



Central Essentials

The primary purpose of Central School is to provide a high quality education. It is our goal to provide that education in a safe, respectful learning environment that supports the lifelong process of becoming a productive, caring citizen.

In addition to Core Instruction in Math and Language Arts, students at Central School have the opportunity to learn the following Essential Skills from experts in each field. Central's faculty is committed to the idea that these Essential Skills are a vital part of helping our Central students grow into well-rounded citizens.

	<p>Library Skills</p>	<p>Information retrieval and evaluation Information and technological literacy Respect for copyright and intellectual property Celebrating reading with new ideas and perspectives</p>	<p>Liesel Loveridge</p>
	<p>Music</p>	<p>Audiation Music literacy Artistic Expression Working in an ensemble</p>	<p>Abby Nyhof</p>
	<p>Physical Education</p>	<p>Following directions (rules of the game) Safety and space awareness Team building/cooperation</p>	<p>Paul Stetzner</p>
	<p>Social Skills</p>	<p>Identifying and managing feelings Being a respectful learner Empathy Problem-solving</p>	<p>Sara Berg</p>

For more information, visit

<http://central.helenaschools.org/essentials>