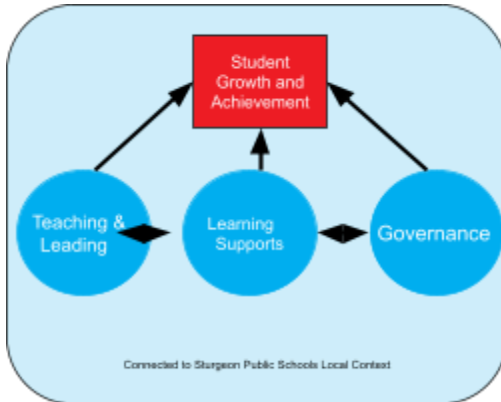




Sturgeon Public Schools: Counselling and Wellness Plan 22-23

Vision & Mission

Sturgeon Public Schools: where, through a well-rounded education, students are motivated and supported to pursue their unique path to future success. Working together as a team of trustees, parents, community, staff and students, we create safe, respectful and collaborative learning environments where students are prepared to meet, and excel at, the challenges presented by the global community.



The priority of Sturgeon Public Schools is student achievement. The domains of Teaching and Leading, Learning Supports and Governance support this priority and integrate local context to ensure Sturgeon Public students achieve. Each domain is interconnected and part of a complete system supporting student achievement.

Services and supports addressed within the counselling and wellness plans, fall most directly in two domains: Learning Supports and Local and Societal Context. Many of the counselling resources and strategies are specifically directed at addressing the social emotional

and mental health needs of our students.

Sturgeon Public Schools has identified the following outcomes and strategies with respect to each domain:

Learning Supports: Safe Caring, Respectful and Inclusive

Outcomes:

- Public School Communities are safe, caring, respectful and inclusive
- First Nations, Métis, and Inuit students achieve and succeed as part of a community committed to understanding foundational Indigenous perspectives and knowledge
- Partnerships with external agencies are in place and used to enhance the conditions required for student achievement

Division Strategies:

- Schools foster welcoming learning environments and implement supports for physical, social, mental and emotional wellness in students
- Schools provide diverse programming to ensure the success of all students in an inclusive learning environment
- Schools implement and improve strategic plans to ensure understanding of Indigenous perspectives and knowledge
- Sturgeon Public Schools will ensure that partnerships are developed and maintained to support student health and wellness



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Local and Societal Context: Addressing social/emotional and mental health needs

Outcomes:

- Students demonstrate respect for themselves and others and show pride in their accomplishments and in their community
- Students and staff model integrity and work ethic

Specific strategies to support outcomes are identified within the national Comprehensive School Health model to address wellness within our schools. This whole-school approach incorporates well-being as an essential aspect of student achievement. Actions addressed in four distinct but interrelated components comprise a comprehensive school health approach include:

- Social and Physical environments
- Teaching/Learning
- Policy
- Partnerships and Services

This approach recognizes it takes a whole school community to support wellness. Wellness education nurtures the whole child and enhances students' capacity for achieving their full potential intellectually, physically, socially, spiritually, and emotionally (Alberta Education).



Each school has a Counselling and Wellness Plan which is developed for all students and focuses on the six dimensions of wellness. This plan provides a balanced approach, offering developmental preventative activities and learning opportunities for all students as well as appropriate and timely interventions for individual students that require higher levels of support. This plan is a joint responsibility of the entire school staff. The school counsellor takes the lead on developing the plan, coordinating services, and providing direct and indirect support to

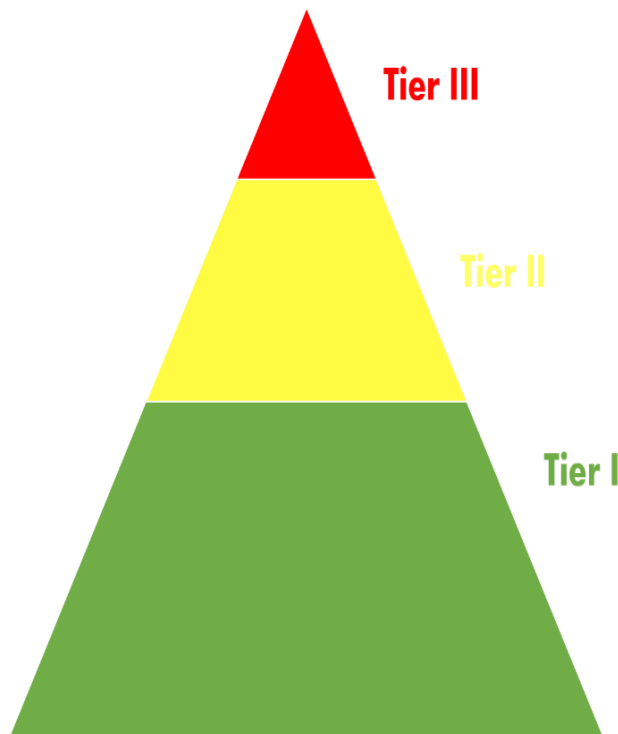


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students, staff, and parents/guardians. Successful implementation of a comprehensive Counselling and Wellness Plan positively impacts student outcomes in the areas of achievement, mental health, social emotional learning, attendance, high school completion rates and career knowledge.

Pyramid of Supports / Interventions

Sturgeon Public Schools use a Pyramid of Supports/Interventions to outline specific programming that supports wellness within our schools. This includes building collaborative relationships with home, school and the community. Schools use divisional data and their own school data to drive decisions regarding specific programming.



Individualized/Intensive Supports- These supports are highly individualized and often, if not always, require referrals to our community partners. 1-7% of our students require this level of support. School counsellors often play a key role in facilitating these referrals and building a team of support around the student.

Targeted Supports- In addition to the universal supports some students require more targeted supports. These supports may be offered by the school counsellor and may focus on personal/social, educational, and/or career needs. 5-15% of our students will require this level of support.

Universal Supports – All students benefit from class-wide and school-wide health promotion that addresses all dimensions of wellness. 80% -85% of our students will respond solely to these universal supports. Mental Health and Wellness coach working alongside staff, will play a key role establishing and promoting preventive and proactive approaches to help students build social emotional learning competencies.



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School name: Redwater School

Brief description: Redwater school is located in Redwater, Alberta and serves the Town of Redwater and the rural community north of Edmonton. Students are bussed from rural communities in the Redwater and Gibbons area. There are approximately 278 students at the school and are from Grades 5 to 12. Students are predominantly caucasian, with a small population of FNMI students and other diverse ethnicities. There is a small population of students who are transient as a result of the power plants and other oil related jobs around the area. We have students in foster care, group homes, and temporary placements. Students come from a wide range of socioeconomic backgrounds.

Redwater School has the Specialized Programming program which serves grade 5-12 students with moderate to severe cognitive delays and offers a high level of support to teach life skills, literacy, and numeracy. Redwater School has a strong academic program and continues to develop high achieving students. There are many different CTS courses for students to choose from such as: Construction, Art, Foods, Band, Outdoor games, and Leadership. Redwater School takes great pride in being able to provide enriching activities for our students.

Additionally, sports and extracurricular activities are offered through Redwater School and are a continuing priority. As a smaller school, Redwater students are afforded a greater opportunity to participate in a variety of activities and to make a difference.

The Student Services program is made up of the school counselor/learning support lead, a RAP and Work Experience coordinator, Learning Coach, HYPE team, FNMI Success Coach, Mental Health and Wellness Coach, and our administration team. Redwater School has a Wellness HUB which is an integrated, school-based mental health promotion room. The staff team consists of the Student Services team who provides access to addictions counselors, social workers, and other supports as deemed necessary. The Wellness Hub is based on the shared belief that every person in Redwater School has the capacity to obtain optimal well-being when offered opportunities to safely access local resources that address the dimensions of wellness. The goal is to provide students with the support and strategies necessary to maintain physical and mental well-being.

The Redwater Hub is a school initiative that works to provide opportunities that enhance students' protective factors (positive adult role models, strong social support, positive self esteem, conflict resolution skills, success at school, participation in community and cultural activities, and access to the social determinants of health) and promote positive mental health through access to resources and opportunities for skill development, integration, and social emotional learning. The Hub also provides access to nutritious foods for students who are unable to access food or basic supplies in their home lives. This helps remove the barriers and stigma associated with accessing these supports in the community. Students cannot learn without their basic needs being met.



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SUPPORTS/INTERVENTIONS

Universal	Targeted	Individualized/ Intensive
<p>Focus: Ensure a school that feels physically and emotionally safe. Overall student anxiety related to returning to school can be lessened through creating clear structures, routines and expectations, which are communicated in positive ways.</p> <p>Examples:</p> <ul style="list-style-type: none"> ● Zones of Regulation ● Wellness Hub and Student Services ● Healing Garden and Outdoor space for learning ● Outdoor activities whenever possible ● Webs of support (all students connected to at least 2 adults in every building) ● Cross Grade Mentoring ● Cross Grade Activities ● Career Fairs ● Post Secondary Fairs ● Safe Space ● School resource officer ● Clubs ● Access to food in the Hub as needed ● School sports ● Awards nights ● Remarkable Renegades each month ● CPS, NME, Positive 	<p>Focus: Provide classroom support for groups of students with greater need.</p> <p>Examples:</p> <ul style="list-style-type: none"> ● Wellness Hub ● Mind Up ● Growth Mindset ● Fitness Club ● Positive Playgrounds - social skill development ● Fourth R curriculum ● Class Presentations ● Anxiety groups ● Scholarly and post secondary sessions ● Study skill sessions ● Small group support for self esteem, peer conflicts, and other situations ● Mental Health Library ● Yoga ● Healing Garden ● Take your kid to work (grade 9) ● Grade 5,7,10 orientation ● CPS, NME ● Parent Information Nights ● Meet the teacher night ● 7 Grandfather teachings ● Truth and Reconciliation ● Blanket exercises ● Kindness week, pride week, pink shirt day 	<p>Focus: Support and refer to other agencies students with more specific and intensive needs.</p> <p>Examples:</p> <ul style="list-style-type: none"> ● Individual Check-Ins with students and families ● Individual counselling for students ● Suicide Risk Assessments ● Complex Services Team involvement for complex needs students ● Individual Guidance Counselling sessions (in person and online) ● Referral and connection with AHS Mental Health Services ● Wellness Hub and Student Services team ● Attendance check ins and interventions ● Academic testing - WIAT level B ● Psychoeducational testing ● Behaviour and Safety plans ● Specialized programming ● Integrated programming ● VTRA training ● IPPs and SLPs



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<p>Behaviour Supports</p> <ul style="list-style-type: none"> ● Parent Council ● PD Day activities available to all students ● Community wide events ● HYPE summer programs ● 7 Grandfather Teachings ● SEL/Wellness bulletin boards ● Leadership bulletin boards 	<ul style="list-style-type: none"> ● FNMI success coach, learning coaches, MHCB team, mental health and wellness coaches, counsellor, LSL, off campus coordinator ● Success in school meetings ● Collaboration for at-risk students ● SBT meetings every other week to address students who are at-risk ● SAIF Classroom 	
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Communication plan: How will the Counselling and Wellness Plan be shared with our community? (Students, Staff, Parents)

1. School Website - Nov. 1, 2022
2. School Council
3. Staff Meetings as regular updates
4. School Newsletter
5. Homeroom/1st Block teachers - monthly activities/group sessions

Month by Month Outline of Counselling Duties

Ongoing Monthly Counsellor:

- Monthly newsletter submission
- Staff meeting reports/presentations
- Individual counselling
- Check ins with staff
- Represent counselling on the school leadership team – ongoing updates and collaboration with administrators
 - Monthly meetings with SBT for at-risk students
- Attend counsellor meetings/MHW meetings – collaboration and mentorship with other counsellors and coaches in the division
- Monitor student attendance/achievement/engagement
- Provide postsecondary and scholarship information (ongoing)
- Credit checks and grad checks (meet with graduation coordinator in regards to at-risk students)
- Awards
- Ongoing meetings with parents, guardians, and agencies



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- Success in School plans
- Inclusion/Accommodation meetings with staff, students, parents, and any other people who may need to be involved
 - WIAT, WISC referrals, referrals to CST, support specialized programming staff and students, applications for PAT and Diploma accommodations.
- Ongoing work with Wellness Hub team
 - targeted groups
 - classroom presentations
 - teacher inservices
 - Wellness Hub google classroom updates

Mental Health and Wellness Coach Duties

Ongoing Monthly MHW Coach:

- Share and collaborate to inspire a shared vision with staff in creating a culture of wellness
- Share resources and collaborate on integrating SEL strategies into the classroom during PD days
- Continue/establish, create opportunities where students feel a sense of belonging and connection
- Plan and implement prevention and proactive strategies for mental health and social emotional learning (SEL) through classroom integration and school-wide implementation
- Check-ins with staff integrating SEL strategies
- Create opportunities within classrooms and schoolwide for students to learn, practice and reflect on SEL
- Check-ins with students
- Attend MHW coaches meetings/counsellor meetings and continue to collaborate and mentorship with other MHW coaches and counsellors in the division
- DATA collection - Report with anecdotal feedback, staff sharing regarding Mental Health and Wellness framework
- Ongoing updates with Administrators
- Collaborate with Wellness Team and Student Council monthly school wide breakfasts
- Student leadership option - build a student wellness team
- Create bulletin boards and displays throughout the school
- Collaborate with Counsellor and MHCB Manager with parent nights, parent information and newsletter submissions



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Month to Month Planning Redwater School

August - early September

- Do an environmental scan of the school to:
 - Ensure signage for health and safety is positively framed and developmentally appropriate
 - Support teachers in creating visuals that personally welcome students back into the school building. (more important in Pre-K -9)
 - Support the development of very clear guidelines for routine and create a structured plan to communicate this plan for all students (developmentally appropriate with visuals for clarity)
- In collaboration with School based teams:
 - Support transition between teachers for students with diverse learning needs
 - New student intakes
 - Collaborative teacher meetings discussing at-risk students
 - Connect with parents of at- risk students to ensure their worries/concerns are heard

September

Tier 2 Supports (Counsellor)
<ul style="list-style-type: none">• Collaborative teacher meetings to discuss:<ul style="list-style-type: none">◦ Whole class needs to determine an appropriate target intervention◦ discussing at-risk students• Student timetable changes• Meet with students new to the school and community and connect with a student ambassador• Review incoming student cumulative files• Connecting with returning students that have accessed Supports• Plan for EA times and classrooms - where support is most needed• Forward new testing results to teachers• Coding in PowerSchool• New student intakes• Introduce myself to all students/classes - explain what the Wellness Hub is• Begin planning awards night
Tier 1 Supports - universal supports - MHW Coach
<ul style="list-style-type: none">• Introduce SEL overview to staff and explore a shared vision• Explore implementation opportunities in classes where curriculum outcomes align i.e. health, calm, LA• Student check-ins• Year planning with wellness team and HUB• Bulletin Boards and Welcome Back activities in the school



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Activities:

- September 16th - Pajama day and Pancake breakfast
- September 18-24th - Smile cookie fundraiser with Tim Hortons
- September 26th - Terry Fox run
- September 28th - Meet the teacher night
- September 30th - National Day for Truth and Reconciliation
- Implementation of SEL programming (health/CALM classes)
- Junior High and Senior High Volleyball
- Grade 7 and 10 blanket exercises
- Senior High Golf Zones
- Junior High Cross Country Run

October

Theme - Self Management and Responsible Decision Making - The abilities to manage one's emotions, thoughts, and behaviours effectively in different situations and to achieve goals and aspirations. (Such as: setting personal and collective goals, exhibiting self-discipline and self-motivation) CASEL

Dimension - Financial - managing your resources to live within your means, making informed financial decisions and investments, setting realistic goals, and being aware that everyone's financial values and needs are unique.

Tier 2 Supports (Counsellor)

- Consult staff regarding appropriate student placements
- In collaboration with Learning Support Lead (LSL):
 - IPP collaboration meetings
 - Behaviour plans
 - Send home for review
- Assist with post secondary applications
- Awards planning and implementation
- Consult staff regarding student placements

Tier 1 Supports - universal supports - MHW Coach

- SEL Bulletin Board/Wellness Bulletin Board
- Planned Junior Achievement presentations 5-9 to kick off financial wellness month
- Plan Post Secondary Fair - end of October
- Provide resources for teachers re: financial wellness and SEL - self-management and responsible decision making
- Collaborate on wholeschool breakfast with the wellness team
- Help to create cross graded mentorship programs for positive playgrounds (high school and junior high) - SEL focus on relationship skills
- Connect HS leadership team with Ochre Park - first connection to host a Halloween event



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- Work with the wellness team to purchase books on financial wellness for the Hub
- Meet with SBT to focus on student success and targeted intervention plans
- PD Day - Update on SEL and Dimension of Wellness for staff
- Student Check-Ins in the HUB
- MHW support for Inreach students - wellness walks, tracking emotions, career planning, time management, regulation strategies
- Tracking data to report to CO
- Newsletter submission and parent resources related to SEL theme and dimension of wellness

Activities:

- October 4 - Junior Achievement Presentations (Grades 7-9)
- Halloween Haunted House - Student Council
- School wide breakfast
- Junior High and Senior High Volleyball
- Senior High Cross Country
- Thanksgiving Bake Sale - Student Council
- Post Secondary Fair
- World Teachers Day - Leadership Activities
- Scholarship sessions for high school students
- Bake sale - Student council
- Pumpkin Carving Night - open to the community

November

Theme - Self-management and Responsible Decision Making - The abilities to manage one's emotions, thoughts, and behaviours effectively in different situations and to achieve goals and aspirations. (Such as: setting personal and collective goals, exhibiting self-discipline and self-motivation) CASEL

Dimension - Occupation - Preparing for and participating in work that provides personal satisfaction and life enrichment that is consistent with your values, goals, and lifestyle. Contributing to your unique gifts and skills to find work that is personally meaningful.

7 Grandfather Teachings - Wisdom (The Beaver)

Tier 2 Supports (Counsellor)

- Group sessions in class or outside of class i.e. handling difficult situations
- Planning for the Future
- Positive Pivot Scale for those Tier 2 students that need to improve their responses
- Submission of diploma accommodations
- Christmas hamper referral list



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Tier 1 Supports - universal supports - MHW Coach

- SEL Bulletin Board/Wellness Bulletin Board
- Provide resources for teachers re: occupational wellness and SEL - self-management and responsible decision making
- Collaborate on wholeschool breakfast with the wellness team
- Help to create cross graded mentorship programs for positive playgrounds (high school and junior high) - SEL focus on relationship skills
- Work with the wellness team to purchase books on occupational wellness for the Hub
- Meet with SBT to focus on student success and targeted intervention plans
- PD Day - Update on SEL and Dimension of Wellness for staff
- Student Check-Ins in the HUB
- MHW support for Inreach students - wellness walks, tracking emotions, career planning, time management, regulation strategies
- Tracking data to report to CO
- Newsletter submission and parent resources related to SEL theme and dimension of wellness
- Plan RAP presentations from careers for grades 7-12

Activities:

- Awards night
- Science Presentation - 7-9
- National Child Day - Leadership Activities
- Remembrance Day Activities
- School Wide Breakfast
- Metis week
- Bullying awareness and prevention week
- Junior / Senior High:
 - Take Our Kids to Work Day first week of Nov (Grade 9)
 - Post-secondary updates/Career Exploration

December

Theme - Relationship Skills - The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. (Such as: effective communication, developing positive relationships, demonstrating cultural competency)
CASEL

Dimension - Social - Maintaining healthy relationships, enjoying being with others, developing friendships, caring about others, and letting others care about you.

7 Grandfather Teachings - Humility (The Wolf)

Tier 2 Supports (Counsellor)

- Check in for at risk students
- Time Management sessions for students falling behind
- Goal setting



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- Study skills sessions
- Exam accommodations for HS
- Planning for semester 2

Tier 1 Supports - universal supports - MHW Coach

- SEL Bulletin Board/Wellness Bulletin Board
- Plan in collaboration with HYPE a whole school community project for December
- Provide resources for teachers re: social wellness and SEL - Relationship skills and social awareness
- Collaborate on wholeschool breakfast with the wellness team
- Help to create cross graded mentorship programs for positive lunchtime clubs (high school and junior high) - SEL focus on relationship skills
- Work with the wellness team to purchase books on social wellness for the Hub
- Meet with SBT to focus on student success and targeted intervention plans
- PD Day - Update on SEL and Dimension of Wellness for staff
- Student Check-Ins in the HUB
- MHW support for Inreach students - wellness walks, tracking emotions, career planning, time management, regulation strategies
- Tracking data to report to CO
- Newsletter submission and parent resources related to SEL theme and dimension of wellness
- Leadership team to volunteer at Ochre Park and to help the town with Kris Kringle

Activities

- School wide breakfast and cartoons
- Christmas concert/art show
- Human rights day - Leadership Activities
- Christmas/holiday celebrations
- Pokemon club
- Christmas Market

January

Theme - Self-awareness: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

Dimension - Intellectual Growing intellectually, maintaining curiosity about all there is to learn, valuing lifelong learning, and expanding knowledge and skills while discovering the potential for sharing your gifts with others.

7 Grandfather Teachings - Truth (The Turtle)

Tier 2 Supports (Counsellor)

- Kindness groups (how this looks, sounds and feels)
- Golden Rule perspective sessions
- EA Scheduling



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- Course/Timetable changes
- Check any failures/plan to catch up
- Check in with potential graduates
- Mid-year review of IPP/SLPs/Behaviour plans
 - Final review for HS students

Tier 1 Supports - universal supports - MHW Coach

- SEL Bulletin Board/Wellness Bulletin Board
- Provide resources for teachers re: intellectual wellness and SEL - self-awareness
- Collaborate on wholeschool breakfast with the wellness team
- Help to create cross graded mentorship programs for positive lunchtime clubs (high school and junior high) - SEL focus on relationship skills
- Work with the wellness team to purchase books on intellectual wellness for the Hub
- Meet with SBT to focus on student success and targeted intervention plans
- PD Day - Update on SEL and Dimension of Wellness for staff
- Student Check-Ins in the HUB
- MHW support for Inreach students - wellness walks, tracking emotions, career planning, time management, regulation strategies, study skills for final exams
- Tracking data to report to CO
- Newsletter submission and parent resources related to SEL theme and dimension of wellness
- Exam prep presentations to high school and study skill presentations for junior high students
- Plan fields trips for grades 7,8,9 (TWO's, Museum, Art Gallery)
- Meet with Counsellor to plan for second semester

Activities:

- Bell Let's Talk Day
- January 4th - National Ribbon Skirt day
- No name calling week
- Junior musical theater performance
- Lunar new year - bulletin board
- Friendship activities
- Junior high fieldtrip
- Junior High and Senior High Basketball

February

Theme - Self-Management - The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

Dimension - Physical - Caring for your body to stay healthy now and in the future. Focus on movement and winter.

7 Grandfather Teachings - Respect (The Buffalo)



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Tier 2 Supports (Counsellor)

- Impulse Control with those students needing this in Tier 2
- Teachers Convention
- Pink shirt day planning
- Thoughts - Visualize - Actions and how Pause can assist
- IPP/SLPs for semester 2

Tier 1 Supports - universal supports - MHW Coach

- SEL Bulletin Board/Bulletin Board
- Provide resources for teachers re: physical wellness and SEL - self-awareness
- Collaborate on wholeschool breakfast with the wellness team
- Help to create cross graded mentorship programs for positive lunchtime clubs (focus on intramurals and outside activities) (high school and junior high) - SEL focus on relationship skills
- Work with the wellness team to purchase books on physical wellness for the Hub
- Meet with SBT to focus on student success and targeted intervention plans
- PD Day - Update on SEL and Dimension of Wellness for staff
- Student Check-Ins in the HUB
- MHW support for Inreach students - wellness walks, tracking emotions, career planning, time management, regulation strategies,
- Tracking data to report to CO
- Newsletter submission and parent resources related to SEL theme and dimension of wellness
- Collaborate with wellness team to plan a whole school activity (winter olympics)
- Collaborate with wellness team on pink shirt day/moose hide campaign
- Plan for the Dance PLAY organization to run presentations from 5-10

Activities:

- Bullying Awareness Week
- School wide breakfast
- Black History Month
- National counseling week
- Pink Shirt Day
- Kindness
- Valentine's day
- Moosehide campaign
- Junior High and Senior High Basketball

March

Theme - Social Awareness - The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.CASEL

Dimension - Spiritual - Finding purpose, value, and meaning in your life. Participating in activities that are consistent with your beliefs and values. Mindfulness work, value work, reflective journals.



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7 Grandfather Teachings - Love (The Eagle)

Tier 2 Supports (Counsellor)
<ul style="list-style-type: none">• Accommodations and Exemptions list for PAT's/DIP's• Course selection planning for next year• Inform students of summer school and summer camps, jobs and other opportunities• Grade 9 tours for Grade 10 enrolment• Grade 4 tours for Grade 5 enrolment• Open house• Credit checks for graduates
Tier 1 Supports - universal supports - MHW Coach
<ul style="list-style-type: none">• SEL Bulletin Board/ Wellness Bulletin Board• Provide resources for teachers re: spiritual wellness and SEL - self-awareness• Collaborate on wholeschool breakfast with the wellness team• Work with the wellness team to purchase books on spiritual wellness for the Hub• Meet with SBT to focus on student success and targeted intervention plans• PD Day - Update on SEL and Dimension of Wellness for staff• Student Check-Ins in the HUB• MHW support for Inreach students - wellness walks, tracking emotions, career planning, time management, regulation strategies,• Tracking data to report to CO• Newsletter submission and parent resources related to SEL theme and dimension of wellness• Collaborate with Wellnes team and HYPE to lead a series of mindfulness workshops as a whole school activity• Plan yoga sessions with grades 5-12• Collaborate with counsellor on the grades 4,7, and 10 orientation days
Activities: <ul style="list-style-type: none">• Pi day• National SEL day• Transgender visibility day• Junior High and Senior High Basketball• School wide breakfast• March madness

April

Theme - Self-Management - The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.



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Dimension - Environmental - Understanding how your social, natural and built environments affect your health and wellbeing. Demonstrating commitment to a healthy planet

7 Grandfather Teachings - Honesty (Sabe)

Tier 2 Supports (Counsellor)
<ul style="list-style-type: none">● Stepping outside Your Comfort Zone session for those that struggle greatly with getting to know others● Timetable planning for next year● Ongoing work with 9-10s● Credit checks● Scholarship documents for final review● Off Campus Parent Night● PTI● Summer school information sessions
Tier 1 Supports - universal supports - MHW Coach
<ul style="list-style-type: none">● SEL Bulletin Board/Dimension Wellness Bulletin Board● Provide resources for teachers re: environmental wellness and SEL - social-awareness● Collaborate on wholeschool breakfast with the wellness team● Work with the wellness team to purchase books on environmental wellness for the Hub● Meet with SBT to focus on student success and targeted intervention plans● PD Day - Update on SEL and Dimension of Wellness for staff● Student Check-Ins in the HUB● MHW support for Inreach students - wellness walks, tracking emotions, career planning, time management, regulation strategies,● Tracking data to report to CO● Newsletter submission and parent resources related to SEL theme and dimension of wellness● Collaborate on possible field trips with HYPE (bottle depot, garbage dump, water treatment plan)● Collaborate on land based learning field trips (outdoor classroom?)● Planting Bee with the town - MAY● Whole school project - town wide clean up in May
Activities: <ul style="list-style-type: none">● Town Wide Clean-UP● Grade 9 orientations from feeder schools to the high school● Skills Canada for Grade 9 students● Earth day● Junior and Senior High Badminton



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May

Theme - Responsible Decision Making - The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations. (Such as: demonstrating curiosity and open-mindedness, solutions for personal and social problems, leaning to make a reasonable judgment after gathering information, data and facts) CASEL

Dimension - Emotional - Understanding and respecting your feelings, values, and attitudes. APpreciate the feelings of others and managing your emotions in a constructive way.

7 Grandfather Teachings - Courage (The Bear)

Tier 2 Supports (Counsellor)
<ul style="list-style-type: none">• Check in with students coping with anxiety in preparation for PAT's/DIP's and final exams• Information for students who want to do summer school• Study Skill Sessions• Graduation list published• Valedictorian chosen• Assist graduation coordinator• Hats on for Mental Health• Exam schedule and accommodations
Tier 1 Supports - universal supports - MHW Coach
<ul style="list-style-type: none">• SEL Bulletin Board/Dimension Wellness Bulletin Board• Provide resources for teachers re: emotional wellness and SEL - social-awareness• Collaborate on wholeschool breakfast with the wellness team• Work with the wellness team to purchase books on emotional wellness for the Hub• Meet with SBT to focus on student success and targeted intervention plans• PD Day - Update on SEL and Dimension of Wellness for staff• Student Check-Ins in the HUB• MHW support for Inreach students - wellness walks, tracking emotions, career planning, time management, regulation strategies,• Tracking data to report to CO• Newsletter submission and parent resources related to SEL theme and dimension of wellness• Collaborate with HYPE on plans for mental health week (regulation and brain smoothies) Support Teachers plan for activities in class• Collaborate with HYPE on Wellness Day (motivational speaker, morning activities and afternoon activities)• Provide study skill and exam prep sessions for grades 5-12
Activities: <ul style="list-style-type: none">• Hats on for Mental Health• Open house for students and parents at RWS• Mental health awareness week• HS band performance



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- HS musical theatre performance
- JR track meet
- Red dress day
- International day of homophobia and transphobia
- School wide breakfast
- Junior and Senior High Badminton

June

Theme - Responsible Decision Making - The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations. (Such as: apply critical thinking skills inside and outside of school, reflecting on one's role in promoting well-being in self, family and community, evaluating personal, interpersonal, community and school impacts)
CASEL

Tier 2 Supports (Counsellor)

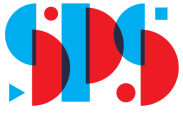
- Check with teachers regarding course placements for individual students
- Final high school preparation for grade 9 students
- Cull counselling files and shred confidential information
- Organize and set dates for PD and other guests for next year
- Transition meetings
- Class lists for next year
- Grad
- Set dates for PD next year
- PRIDE week planning

Tier 1 Supports - universal supports - MHW Coach

- SEL Bulletin Board/Dimension Wellness Bulletin Board
- Exam Support for classes/students/teachers
- Meet with counsellor to review wellness plans and plan for next year
- Meet with SBT to focus on student success and targeted intervention plans
- PD Day - Update on SEL and Dimension of Wellness for staff
- Student Check-Ins in the HUB
- MHW support for Inreach students - wellness walks, tracking emotions, career planning, time management, regulation strategies,
- Tracking data to report to CO
- Newsletter submission and parent resources related to SEL theme and dimension of wellness
- Leadership and Student Council field trip to the sustainable festival in Edmonton

Activities:

- Celebrations/awards night
- National Indigenous Peoples day
- Graduation
- Pride week



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- Year end concert