OST High School Community of Practice

November 2026

City of Philadelphia

Please Sign In



November COP Icebreaker

"Somebody Is Expecting Me"

THE CHALLENGE

In the chat, finish the sentence: A young person knows they matter when...

5 Minute Video

2 Minute Reflection

Maxie Jones | Beyond the Call of Duty | Detroit StorySLAM 2018



Mindfulness



City of
Philadelphia

Mindfulness is.....

Being fully present and aware of your experiences — senses, thoughts, and emotions — without being overly reactive or judgmental



Mindfulness in Practice

- ✓ Set aside time and a quiet space
- ✓ Observe the present moment without trying to change it
- ✓ Notice and gently let go of judgments or distractions
- ✓ Regular practice can remodel your brain and improve focus



BENEFITS OF MINDFULNESS

IMPROVED ATTENTION

Studies have shown mindfulness improves performance on tasks that require an extensive concentrative span.

EMOTIONAL REGULATION

Mindfulness allows for a better ability to engage in tasks when emotions are activated, and can create changes in the brain that lead to less reactivity.

GREATER COMPASSION

Studies have shown that people in mindfulness training are more likely to have greater self-compassion and help others.

REDUCED STRESS & ANXIETY

Mindfulness reduces feelings of stress and anxiety in stressful social situations.

*Info according to Mindful Schools



Mindfulness Resources

https://www.mindful.org/
https://www.freemindfulness.org/
https://mindfulnessexercises.com/free-mindfulness-exercises/




be
INTENTIONAL

Intentional OST Programming Review

Have you been creating experiences, or simply filling a room?



Think about your program:

- Are students able to engage in different activities or experiences at the same time?
- Are we making intentional use of the space we have available?
- Do students have opportunities for choice, voice, and ownership?
- Are we using our staff, materials, and resources strategically?

Drop it in the chat!

What is ONE thing you have done differently since our training to make your programming or use of space more intentional?

It could be a change to your room setup, activity structure, student choice, staff assignments, or how you use available resources.

Small changes can create more meaningful experiences for our students.

School Based
Specialized
Community







Continuous Program Improvement

City of Philadelphia

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What's Going On?

Dates to Remember

- ✓ APT-O Visits – 11/2 - 12/18
- ✓ Fall Institute – 11/16
- ✓ Fall Data Call Scheduling - December

To Do List

- ✓ Timely Attendance Entry
- ✓ Cityspan Enrollment
- ✓ SAYO-Y – Specialized only
- ✓ The Dash
- ✓ Sign up for Fall Institute

Hello Insight Pre-Survey Overview

- 25/25 sites submitted surveys
- 14/25 met or exceeded target number
- Site completion percentage – 20%-100%
  - Number of survey submissions/Number of students enrolled.

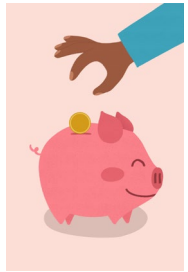
Hello Insight/SAYO-Y Completion Incentive

The site with the highest completion percentage (Number of survey submissions/Number of students enrolled) will win a……

FREE WORKSHOP WITH KIDS REAL ESTATE & FINANCIAL LITERACY ACADEMY (LEONARD NESMITH)



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SECURE THE BAG!



Supporting Students for Payment Success!



Submit:

- Debit Card Receipt Document
- Student Debit Card Receipt

W9's

- Legible, completed/signed W9
- Birth Certificate
- Social Security Card

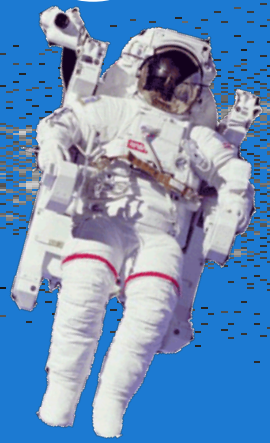
DO NOT RESUBMIT A REJECTED W9 WITHOUT DOCUMENT VERIFICATION!

Replacement Cards

Expired Cards



GET IN THE ZONE!



ZONE 1

- EDISON-GENERAL
- THE ATTIC YOUTH CENTER-GENERAL CBO
- PICKETT - SPECIALIZED
- FRANKFORD - GENERAL
- MAMIE NICHOLS-GENERAL CBO
- WEST PHILADELPHIA- GENERAL
- GEORGE WASHINGTON-GENERAL

ZONE 2

- SHANE VICTORINO BGC - GENERAL CBO
- CRANE COMMUNITY CENTER - GENERAL CBO
- KHSA-GENERAL
- HONICKMAN LEARNING CENTER - GENERAL CBO
- DOBBINS-GENERAL
- OLNEY-SPECIALIZED CBO

ZONE 3

- KCAPA - GENERAL
- MARTIN LUTHER KING-SPECIALIZED
- SAYRE – GENERAL
- KENSINGTON HS-SPECIALIZED
- TEMPLE-GENERAL CBO
- PENN TREATY-GENERAL

ZONE 4

- PARKWAY WEST – GENERAL
- ASIAN ARTS INITIATIVE: SPECIALIZED CBO
- RW BROWN-GENERAL CBO
- SOUTH PHILADELPHIA HS – GENERAL
- ROXBOROUGH – GENERAL
- THE U SCHOOL-GENERAL

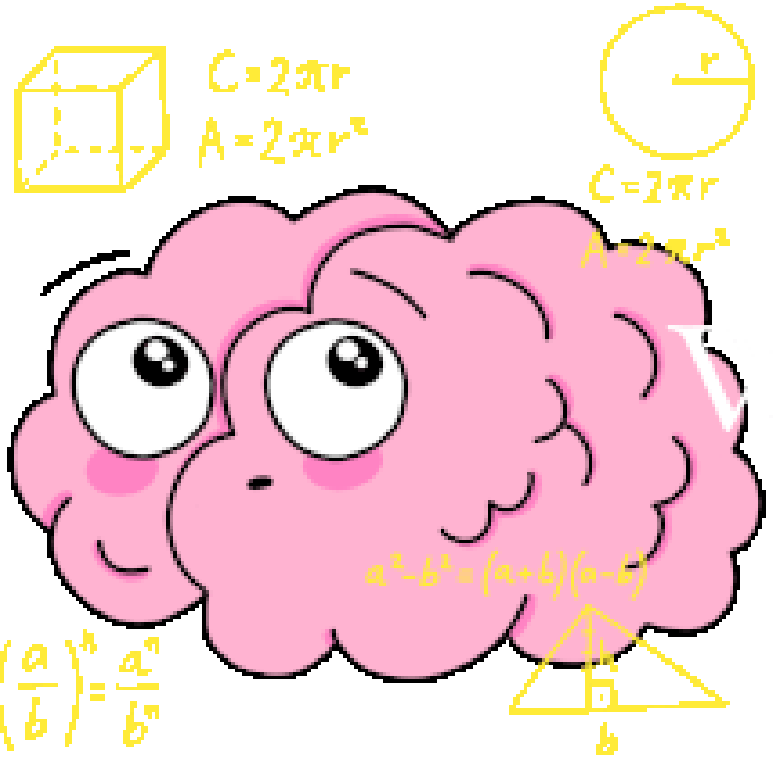


ZONE 5

- OVERBROOK-GENERAL
- SOUTH PHILLY BGC - GENERAL CBO
- YOACAP - GENERAL CBO
- STRAWBERRY MANSION-GENERAL
- NORRIS SQUARE – GENERAL CBO
- SUMMER SEARCH-SPECIALIZED CBO

SHARING THOUGHTS

1. Please share any thoughts from last month's COP on Intentional Programming.
2. Do you think mindfulness activities will help your students? Why or why not?
3. How do you maintain attendance during winter months?





City of
Philadelphia

OST Provider Resource Link

For meeting links, presentation slides & more:

https://philaocfost.phmc.org/



Don’t Forget the Newsletter!



November News: You Don’t Want to Miss!

11/13: First Student Stipend SY27
11/16: Fall Institute
12/10: OST HS Celebratory COP at PHMC



Don't forget Office Hours: Every Thursday, 11-12pm

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Questions | Comments | Concerns

