

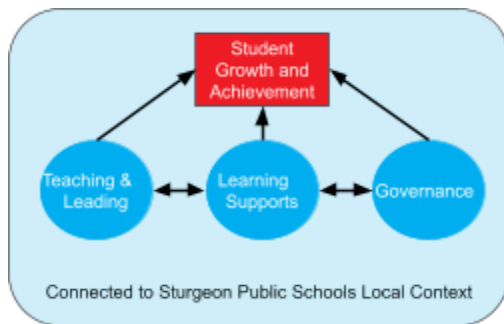


Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

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. This year many of the counselling resources and strategies are specifically directed at addressing the social emotional and mental health needs related to the pandemic.

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



Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

Local and Societal Context: Addressing social/emotional and mental health needs specific to the pandemic

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 to all students as well as appropriate and timely interventions for individual students that require higher levels of support. This plan is a joint

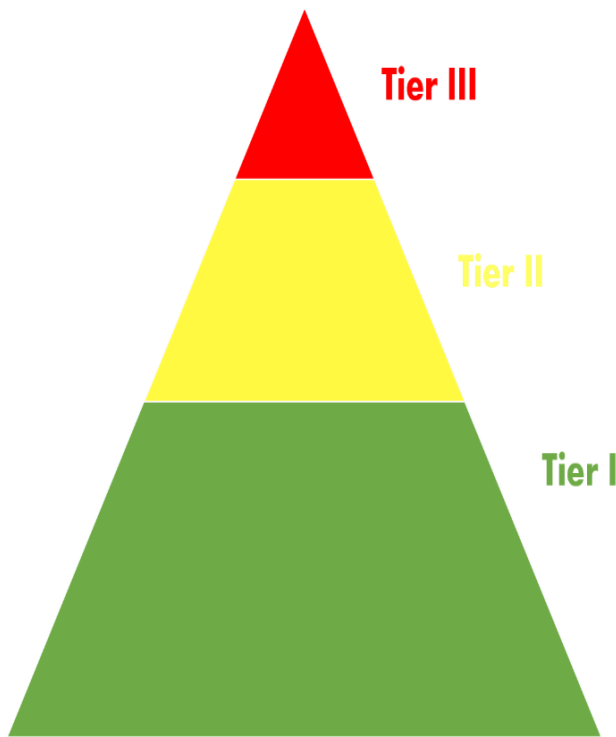


Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

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 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 will play a key role establishing and promoting preventive and proactive approaches to help students build social emotional learning competencies.

Community Resources Link:

<https://docs.google.com/document/d/15Z7ru6uDWci2eiClrsdFP3G6UmCRDEAWiB6b0zjTVZM/edit>

This plan provides a template and examples for school teams to build on offering suggestions for universal, targeted and intensive supports.

Bon Accord Community School



Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

Bon Accord Community School is a Pre K-4 School with approximately 220 students. At Bon Accord we are consciously oriented to the students and community we serve. There is a commitment to use the education process for both individual and community betterment.

Our Community School Mandate is to:

<ul style="list-style-type: none">● Enhance education through community related curriculum.● Involve parents in program and decision-making.● Function in a democratic collegial manner.● Promote learning through “everyone a teacher everyone a learner”.● Foster a sense of community and caring.	<ul style="list-style-type: none">● Liaise and cooperate with community agencies to promote services for the school and community.● Adapt the school facility for school and community use and involvement.● Extend school use to community, educational, recreational, cultural and social uses.● Study problems and issues in the school and community.
--	--



Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

SUPPORTS/INTERVENTIONS

Universal	Targeted	Individualized/ Intensive
<p>Focus: Ensure a school that feels physically and emotionally safe. Overall student anxiety 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"> ● Pre K-4 PEW ● Pre K-4 SEL (PLC) ● Webs of Support (all students connected to at least 2 adults in the building) ● Zones of Regulation ● Positive Behaviour Supports ● Safe Space ● Incredible Flexible You ● We Thinkers ● Social Detectives ● Kimochis ● 7 Grandfather Teachings ● Awareness events (Pink Shirt Day, National Truth and Reconciliation Day, World Mental Health Day, Fire Prevention week, etc) ● Nutrition Program ● Mindfulness Focus ● Service projects ● Creating universal vocabulary for mental health and wellness ● Increased outdoor activities where possible ● Staff wellness team 	<p>Focus: Provide classroom support for groups of students with greater need.</p> <p>Examples:</p> <ul style="list-style-type: none"> ● Behaviour Cohort ● Social Skill development lessons ● Specific group sessions such as morning regulation, social skills groups with Mindful Mentor. ● SEL activities such as mindful moments/meditation, sharing circles, circle of control, gratitude journals, etc. ● Literacy and numeracy intervention ● Regulation equipment - standing desks, wiggle chairs/cushions, theraband, fidgets, alternative lighting ● Orientation for grade 4's ● Orientation for preschool students coming to kindergarten ● Farm safety presentations for grade 4 ● Smudging ● Roots of Empathy Program in grade two classes 	<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"> ● Collaborative Integrated Team involvement for complex needs students (Qi Creative) ● Individual School Teacher Counselling ● Inclusive Behaviour Coach ● Inclusive Programming Coach (ABLLS) ● Occupational Therapist ● Speech Language Pathologist ● Family Support Worker ● Mental Health Therapist ● Registered Nurse ● Vision Consultant ● Individual Check-Ins ● Suicide Risk Assessments ● Success in School Plans ● Sensory areas ● Academic testing (Level B - WIAT III) ● Behavior Plans ● Safety plans ● IPP's ● Learning Plans ● Psychological assessments ● VTRA ● TCIS - Therapeutic Crisis Intervention in Schools



Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

Month by Month Outline of Counseling 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
- Attend counsellor meetings/MHW meetings – collaboration and mentorship with other counsellors and coaches in the division
- DATA collection and tracking
- Monitor student attendance/achievement/engagement
- Forward ongoing PD for professional and paraprofessional staff relating to wellness, mental health, anxiety, etc.
- Collaboration with Mindful Mentors

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
- 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 meetings/counsellor meetings and continue to collaborate and mentorship with other MHW coaches and counsellors in the division
- DATA collection - Report with anecdotal feedback, attendance records, staff sharing regarding Mental Health and Wellness framework
- Ongoing updates with Administrators
- Work with Administration on strategies on how to get out to stakeholders the great things happening in the building.
- Forward ongoing PD for professional and paraprofessional staff relating to wellness, mental health, anxiety, etc.
- Collaboration with Mindful Mentors



Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

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.
 - 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

Theme - Self Awareness - The abilities to understand one’s own emotions, thoughts, and values and how they influence behaviour across contexts. (Such as: understanding and identifying one’s emotions, strengths and limitations, linking feelings, values and thoughts) CASEL

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 ● Meet with students new to the school and community ● Review incoming student cumulative files ● Get to know the counselor whole class introductions ● Connecting with returning students that have accessed supports in the past and updating information ● Prepare a schedule for the Mindful Mentors program in collaboration with MHWC ● Weekly updates in staff memo
Tier 1 Supports - universal supports - MHWC
<ul style="list-style-type: none"> ● Create a list of at risk students coordinating with counsellor and M&M ● Support teachers in SEL lessons and activities in their classrooms ● Positive Playgrounds at noon recess with M&M ● Weekly updates in staff memo including activity suggestions
Activities:



Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

- September 5 - Daily Morning Regulation Begins (Targeted Students)
- September 27 - Terry Fox Run
- September 25-29 - National Truth and Reconciliation Week
- September 29 - Orange Shirt Day Recognized
- Counselor introductions in classrooms
- Education Planning Meeting
- Learning Services Meeting
- Weekly community breakfast in breakfast room

October

Theme - Self Awareness - The abilities to understand one's own emotions, thoughts, and values and how they influence behaviour across contexts. (Such as: identifying personal, cultural assets, demonstrating honesty and integrity, experiencing self-efficacy, having a growth mindset and developing a sense of purpose) CASEL

Tier 2 Supports (Counsellor)

- Morning regulation
- Meet with at risk students
- Phone calls to any families of children seen on a regular basis and to those participating in small groups
- Posting community classes and supports for mental health
- Update for Parent Council
- Weekly updates in staff memo

Tier 1 Supports - universal supports - MHW Coach

- Kimochi's corner set up in Learning Commons
- Theme 1 and 2 of Roots of Empathy program with grade 2 students
- Support teachers in SEL lessons and activities in their classrooms
- Brainstorm ideas for theme days and events for the year to promote community connection activities
- Positive Playgrounds at noon recess with M&M
- Weekly updates in staff memo including activity suggestions
- Monthly report

Activities:

- October 2-6 - Read In Week
- October 5 - World Teacher Day Recognized
- October 17 - Fire Safety Presentations
- October 23-27 - Digital Citizenship Week
- October 26 - Fearless in the Forest outdoor field trip school wide



Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

- October 31 - Halloween celebration and school wide breakfast in the gym
- Weekly Roots of Empathy lessons in grade two classrooms
- Daily morning regulation
- Weekly 30 minute small group sessions with M&M
- Weekly community breakfast in breakfast room

November

Theme - Self-management - 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

Tier 2 Supports (Counsellor)

- Morning regulation
- Meeting with at risk students
- Phone calls to caregivers and parents
- Update for School Newsletter
- Update for Parent Council.
- Weekly updates in staff memo

Tier 1 Supports - universal supports - MHW Coach

- Theme 3 Roots of Empathy in grade two classes
- Remembrance Day activities
- Metis Week activities
- Support teachers in SEL lessons and activities in their classrooms
- Positive Playgrounds at noon recess with M&M
- Weekly updates in staff memo including activity suggestions
- Monthly report

Activities:

- November 4- Remembrance Day Ceremony
- November 13-17- Metis Week
- November 15-16- Parent Teacher Interviews
- November 21-24 - Bullying Awareness Week
- Daily morning regulation
- Weekly Roots of Empathy lessons in grade two classrooms
- Weekly 30 minute small group sessions with M&M
- Weekly community breakfast in breakfast room

December

Theme - Self-management - The abilities to manage one's emotions, thoughts, and behaviours effectively in different situations and to achieve goals and aspirations. (Such as: identifying and using stress-management strategies, planning and organizational skill development, taking initiative) CASEL



Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

Tier 2 Supports (Counsellor)

- Morning regulation
- Meeting with at risk students
- Phone calls to caregivers and parents
- Update School Newsletter
- Update for Parent Council
- Weekly updates in staff memo

Tier 1 Supports - universal supports - MHW Coach

- Theme 4 Roots of Empathy in grade 2 classes
- Holiday traditions with family/friends
- Self care during holidays: physical and mental health link (healthy diet, sleep, exercise, socializing with family and friends, balance)
- Review group plan and thinking of others during holiday rush
- Positive Playgrounds at noon recess with M&M
- Support teachers in SEL lessons and activities in their classrooms
- Weekly updates in staff memo including activity suggestions
- Monthly report

Activities:

- December 11 - Fill a Hat, Wear A Hat - food bank donation kick off; donation collection until Dec. 21
- December 15 - School Wide breakfast in the gym
- December 18-22 - Carolling in school and community, theme days- Pajama day, Red and Green day, Silly Sweater day, concert rehearsal
- December 21 - Christmas Concert/ Staff Christmas Dinner
- Daily morning regulation
- Weekly Roots of Empathy lessons in grade two classrooms
- Weekly 30 minute small group sessions with M&M
- Weekly community breakfast in breakfast room

January

Theme - Social Awareness - The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures and contexts. (Such as: recognizing strengths in others, taking others' perspectives, demonstrating empathy and compassion) CASEL

Tier 2 Supports (Counsellor)

- Morning regulation
- Meeting with at risk students
- Phone calls to caregivers and parents
- Update School Newsletter
- Update for Parent Council
- Weekly updates in staff memo



Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

Tier 1 Supports - universal supports - MHW Coach

- Theme 5 Roots of Empathy in grade two classes
- Support teachers in SEL lessons and activities in their classrooms
- January 26 - Family Literacy Day - Dress as your favorite book character; assembly and family reading time; cross graded reading groups
- Positive Playgrounds at noon recess with M&M
- Weekly updates in staff memo including activity suggestions
- Monthly report

Activities:

- January 15-19 - No Name Calling Week
- January 26 - Family Literacy Day - Dress as favourite book character, buddy reading, assembly, Family reading time after assembly
- January 31 - Educational Assistants Appreciation Day Recognized
- Daily morning regulation
- Weekly Roots of Empathy lessons in grade two classrooms
- Weekly 30 minute small group sessions with M&M
- Weekly community breakfast in breakfast room

February

Theme - Social Awareness - The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures and contexts. (Such as: recognizing situational demands and opportunities, understanding the influences of organizations/systems on behavior, understanding and expressing gratitude and showing concern for the feelings of others) CASEL

Tier 2 Supports (Counsellor)

- Morning regulation
- Meeting with at risk students
- Phone calls to caregivers and parents
- Update School Newsletter
- Update for Parent Council
- Weekly updates in staff memo

Tier 1 Supports - universal supports - MHW Coach

- Theme 6 Roots of Empathy in grade two classes
- Monthly report
- Positive Playgrounds at noon recess with M&M
- Feb. 14 - Valentine's Day
- Feb. 28 - Pink Shirt Day
- Support teachers in SEL lessons and activities in their classrooms



Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

- Weekly updates in staff memo including activity suggestions

Activities:

- Black History Month
- February 14 - Valentine's Day
- February 16 - 100th Day
- February 28 - Pink Shirt Day - Random Acts of Kindness - community wide
- Pre- K and Kindergarten Open House
- Daily morning regulation
- Weekly Roots of Empathy lessons in grade two classrooms
- Weekly 30 minute small group sessions with M&M
- Weekly community breakfast in breakfast room

March

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

Tier 2 Supports (Counsellor)

- Morning regulation
- Meeting with at risk students
- Phone calls to caregivers and parents
- Update School Newsletter
- Update for Parent Council
- Weekly updates in staff memo

Tier 1 Supports - universal supports - MHW Coach

- Theme 7 Roots of Empathy in grade two classes
- March 1 - 8 - Tech free week for National Day of Unplugging
- St. Patrick's Day activities
- World Downs' Syndrome Day - multi-colored socks school wide; morning announcement
- Weekly updates in staff memo including activity suggestions
- Support teachers in SEL lessons and activities in their classrooms
- Monthly report

Activities:

- March 1-8 - Tech free week
- March 12-15 - Substitute Appreciation Week Recognized
- March 17 - St. Patrick's Day - activities on 15th or 18th
- March 21 - World Downs' Syndrome Day
- Other optional activities: Pi Day March 14, Mario Day on March 10
- Weekly Roots of Empathy lessons in grade two classrooms
- Weekly 30 minute small group sessions with M&M



Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

- Positive Playgrounds at noon recess with M&M
- Weekly community breakfast in breakfast room

April

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: teamwork and collaborative problem solving, resisting negative social pressure, leadership, offering support) CASEL

Tier 2 Supports (Counsellor)

- Morning regulation
- Meeting with at risk students
- Phone calls to caregivers and parents
- Update School Newsletter
- Update for Parent Council
- Weekly updates in staff memo

Tier 1 Supports - universal supports - MHW Coach

- Theme 8 Roots of Empathy in grade two classes
- World Autism Day - morning announcement; wear blue in support
- Earth Day activity - Caring for others and our environment
- Positive Playgrounds at noon recess with M&M
- Weekly updates in staff memo including activity suggestions
- Support teachers in SEL lessons and activities in their classrooms
- Monthly report

Activities:

- April 2 - World Autism Day
- April 22 -Earth Day - connecting with the Earth/Land
- April 24 - Administrative Professionals' Day Recognized
- Daily morning regulation
- Weekly Roots of Empathy lessons in grade two classrooms
- Weekly 30 minute small group sessions with M&M
- Weekly community breakfast in breakfast room

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

Tier 2 Supports (Counsellor)



Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

- Morning regulation
- Meeting with at risk students
- Phone calls to caregivers and parents
- Update School Newsletter
- Update for Parent Council
- Weekly updates in staff memo

Tier 1 Supports - universal supports - MHW Coach

- Theme 9 Roots of Empathy in grade two classes
- Education Week - April 30 - May 3 - Planned activities; community involvement
- May 1 - Hats on for Mental Health
- Mental Health Week - Hats on; Spring walk; seasonal connections with nature and SEL, review regulation strategies i.e. Mindful minutes/Calm Classrooms
- Support teachers in SEL lessons and activities in their classrooms
- Positive Playgrounds at noon recess with M&M
- Weekly updates in staff memo including activity suggestions
- Monthly report

Activities:

- April 29 - May 3 - Education Week - ideas - career fair, assembly Friday with family numeracy focus
- May 1 - Hats on for Mental Health
- May 5 - Red Dress Day
- May 6 - Bus Driver Appreciation Day Recognized
- May 13 - Volunteer Tea
- May 13-17 - Mental Health Week
- Optional Activity - May the 4th Star wars Day
- Daily morning regulation
- Weekly Roots of Empathy lessons in grade two classrooms
- Weekly 30 minute small group sessions with M&M
- Positive Playgrounds at noon recess with M&M
- Weekly community breakfast in breakfast room

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 transition plans for individual students
- Cull counselling files and shred confidential information
- Organize and set dates for PD and other guests for next year



Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

- Morning regulation
- Meeting with at risk students
- Phone calls to caregivers and parents
- Update School Newsletter
- Update for Parent Council
- Weekly updates in staff memo

Tier 1 Supports - universal supports - MHW Coach

- Roots of Empathy celebration of learning with grade 2 and Roots families
- Post-test/Survey with staff on SEL
- June 3 - 7 - Pride Week activities and Identity Day Celebration
- Fitset Ninja - TBD
- June 21 - National Indigenous Peoples Day
- June 27 - School Awards and Play Day
- Support teachers in SEL lessons and activities in their classrooms
- Positive Playgrounds at noon recess with M&M
- Weekly updates in staff memo including activity suggestions
- Monthly report

Activities:

- June 3-7 - Pride week - Identity Day
- June 21 - National Indigenous Peoples Day
- FitSet Ninja - TBD
- June 27 - School wide awards day and celebration - play day and water fight with fire dept.
- Daily morning regulation
- Positive Playgrounds at noon recess with M&M
- Weekly Roots of Empathy lessons in grade two classrooms
- Weekly community breakfast in breakfast room



Sturgeon Public Schools: Counselling and Wellness Plan 2023-24