2 pursuits you are passionate about.  
1 thing you have worked hard to  
achieve.

1 thing that is going well for you right now.

# JUNE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1
5	6	7	8
12	13	14	15
19	20	21	22
Juneteenth			
26	27	28	29

**MUSIC FUN FACTS:** Cows produce more milk when listening to slow music.

**SEL THEME:**

*School's Out!*

FRIDAY	SATURDAY	SUNDAY
2	3	4
9	10	11
16	17	18
23	24	25
30	<b>SEL Monthly Theme Lyrics:</b>  "I'm walking on Sunshine...woah And don't it feel good."  -Walking On Sunshine by Katrina & The Waves	

*My W.O.D.P. Goal*

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*



# JULY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	4 Independence Day	5	6
10	11	12	13
17	18	19	20
24	25	26	27

31

**MUSIC FUN FACTS:** International Strange Music Day is August 24, 2023. It was created to introduce new types of music to children to broaden their music horizons.

SEL THEME:

*Summer Vacation!*

FRIDAY	SATURDAY	SUNDAY
	1	2
7	8	9
14	15	16
21	22	23
28	29	30

*My W.O.D.P. Goal*

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*

SEL Monthly

Theme Lyrics:

"I'm gonna soak up the sun  
I got my 45 on so I can rock on."

-Soak Up the Sun  
by Sheryl Crow



## 2023 CORE Curriculum Graduation Requirements

Student Full Name \_\_\_\_\_

Career Goal \_\_\_\_\_

**23 units or sets of competencies are required to meet state graduation requirements.**  
[70 O.S. § 11-103.6](#); OAC 210-35-25-2

Mark beside each course upon successful completion of required unit or set of competencies as each semester credit for course is earned. Refer to the most recent [Subject Codes list](#) for approved courses in each area, and the [OSDE's Instruction page](#) for more information regarding each subject area.

### Coursework Requirements

#### English (4)

- ☐ English I
- ☐ English II
- ☐ English III
- ☐ English IV
- ☐ Other Approved Course

#### Mathematics (3)

**3 are required in grades 9-12.**

- ☐ Algebra I
- ☐ Geometry
- ☐ Algebra II
- ☐ Other Approved Math Course
- ☐ Approved Computer Science Course
- ☐ OR 3-hour Approved CTE Program
- ☐ Contextual Math Course That Enhances Technology Preparation
- ☐ Approved STEM Block Course (grades 10-12)

#### Laboratory Science (3)

- ☐ Biology I
- ☐ Other Life Sciences Course
- ☐ Physical Sciences Course
- ☐ Earth/Space Sciences Course
- ☐ Principles of Technology
- ☐ Qualified Agriculture Course
- ☐ Approved STEM Block Course (grades 10-12)
- ☐ OR Contextual Science Course That Enhances Technology Preparation

#### History & Citizenship (3)

- ☐ 1/2 Oklahoma History
- ☐ 1/2 Government
- ☐ U.S. History
- ☐ Other Approved Course

#### World Language OR Computer Technology (1)

- ☐ World Language
  - ☐ Computer Technology
- Excludes keyboarding or typing courses.**

#### Fine Arts (1)

- ☐ Music, Art, Dance, or Drama

#### Electives (8)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

It is highly recommended that the Electives above include 2 units of the same World Language and 2 units of Physical/Health Education.

**23 units or sets of competencies are required to meet state graduation requirements.**

Total Units Upon Final Check must match Total Units Earned on Page 2.

Total Units Upon Final Check:



## 2023 CORE Curriculum Graduation Requirements

### Other Requirements

State law requires that students meet the additional requirements below in order to graduate from a public high school with a standard diploma. [70 O.S. § 1210.508](#)

#### Assessments

Taken in 11th Grade:  
☐ ACT OR ☐ SAT  
☐ Science Assessment

Taken once during High School:  
☐ U.S. History

#### Certificates or Endorsements (if any)


#### Additional Requirements

☐ Personal Financial Literacy Passport  
[70 O.S. § 11-103.6H](#)  
☐ CPR/AED [70 O.S. § 1210.199](#)

### Individual Career Academic Plan (ICAP)

Beginning with students entering the ninth grade in the 2019-2020 school year (class of 2023), each student is required to complete the process of an [Individual Career Academic Plan \(ICAP\)](#) in order to graduate from a public high school with a standard diploma. [70 O.S. § 2320.508-4](#)

The ICAP Career Assessment, Career Goal, and Coursework are to be reviewed annually. Enter the date the student completed each requirement below.

Goal	9th Grade	10th Grade	11th Grade	12th Grade
Career Assessment				
Written Career Goal				
Courses Reflect Goal				

Students are also required to participate in Service Learning and/or Work-Based Learning Activities at least once in grades 9-12. Mark each grade level the student participated in this requirement; not limited to one activity or grade level. **Internship codes are reserved for 11th and 12th grade.**

Goal	9th Grade	10th Grade	11th Grade	12th Grade
Service or Work-based Learning				

Date of Check	Student Initial	Total Units
Total Units Earned:		

**23 units or sets of competencies are required to meet state graduation requirements.**

Total Units Earned must match Total Units Upon Final Check on Page 1.





## To see a Concurrent Enrollment Toolkit, scan here:



### Quick Glance for Concurrent College Enrollment

Concurrent college education provides eligible high school students with an opportunity to enroll in college classes while still attending high school. College transcripts are permanent records; please make sure the student and parent/guardian understand the benefits and risks associated with concurrent college enrollment.

#### STEP 1: CAN THE STUDENT BE ADMITTED?

Any junior or senior high school student who meets the eligibility requirements and admissions standards can enroll in college classes. When determining eligibility, the ACT composite score without the writing component and the SAT composite score without the essay component are used. The PreACT and PSAT can also be used for concurrent enrollment.

##### Admission Standards: Juniors and Seniors

###### Research Universities

Meet one of the following:

1. National ACT, Pre-ACT (10<sup>th</sup> Grade), or Residual ACT<sup>1</sup>=24
2. SAT, PSAT 10 or PSAT/NMSQT=1160
3. 3.0 GPA (unweighted) and top 33%<sup>2</sup>

###### Regional Universities

Meet one of the following:

1. National ACT, Pre-ACT (10<sup>th</sup> Grade), or Residual ACT<sup>1</sup>=20
2. SAT, PSAT 10 or PSAT/NMSQT=1030
3. 3.0 GPA (unweighted) and top 50%<sup>2</sup>

###### Community Colleges

Meet one of the following:

1. National ACT, Pre-ACT (10<sup>th</sup> Grade), or Residual ACT<sup>1</sup>=19
2. SAT, PSAT 10 or PSAT/NMSQT=990
3. 3.0 GPA (unweighted)<sup>2</sup>

<sup>1</sup>Students can utilize one Residual ACT per year taken from November 1 to October 31

<sup>2</sup>Oklahoma State Regents' Higher Education policy requires that home school/unaccredited students earn the requisite score on an acceptable SAT or ACT exam to be admissible

#### STEP 2: WHAT COURSES CAN THE STUDENT TAKE?

To enroll in a college course, the student must meet the following score requirements in the subject area in which they are enrolling:

##### Course Placements: Juniors and Seniors

Test Subject Area	General Examples of College Courses	National ACT, Pre-ACT or Residual ACT <sup>1</sup>	SAT, PSAT 10, or PSAT/NMSQT	Other
English	English Comp I English Comp II	19 English	510 Evidence Based Reading & Writing	Satisfy an institution's English assessment and course placement measure
Math	Quantitative Reasoning Functions & Modeling Elementary Statistics College Algebra for STEM	19 Math	510 Math	Satisfy an institution's math assessment and course placement measure
Reading	US History Government Psychology Sociology	19 Reading	510 Evidence Based Reading & Writing	Satisfy an institution's reading assessment and course placement measure
Science	General Biology Nutrition	19 Science	N/A (there is no SAT Science section)	Satisfy an institution's science assessment and course placement measure

<sup>1</sup>Students can utilize one Residual ACT per year from November 1 to October 31

#### STEP 3: WHAT SIGNATURES ARE REQUIRED?

High school principal or counselor must sign a concurrent college enrollment approval form from the college or university the student is attending or will attend. Students must also have written permission from a parent or legal guardian.

#### STEP 4: WHAT ARE THE COSTS?

Eligible high school seniors will receive a tuition waiver for a maximum of eighteen (18) credit hours of concurrent college enrollment. The senior tuition waiver may be divided over the three senior semesters: summer, fall and spring. The nine (9) hours of funding for juniors is dependent on the appropriation for the current year and may be divided over the three junior semesters: summer, fall and spring. Contact your partner college or university for more information about the current status of funding for high school juniors.

High school students are required to pay for course fees, books, supplies, etc.

#### STEP 5: WHAT GOES ON THE TRANSCRIPT?

High schools are required to include concurrent courses on a student's high school transcript:

- Pursuant to 70 O.S. §628.13 (OSCN 2019), Fiscal Policy for Higher Education, when a student earns college credit through concurrent enrollment, school districts shall provide academic credit for any concurrently enrolled higher education courses that are correlated with the academic credit awarded by the institution of higher education. Academic credit shall only be transcribed as elective credit if there is no correlation between the concurrent enrollment higher education course and a course provided by the school district.

Local districts make policy regarding concurrent college enrollment issues. See the Transcript Guidance Document: <https://sde.ok.gov/achieving-classroom-excellence-resources>

#### STEP 6: WHAT IS A STUDENT'S WORKLOAD?

A concurrently enrolled student may enroll in a combined number of high school and college courses per semester not to exceed 19 credit hours. For purposes of calculating workload, one-half high school unit equals three credit hours. Non-academic high school units are excluded from the workload calculation (e.g. office aid, athletics, choir, library aid). Students wishing to exceed these limits may petition the selected higher education institution.

High school students concurrently enrolled in college courses may continue concurrent college enrollment in subsequent semesters if they achieve a college grade point average (GPA) of 2.0 or above on a 4.0 scale. Therefore, a concurrent student who fails to achieve the requisite 2.0 college GPA shall not be eligible for concurrent college enrollment at any State System institution.

Oklahoma State Regents' Academic Affairs Procedures Handbook (PDF): <https://bit.ly/OSRHEProcedures21>

For additional information, please contact Kyle Foster at [kfoster@osrhe.edu](mailto:kfoster@osrhe.edu)



To see current  
OK Promise information,  
scan here:



Now enrolling 11<sup>th</sup>-graders!  
New income limit \$60K!

# 2021-22 OKLAHOMA'S PROMISE

## Who May Apply

Applicants must be:

- Oklahoma residents.
- 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>, or 11<sup>th</sup>-grade students (homeschool students must be age 13, 14, 15 or 16).
- Students whose parents' federal adjusted gross income does not exceed \$60,000.\*
- Students who promise to meet the requirements of the program.

\*Special income provisions may apply to:

- Children adopted from certain court-ordered custody and children in the custody of court-appointed legal guardians.
- Families receiving Social Security benefits based on the disability or death of the student's parents.

Contact the Oklahoma's Promise office for more information.

Additional documentation may be required.

## How to Apply:

Online at [www.okpromise.org](http://www.okpromise.org) or get an application from your counselor.



## The Promise

Upon completion of the program's requirements, you will earn:

- Tuition at an Oklahoma public two-year college or four-year university.
- OR -
- A portion of tuition at an accredited Oklahoma private college or university.
- OR -
- A portion of tuition for programs that qualify for federal financial aid at public career technology centers.

(The Oklahoma's Promise scholarship amount does not cover fees, books, supplies, or room and board.)

## Get more Info:

[www.okpromise.org](http://www.okpromise.org)

[okpromiseinfo@the.edu](mailto:okpromiseinfo@the.edu)

(800) 858-1840 or (405) 225-9152

Ask your counselor.

Find us on

A program created by the Oklahoma Legislature and administered by the Oklahoma State Regents for Higher Education

## APPLY ONLINE TODAY!

[WWW.OKPROMISE.ORG](http://WWW.OKPROMISE.ORG)

## HIGH SCHOOL REQUIREMENTS

- Graduate from an Oklahoma high school or homeschool education program.
- Take the 17 units of college prep high school courses (listed at the right) and achieve at least a 2.50 cumulative GPA in those courses.
- Achieve at least a 2.50 cumulative GPA for all courses in grades 9-12.
- Attend school regularly and do your homework.
- Stay away from drugs and alcohol.
- Don't commit criminal or delinquent acts.
- Provide information when requested.
- Meet with a school official to go over your school work and records on a regular basis.
- Apply for other financial aid during your senior year of high school.
- Take part in Oklahoma's Promise activities that will prepare you for college.

If you don't qualify for this program, see your counselor for information about additional scholarships, grants and student loans, and visit Oklahoma higher education's college planning website at [www.okcollegestart.org](http://www.okcollegestart.org).

## COLLEGE REQUIREMENTS

- Prior to receiving any program benefit in college, the federal adjusted gross income (AGI) of the student's parents may not exceed \$100,000. Each year in college, Oklahoma's Promise students will be required to complete a Free Application for Federal Student Aid (FAFSA), which will be used to determine whether the federal adjusted gross income exceeds \$100,000. For any year that the income exceeds \$100,000, the student will not be eligible to receive the program benefit.
- You must be an Oklahoma resident.
- You must be a U.S. citizen or lawfully present in the United States.
- You must meet regular admission standards for first-time entering students at the college or university to which you apply.
- You must start taking college courses within three years after you graduate high school.\*
- You may not use the award for noncredit remedial courses.
- You may not receive awards for more than five consecutive years after enrolling in college.\*
- You may not use the award for courses taken after you complete your bachelor's degree requirements.
- You may not receive award payments for more than 129 semester credit hours, unless your degree program requires more hours.
- You must meet the college's Satisfactory Academic Progress (SAP) policy requirements for eligibility to receive federal financial aid.
- An Oklahoma's Promise college student who is suspended for more than one semester for conduct reasons will lose the scholarship permanently.
- \* Students on active military duty may be eligible for certain waivers of these requirements.

## REQUIRED COURSES\*\*

**4 ENGLISH** (grammar, composition, literature; courses should include an integrated writing component)

**3 LAB SCIENCE** (biology, chemistry, physics or any lab science certified by the school district; general science with or without a lab may not be used to meet this requirement)

**3 MATHEMATICS** (from Algebra I, Algebra II, geometry, trigonometry, math analysis, pre-calculus, statistics and probability (must have completed geometry and Algebra II), calculus, Advanced Placement (AP) statistics)

**3 HISTORY AND CITIZENSHIP SKILLS** (including 1 unit of American history and 2 additional units from the subjects of history, economics, geography, government, non-Western culture)

**2 FOREIGN OR NON-ENGLISH LANGUAGE** (two years of the same language)

-OR-

**COMPUTER TECHNOLOGY** (two units in programming, hardware or business computer applications, such as word processing, databases, spreadsheets and graphics; will qualify: keyboarding or typing classes do NOT qualify)

(1 foreign language and 1 computer course will NOT meet this requirement)

**1 ADDITIONAL COURSE** from any of the subjects listed above or psychology, sociology or any concurrent liberal arts and science course at a State System institution

**1 FINE ARTS** (music, art, drama)

-OR-

**SPEECH**

**17 Total Units**

\*\*Homeschool students or students graduating from a high school not accredited by the Oklahoma State Board of Education must also achieve a composite score of 22 or higher on the ACT test reported on an official test report issued by ACT (including superscores). ACT on-campus (residual) test scores do not qualify.



The Oklahoma State Regents for Higher Education, in compliance with Titles VI and VII of the Civil Rights Act of 1964, Executive Order 11246 as amended, Title IX of the Education Amendments of 1972, Americans with Disabilities Act of 1990 and other federal laws and regulations, do not discriminate on the basis of race, color, national origin, sex, age, religion, handicap or status as a veteran in any of its policies, practices or procedures. This includes, but is not limited to, admissions, employment, financial aid and educational services. This publication, printed by University of Oklahoma Printing Services, is issued by the Oklahoma State Regents for Higher Education, as authorized by 70 O.S. 2001, Section 2-206. 101,000 copies have been printed at a cost of approximately \$1,998. Copies have been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries. This publication was printed in July 2021.

# Graduation & Beyond

To understand your  
Grad Plan in your  
account, scan this:



To see OK Dept. of  
Education Graduation  
Resources, scan this:



OVCA offers approved HS students the opportunity to  
#1 earn college credits while in HS #2 attend Career Techs  
around the state #3 participate in a work internship for HS  
credit. If you would like to learn more, please watch these  
video interviews below.

Interview with Ms. McAskill  
Part 1, scan here:



Interview with Ms. McAskill  
Part 2, scan here:



# Graduation & Beyond

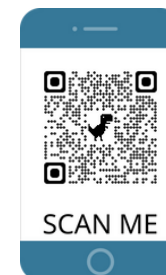
To see College Prep by Year Checklist & info on  
Student Aid scan here:



To see more info on OK Career & Technology  
Programs around the state, scan here:



For information on financial aid for college & career  
schools, including the FAFSA, scan here:

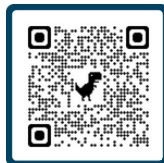


# Additional Resources

OVCA Tutoring Support, scan here:



OVCA School Counselor Connection, scan here:



OVCA eSports Team Info, scan here:



Oklahoma ICAP Information, scan here:



OVCA Student Family Resource Coordinators Information/Crisis Support, scan here:



**OKLAHOMA**  
VIRTUAL CHARTER ACADEMY<sup>SM</sup>

POWERED BY STRIDE K12

*Planner produced with help from:*

