

## CLASSROOM CHAMPIONS 2016-17 MONTHLY SUBJECTS: INFORMATION FOR FAMILIES

Welcome to Classroom Champions! We are excited to have your child participating in this program, and we hope that this will be a great experience for your whole family. We thought that you might appreciate an overview of the subjects that the athlete mentors will address in their video lessons over the year. Your child's teacher will also be designing unique lessons around these subjects for his or her particular classroom, and may have other resources throughout the year.

The video lessons will be available at [www.classroomchampions.org](http://www.classroomchampions.org) so that you can view them at home. We will also be producing monthly videos from Olympian and Paralympian parents, talking about how they approach these subjects in their homes.

One of the most highly anticipated events for Classroom Champions students is the opportunity to participate in a live video chat with their athlete. The photos below are from chats last year.

### *August - Welcome to our Journey*



The athletes will introduce themselves, share some personal background information, and explain the mentoring relationship. Your child may also learn about Classroom Champions, the Olympics and Paralympics, and their athlete's sport. Schools that start in September will combine these lessons with the September lessons.

### *September - Goal Setting*

The focus this month will be on the importance of goal setting, how to set goals, and how to develop a plan to accomplish goals. Goal setting is a major topic in Classroom Champions, and these goals will be revisited many times throughout the year.

## October - Fair Play

This month's conversations will be about what it means to practice Fair Play. Students will learn about the building blocks of fair play: respect, friendship, fair competition, equality, integrity, and tolerance. Mentors will also address the importance of being mindful of your reputation.

## November - Community

Classes will define community, and talk about how to be a good member of a community, how doing well in school strengthens communities, and how to contribute to a community. This conversation will also address the importance of including everyone. Class projects giving back to your local community are encouraged.



## December - Community continued, and a special video

In December, students will continue with their Community lessons and projects. Their mentors will send them a special behind the scenes video this month, with insight into the daily life of an elite athlete, and more about themselves personally. This sort of access is usually available only to friends and family, so it should be a lot of fun for all if us to know the mentors better.

## January - Perseverance

In January, the focus will be on perseverance, including talking with students about how to develop resiliency and bounce back stronger after a failure, remain positive in the face of challenges, and develop a "no quit" spirit while pursuing their goals. Teachers tell us every year that this is one of the subjects that is most meaningful to students.



## February - Friendship

Teachers will lead discussions about how to be a good friend and how students can stay close with the people they care about. Mentors will address such topics as how to make new friends, choosing friends who will be a good influence, building a great "team" (including family and teachers), what makes a good friend, and how to handle disagreements with friends. Mentors may share anecdotes about the friendships they have developed with teammates. They will also talk about how politeness matters!

## March - Leadership

Students will explore how they can be leaders within their own circles of influence, and what it takes to be the sort of person that others will want to emulate.

## April - Healthy Living

In April, students will learn about how they can take care of and respect themselves by leading a healthy lifestyle. Topics to be addressed include nutrition, exercise, sleep, and avoiding unhealthy substances. Older students may address mental health and body as well.

## May - We are Champions

Students will celebrate personal and academic progress, discuss any failures, revisit and refine goals, and define success. Students may also extend their Classroom Champions experience by setting new goals.