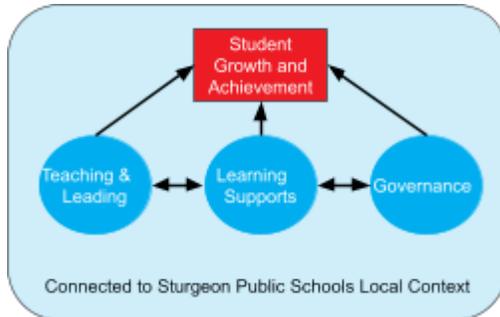




## Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

### 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.

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



## Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

**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 students, staff, and parents/guardians. Successful implementation of a comprehensive

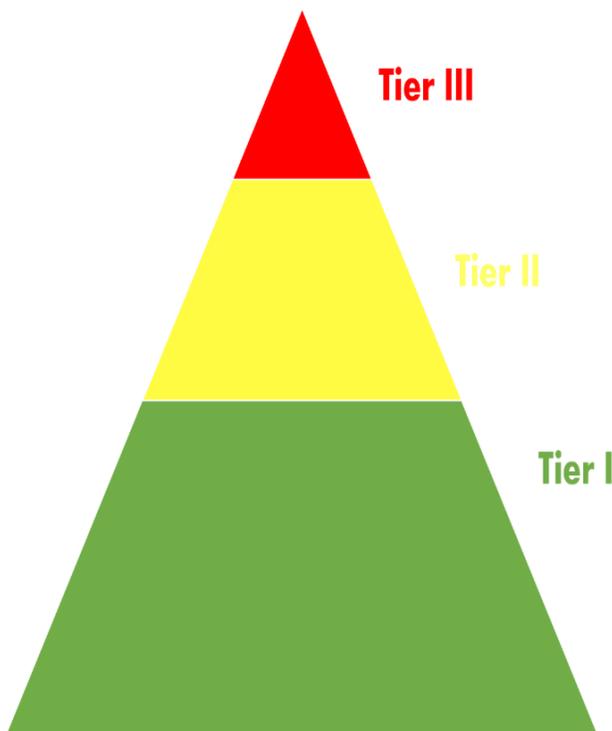


## Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

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.



## Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

**School name: Sturgeon Composite High School**

**Brief description:** Sturgeon Composite High School is the largest rural high school in Alberta with over 900 students in grades 10-12. The school, in an inclusive environment, provides strong academics (including K&E and Specialized Programming), CTS and fine arts programming. The school is supported by two full-time Counsellors, a full time K&E Lead/Learning Support Lead, part time Off Campus Coordinator, part time Indigenous Success Coach, two Vice Principals, Principal, and a part time Mental Health and Wellness Coach. There is access to a mobile addictions counselor through AHS and also a Social Worker through referrals. Sturgeon Public School Division consultants including professional services provide support to both students and families as needed. Sturgeon Composite High School provides opportunities for students to prepare for future endeavors and life-long learning. We strive for excellence and student engagement. Our environment is caring, cooperative, innovative, and sensitive to the needs and interests of students, staff, and parents. Together we will help enable our students to be engaged learners who become ethical citizens with an entrepreneurial spirit. Sturgeon Composite High School offers both school and community-based educational opportunities in order to keep pace with an ever-changing world. We encourage our students to be individuals who:

- Achieve a high personal standard.
- Have pride in their school.
- Have a high level of self-esteem and are capable of influencing their own destinies.
- Have effective communication skills.
- Are creative critical thinkers and problem-solvers.
- Are responsible citizens, with tolerance and respect for others

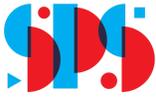
SCHS is fortunate enough to have a CASA Classroom in our school to support students. CASA has partnered with school divisions to deliver intensive clinical intervention and individualized programming in local classroom settings to address the growing need for accessible intensive mental health services for students in grades four through twelve. CASA's is partnering with school divisions to deliver intensive clinical interventions and individualized programming within the local classroom setting. Children and adolescents will receive onsite treatment and supports from health care professionals including:

- A full time mental health therapist;
- A full time classroom behavioural specialist;
- A part time psychiatrist;
- A part time nurse and social worker.
- 

Treatment and supports within the CASA Classroom will include:

- Comprehensive assessment to inform a focused treatment plan
- Education related to self-management of mental wellness
- Medication trials and management
- Weekly individual and group therapy
- Weekly parent groups
- Referrals to relevant community and social supports
- Tapered management and supported transition back to usual school and health care team.

SCHS now has a Success Centre (new name to come). The Success Centre is an integrated, school-based mental health promotion room. The staff team consists of two part time teachers, access to the school Mental Health and Wellness Coach part time, access to the Off- Campus



## Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

Coordinator, access to the school counsellors and LSL, MHCB Mental Health Coach who works on-site with students, as well as access to addictions supports, School Division Social Workers and other supports. The goal of the Success Centre is to provide students with the support and strategies that they will require to maintain their physical and mental well-being. The Success Centre is a workplace for student services to support student needs to enhance success. The space will be a hub for community resources, off campus education, and wellness practices. We are committed to ensuring that every student experiences success and maximizes their learning potential. The classroom is the best place for learning but we realize that sometimes:

- you need academic or social support;
- you have situations that interfere with your learning and attendance (including valid personal or medical reasons);
- you are missing a few credits to graduate; or
- you have outside commitments that do not work with traditional schooling.



## Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

| Universal  | Targeted   | Individualized/ Intensive  |
|--|--|--|
| <p><b>Focus:</b> 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><b>Examples:</b></p> <ul style="list-style-type: none"> <li>● TCIS Informed staff</li> <li>● Success Centre</li> <li>● Career and Life Management presentations</li> <li>● Health and Wellness Coach</li> <li>● RCMP and Alberta Health Services presentations</li> <li>● Webs of Support</li> <li>● NME</li> <li>● ELAA Post-Secondary Event</li> <li>● Positive Behaviour Supports</li> <li>● Mindfulness</li> <li>● Career Fairs, Work Experience and RAP</li> <li>● Safe Space</li> <li>● Lunch/Afterschool Clubs ie.. CUBE, Table Top Club</li> <li>● Focussed, Professional Presentations and School Event in Coordination with Leadership</li> <li>● Student Recognition through Awards Nights and Scholarships</li> <li>● Art classes - orange shirt day projects and awareness activity. (Leadership)</li> <li>● Pink Shirt Kindness day activities. - Feb (Leadership).</li> <li>● School Resource Officer (SRO) two days a week</li> <li>● Truth and Reconciliation week activities.</li> <li>● Increased outdoor activities</li> </ul> | <p><b>Focus:</b> Provide classroom support for groups of students with greater need.</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>● Success Centre</li> <li>● Collaborative Problem-Solving</li> <li>● Grade Level Assemblies</li> <li>● Welcome Week Activities</li> <li>● Grade 12 Classroom Visits in the Fall and Spring for Graduation, Scholarships, Post-Secondary, etc.</li> <li>● RCMP, Military, Fire Dept. and Apprenticeship Presentations and Opportunities</li> <li>● Indigenous Success Coach</li> <li>● Grade Nine Tour Day and Open House</li> <li>● Registration Visits to Feeder Schools with Individual Students and Parents/Guardians</li> <li>● Case Conferences</li> <li>● Success in Schools with Children's Services</li> <li>● Coordination and Provision of Lunches for Needy Students</li> <li>● Career Fair - Alexander First nation Kiphotakaw</li> <li>● Opportunities with Bold Eagle, RCMP camp, Jasper leadership and Rotary trips.</li> <li>● Saffron Presentation to all grade 10s. (admin to organize)</li> <li>● K &amp; E Programming</li> <li>● Targeted Groups ie. Anxiety Groups</li> <li>● Off Campus Coordinator</li> <li>● Variety of Sports Teams</li> </ul> | <p><b>Focus:</b> Support and refer to other agencies students with more specific and intensive needs.</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>● Success Centre</li> <li>● SPSD Social Worker Referrals</li> <li>● SPSD Social Worker - Therapy short term</li> <li>● Addictions Counsellor</li> <li>● Individual Check-Ins</li> <li>● Suicide Risk Assessments</li> <li>● Individual Guidance Counselling</li> <li>● Attendance Checks and Interventions</li> <li>● Monitoring of Student Progress Two to Three Times/Semester</li> <li>● Career and Post-Secondary Counselling</li> <li>● Post-High School Transition Counselling</li> <li>● High School Diploma Tracking and Support</li> <li>● Out-of-Province and Out-of-Country Documentation Review (LSL)</li> <li>● Coordinate Family, Student, Teachers, Support Staff and Targeted Professional Supports</li> <li>● Establishing positive relationships with parents / students</li> <li>● IPPs/SLPs/Behaviour Plans/Safety Plans (LSL)</li> <li>● Specialized Programming</li> <li>● Level B Assessment - WIAT III (LSL)</li> <li>● Psychoeducational Testing (LSL)</li> <li>● TCIS Trained admin and counsellor/LSL</li> </ul> |



## Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

|                 |  |  |
|-----------------|--|--|
| where possible. |  | <ul style="list-style-type: none"> <li>● VTRA Trained Counsellors and Administration.</li> <li>● CASA Classroom</li> </ul> |
|-----------------|--|--|

### Communication plan: How will the Counselling and Wellness Plan be shared with our community? (Students, Staff, Parents)

1. School Website, Staff Shared Drive, and Counsellor Shared Drive - Nov. 1, 2023
2. School Council - November 20, 2023
3. Staff Meetings as regular updates
4. School Newsletter

### Month by Month Outline of Counseling Duties

#### Ongoing Monthly Counselor:

- Monthly newsletter submission re. Scholarships, etc.
- Weekly meetings with administration (SBT Meetings)
- Staff meeting reports
- Individual counseling including check- ins with at-risk students
- Transition and make referrals to appropriate outside supports - i.e. AHS, Addictions , psychologists etc. (LSL and Counselors)
- Check ins with staff (ongoing collaboration about students)
- Forwarding ongoing PD for professional and paraprofessional staff relating to wellness, mental health, anxiety etc...
- Attend counselor meetings – collaboration and mentorship with other counselors in the division
- Monitor student attendance/achievement
- Ongoing credit checks and grad checks (Grad participation checks and parent/ guardian contact)
- Achievement and attendance checks for all students
- Scholarship, post-secondary and career counseling
- Awards
- Support students in Success Centre
- Phone calls with parents/meetings as required.
- Supports and communication through Counseling Google Classroom ie. Grade 12 Grad Google Classroom
- In collaborations with the LSL - Inclusion/Accommodation meetings with staff, students and parents as well as any other people that should be involved ie. Caseworker
  - WIATS, WISC referrals, Referrals to CST, support to GOALS staff and students, application for Diploma and PAT accommodations
- Success In School meetings (LSL)
- Vision consultant, PT, OT and any other ILC referrals. (LSL)

### Mental Health and Wellness Coach Duties



## Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

### 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
- Attend MHW coaches meetings/counselor meetings and continue to collaborate and mentorship with other MHW coaches and counselors in the division
- DATA collection - Report with anecdotal feedback, 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.
- Support students and staff in the Success Centre

### Month to Month Planning

#### August - early September

- Do an environmental scan of the school to (Admin):
  - 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
- In collaboration with School Based Teams and Learning Support Lead (LSL):
  - begin consultant referral process for students with diverse learning needs
  - plan for educational assistant time in classrooms requiring additional support
- review psycho-ed reports for following year and provide summary reports to teachers
- New student intakes
- Review current student CUM files
- Review proposed timetable and class lists for upcoming school year including course changes
- Collaborative teacher meetings discussing at-risk students
- Registration and timetable / program changes
- Timetable checks for all students re: balance, required courses, prerequisites and eligible spares.
- Connect with parents of at- risk students to ensure their worries/concerns are heard

#### September



## Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

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

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| <p><b>Tier 2 Supports (Counselor)</b></p>   |
| <ul style="list-style-type: none"> <li>● Collaborative teacher meetings to discuss: <ul style="list-style-type: none"> <li>○ Whole class needs to determine an appropriate target intervention</li> <li>○ discussing at-risk students</li> </ul> </li> <li>● Student timetable changes</li> <li>● Meet with students new to the school and community</li> <li>● Review incoming student cumulative files</li> <li>● Connecting with returning students that have accessed Supports</li> <li>● Collaborative teacher meetings discussing at-risk students</li> <li>● Introduction of guidance counselling program to students - assembly , power announcement letter, individual contacts</li> <li>● Awards calculations and criteria review <ul style="list-style-type: none"> <li>○ plan for awards night</li> </ul> </li> <li>● Meet with students new to the school and community</li> <li>● Orange Shirt Day - Truth and Reconciliation Week Activities (Indigenous Coach)</li> <li>● Grad checks</li> <li>● K and E programming permission forms (LSL)</li> <li>● ELAA info and grad attendance info. meeting with all in Gr. 12 classes.</li> <li>● Initial info . assemblies - all grades.</li> <li>● Gr. 12 students identified by their post - secondary choices for scholarship follow - ups.</li> <li>● Post-secondary support and virtual visits</li> <li>● Counsellors attend Post Secondary Counsellor Updates</li> <li>● Manage late or new registrations including inter-provincial accreditation</li> <li>● Consult staff regarding appropriate student placements</li> <li>● Coding in PowerSchool (LSL)</li> </ul> |
| <p><b>Tier 1 Supports - universal supports - MHW Coach</b></p>  |
| <p>Lessons in classes:</p> <ul style="list-style-type: none"> <li>● What is stress, how to deal with it and how it differs from anxiety</li> <li>● What is stress, how it affects the brain and how to deal with it</li> </ul> <p>Meetings with staff to continue conversations of how to incorporate MHW into their curriculum</p> <p>Help organize and set up Success Room</p> <p>Introduce Mental Health Literacy to staff and explore a shared vision</p> <p>Explore implementation opportunities in classes where curriculum outcomes align</p> <p>Help grade 12s navigate their decisions regarding post secondary - attend UofA application session hosted by CALM</p>   |
| <p><b>Activities:</b></p> <p>Grade 10 Orientation Day</p> <p>Grade level assemblies to welcome students and introduce Counsellors, Administration, Indigenous Coach, Off Campus Coordinator, MHCW and go over school handbook.</p>  |



## Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

Meet the Teacher Night  
 Truth and Reconciliation Week  
 September 30th - National Day for Truth and Reconciliation Acknowledged  
 Sept 29th - Orange Shirt Day

### 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, experience self-efficacy, having a growth mindset and developing a sense of purpose) CASEL

#### **Tier 2 Supports (Counsellor)**

- Consult staff regarding appropriate student placements
- Attend Post-Secondary counsellor updates
- Assist students with post-secondary applications
- Continue to plan Awards Night and send out invites
- Work with CALM teacher on inviting post secondaries into speak
- Prepare for the ELAA Event in November. (advertise, confirm post-secondaries, book the gym etc)
- Meet with students with attendance issues and any other thing that
- In collaboration with admin: identify grade 12 students on track to graduate, almost on track, not on track. (admin send letter home to identify where they are at)
- In collaboration with admin discuss attendance at risk students (admin send letter home)
- Learning Support Lead (LSL):
  - IPP collaboration meetings
- Learning Support Lead (LSL): Enter all student profile info. IPP/SLP collaboration meetings and completion.

#### **Tier 1 Supports - universal supports - MHW Coach**

Continue Lessons in classes:

- Test Stress

Meetings with staff to continue conversations of how to incorporate MHW into their curriculum

Continue to support Success Room

Plan and develop a school wide Halloween activity afternoon

Begin planning Strides Walk-a-thon (find charity, do Strides logo, begin calling for sponsors/donations)

Apply for grants with Leadership students (Outdoor space)

Apply for grants with staff (Greenhouse and observatory)

Outdoor Ed Camp and Grade 12 Canoe Trip with discussions on the positive effects of spending time and having fun outside with friends, how to socialize and how to be helpful citizens

**Activities:**



## Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

World Teachers Day (Leadership)  
 Halloween - Time for students and staff to enjoy each others company while participating in a chosen activity  
 Digital Citizenship Week  
 Staff versus Junior Volleyball Teams and Staff versus Senior Volleyball teams

### 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)**

- Post - secondary visits for Fall registration and programming updates.
- Awards Night
- P/ T interviews
- Submission of diploma accommodation documents. (LSL)
- Send copies of IPP/SLPs prior to P/T interviews (LSL)
- Accommodation list submitted to Alberta Ed. (LSL)

**Tier 1 Supports - universal supports - MHW Coach**

Continue Lessons in classes:

- Test Stress
- Time Management
- Growth Mindset

Meetings with staff to continue conversations of how to incorporate MHW into their curriculum

Continue to support Success Room

Grade 11 wraparound activity - identify and mentor grade 11s in need

Meet with Strides Charity and introduce to our tech students (community relations)

**Activities:**

- Awards Night
- Remembrance day memorial
- Metis Week (Indigenous Coach)
- Bullying Awareness Week
- Staff versus Junior Basketball Teams and Staff versus Senior Basketball teams

### 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, being resilient) CASEL

**Tier 2 Supports (Counsellor)**



## Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

- Check in for at risk students (ongoing)
- Follow-up to parents/guardians of students with diverse learning needs
- Referrals to the Food Bank ( Christmas.)
- Final failure checks and planning for semester two - regular and K and E programming. (into January)
- Complete accommodations list for diplomas non-diploma exams (LSL)

### Tier 1 Supports - universal supports - MHW Coach

Continue Lessons in classes:

- Test Stress
- Time Management
- How to make an efficient study schedule
- Growth Mindset

Meetings with staff to continue conversations of how to incorporate MHW into their curriculum

Continue to support Success Room

Staff Wellness Activities at Lunch and after school

#### Activities:

First Responders Dodgeball & Food Bank (Community Relations & Citizenship)

### 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)

- Course changes / program planning (fail lists, follow up)
- New registrations for semester two
- Connect with teachers re. finalizing semester one IPP/SLPs (LSL)
- EA schedule for semester two. (LSL)

### Tier 1 Supports - universal supports - MHW Coach

Continue Lessons in classes:

- Test Stress
- How to study efficiently
- How to make an efficient study schedule
- Growth Mindset
- Making Winter Break Plans (how to stay connected and inspired)

Meetings with staff to continue conversations of how to incorporate MHW into their curriculum

Continue to support Success Room



## Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

### Activities:

- Brain Break - Yoga, breathing and health snacks in the gym at lunch (last 2 days of classes to prepare for Finals)
- Ribbon Skirt Day (Indigenous Coach)
- No Name Calling Week

### 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)**

- Attend counselling sessions at teachers convention
- IPP/SLP preparation for sem. two (LSL)
- Power announcement re: diploma rewrites and rescoring.
- Open house for Gr. 9 students and parents at SCHS.
- Finalize Timetable Changes
- In collaboration with admin attendance/not on track to graduate letters sent home.

### **Tier 1 Supports - universal supports - MHW Coach**

Continue Lessons in classes:

- New Semester Goal setting
- Looking Beyond Yourself

Meetings with staff to continue conversations of how to incorporate MHW into their curriculum  
Continue to support Success Room

Grade 10 Wraparound - identifying and mentoring Grade 10 students who have not connected to their teachers yet

Set up a "Good Deeds" program for staff to reward students

Plan Strides Walk-a-thon

### Activities:

- 17th - Random Acts of Kindness Day/Pink Shirt Day
- Valentines
- Grade 9 Tours and Open house for students and parents
- Black History Month

### March



## Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

**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

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| <b>Tier 2 Supports (Counsellor)</b>   |
| <ul style="list-style-type: none"> <li>• Accommodations list submitted to AB. ED. for sem. two. (LSL)</li> <li>• Course selection planning for next year with all Gr. 10/ 11.</li> <li>• Create Grad Plans for next year's grade 12s</li> <li>• Inform students of summer school and summer camps, jobs and other opportunities.</li> <li>• Ongoing postsecondary preparation for students (Grade 12)</li> <li>• Gr. 10 registration at Gr. 9 feeder schools.</li> <li>• Communication with Gr. 12 students re: their grad status.</li> <li>• Semester two IPP/SLP signatures, teachers and parents (LSL)</li> <li>• Scholarship Sessions</li> <li>• Credit checks and marks checks for participation in Grad.</li> </ul> |
| <b>Tier 1 Supports - universal supports - MHW Coach</b>   |
| <p>Continue Lessons in classes:</p> <ul style="list-style-type: none"> <li>• What are your Values?</li> </ul> <p>Meetings with staff to continue conversations of how to incorporate MHW into their curriculum<br/> Continue to support Success Room<br/> Start student plant club (use growing towers to begin seeds for outdoor area)<br/> Plan Strides Walk-a-thon</p>   |
| <p><b>Activities:</b><br/> Floor Hockey tournament. Student winners play staff in final game<br/> St. Patrick's Day<br/> Substitution Appreciation Week<br/> National Day of Unplugging<br/> Pi Day</p>   |

### 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

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|--|
| <b>Tier 2 Supports (Counsellor)</b>  |
| <ul style="list-style-type: none"> <li>• Grade 9 orientations from feeder schools to the high school.</li> <li>• Send out letters for graduation with a certificate of diplomas scenarios for K and E students for next year's grade 12 students</li> <li>• RAP parent / student info. night. (Off Campus Coordinator Mr. Spenrath)</li> </ul> |



## Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

- Continue check of all students re: progress and attendance prior to Spring P/T interviews.

### Tier 1 Supports - universal supports - MHW Coach

Continue Lessons in classes:

- De-escalation & Conflict Resolution

Meetings with staff to continue conversations of how to incorporate MHW into their curriculum

Continue to support Success Room

Plan Strides Walk-a-thon

#### Activities:

Staff versus Flag Rugby Teams

Month of The Military Child/Teal Up Day

Earth Day

Administrative Professionals Day

### 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)

- Check in with students coping with anxiety in preparation for DIP's and final exams
- Complete accommodations list for diplomas non-diploma exams (LSL)
- Scholarship Sessions
- Credit and mark checks for participation in Grad.
- Open house planning an implementation.
- Summer school information out to students.

### Tier 1 Supports - universal supports - MHW Coach

Continue Lessons in classes:

- Breathing Strategies - What works for you?
- Tapping
- Test Stress
- Making a Study Schedule

Meetings with staff to continue conversations of how to incorporate MHW into their curriculum

Continue to support Success Room

#### Activities:

- Hats on for Mental Health
- Strides (Including Grade 12 versus Staff Slow Pitch Game & SCHS Talent Show)



## Sturgeon Public Schools: Counselling and Wellness Plan 2023-24

- Education Week
- Red Dress Day/ Moose Hide Campaign (indigenous Coach)

### 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)

- Publication of Grad List
- Calculation of Valedictorian
- Check with teachers regarding course placements for individual students
- Begin balancing class sizes for next year (when timetable is available)
- Final high school preparation for grade 9 students including checking prerequisites and recommendations, contacting parents if necessary
- Upload current year documents to PASI including any assessments, IPPs, signatures, etc. (some documents now upload through PowerSchool) (LSL)
- Transition meeting with grade 9 with special programming as necessary (LSL)
- Cull counselling files and shred confidential information.
- Scholarship meetings / handouts, school Facebook page and power announcements.
- Info. provided about MY PASS, diploma rewrites and rescoring.
- Info. provided about summer school.
- Safety Planning for summer. (connect with other resources if haven't already)

#### Tier 1 Supports - universal supports - MHW Coach

Continue Lessons in classes:

- Breathing Strategies - What works for you?
- Tapping
- Test Stress
- Making a Study Schedule

Meetings with staff to continue conversations of how to incorporate MHW into their curriculum

Continue to support Success Room

Staff Wellness Activities at Lunch and after school

Meet with staff about SEL needs for next year

**Activities:**

- Brain Break - Yoga, breathing and health snacks in the gym at lunch (last 2 days of classes to prepare for Finals)
- Indigenous People's Month (Indigenous Coach)
- Pride Week
- Graduation



**Sturgeon Public Schools: Counselling and Wellness Plan 2023-24**