



Gamut
School



A Therapeutic Approach
to Academic Excellence

The Gamut School is a new concept that combines a therapeutic regulated environment with rigorous academics to help students from 5th to 8th grade thrive academically and socially.

A New View on Middle School

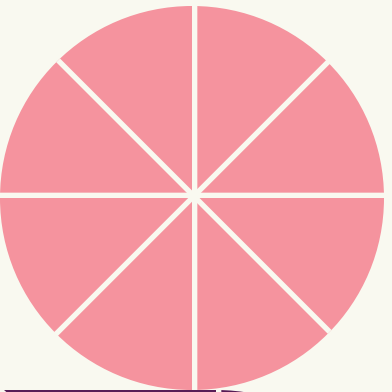
The middle school years are a time for major social growth. Along with this growth comes social hierarchies and environmental influences.

It is a challenging age at which students have a strong need to feel validated by their peers and the adults around them. It is also a time when mindfulness is needed but is most lacking.

All students can benefit from the development of skills to help them regulate their emotions, cope with stress, and maintain and improve upon their relationships with family, peers, and school. Our students can only benefit further.

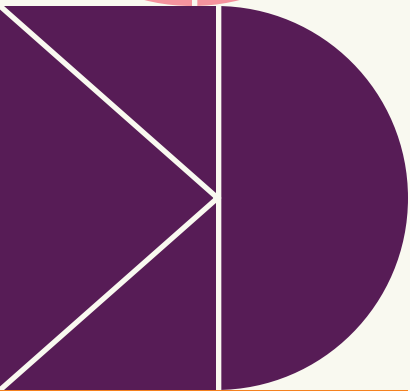
We understand our students' unique social-emotional needs and have re-shaped middle school to help them succeed. Here, students are met with high expectations—and all the support they need to achieve them.

Our Approach



The Whole Child

We celebrate the whole child. Identifying individual challenges is as critical as recognizing strengths to be developed.



Rigorous Academics

We understand and value the importance of a rigorous education within the context of supporting our students' emotional and learning needs.



Problem Solving

We focus on problem-solving in order to curtail crisis development and facilitate personal growth.

Why Dialectical Behavioral Therapy?

Comprehensive School-Based DBT is an evidence-based treatment for individuals of all ages. Research conducted on DBT has shown a significant reduction in depression and social stress and a significant increase in use of coping skills and tolerating distressing scenarios.

DBT has also been shown to increase academic achievement in schools.

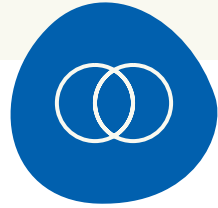
Our in-school DBT will provide students with the tools and support they need to be successful in and out of school.

All students will receive

- Individual sessions with our DBT social worker
- Skill-based groups with our DBT social worker and peers
- Intersession coaching

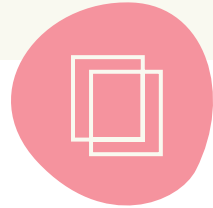


Our 4 Pillars



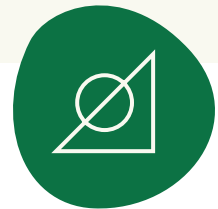
Therapeutic Approach

DBT throughout school to ensure success in both academic and emotional growth.



Rigorous Academics with Support

Rigorous academics that are tailored to support our students needs with small class sizes of 8 students.



Socioemotional Growth

Social support groups and advising groups are a staple in our school system.



Mastery through Community Engagement

Monthly community work where students are matched based on their interests.

Learning

Experiential Learning with Elements of Project-Based Learning

Each student will learn through hands-on experiences. Our curriculum is interactive to ensure each student can learn through multiple modalities.

Each student will take

- English Language Arts
- Math
- Science
- History
- Foreign Language
- 2 Electives

End of Middle School Project

With the support of an advisor, each student will begin working on a project of interest at the start of their middle school career. By the end of 8th grade, students will complete and present the project to a committee. Our goals for this project are to promote perseverance and explore each student's interests through the lens of education.

Typical Student Day

Each day of the week is structured slightly differently to allow for students to experience their academics and electives at different times.

Time	Activity
9:30 – 9:45 AM	Student Arrival & Advisor Period 1: student-led mindfulness and complete diary card
9:47 – 10:30 AM	Skill-based DBT group
10:32 – 11:15 AM	ELA
11:17 – 11:30 AM	Advisor Period 2
11:32 – 11:45 AM	Break
11:47 – 12:30 PM	Math
12:32 – 1:15 PM	Science
1:17 – 2:15 PM	Lunch
2:17 – 3:00 PM	Spanish
3:02 – 3:45 PM	Elective
3:47 – 4:00 PM	Advisor Period 3 & Dismissal

Community Day

Once a month students will go out into the community and engage in community work alongside their peers. Our goal in creating such a day is to encourage students to discover their interests outside of the classroom while working on their socialization skills alongside their peers and community members.

As a result, students will work on their mastery skill in DBT which promotes self esteem and confidence by helping others. Students will be given a choice in how they would like to benefit the community.

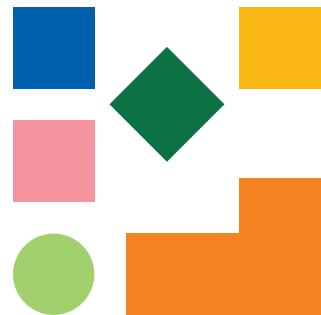
Example Community Day Choices

- Working with children
- Working with animals
- Working with seniors
- Cleaning up the neighborhood

Learning Design

Cozy Nooks

Our school layout is carefully designed to promote both academic and socioemotional growth. We pride ourselves on providing students with cozy educational nooks to encourage learning and positive social experiences, promoting warmth and a feeling of home.



Flexible Seating

Each classroom is designed with flexible seating to allow students to choose a learning surface that works best for them. With the support of the teacher, each student can decide the best, most comfortable way to learn in their classrooms.

We understand that our students come to our school doing the best they can on any given day. We also know that in the correct environment surrounded by the right community, students can thrive and succeed by finding the right path.



A not for profit 501(c)(3)

GamutSchool.org