



## LOWER SCHOOL CURRICULUM SUMMARIES

### CHARACTER EDUCATION

Counseling and character education in the Lower School are key components of a girl's social and emotional development. At Stuart, the five Sacred Heart goals serve as the foundation for our program and are integrated the monthly classroom lessons. The "words" or "quotes" are purposely aligned with the goals. Examples include:

Love as You Love-: Empathy and Compassion

Study and Learn: Wisdom, Responsibility

Help those who need me: Serving with Love

Be a friend to all: Respect and Forgiveness

Make wise choices: Courage

The Lower School is committed to providing girls with the tools needed to address conflict, negotiate challenges and build relationships. As the girls are equipped through discussion, small and large groups, and individual meetings, they become more competent and confident in their peer- to- peer conflict resolution skills.

Our program is cross-curricular and permeates each homeroom across every grade level in the Lower School. This daily practice is led by the homeroom teachers who have engaged in extensive professional development training to reinforce our goals and our commitment to character development within a Sacred Heart community.

In addition to our character development program, the girls have access to individual counseling as needed. Our Lower School counselor meets with girls individually and in groups (i.e. friendship and lunch bunches) to help in times of crisis, conflict, and transition, and to build strong relationships with peers.