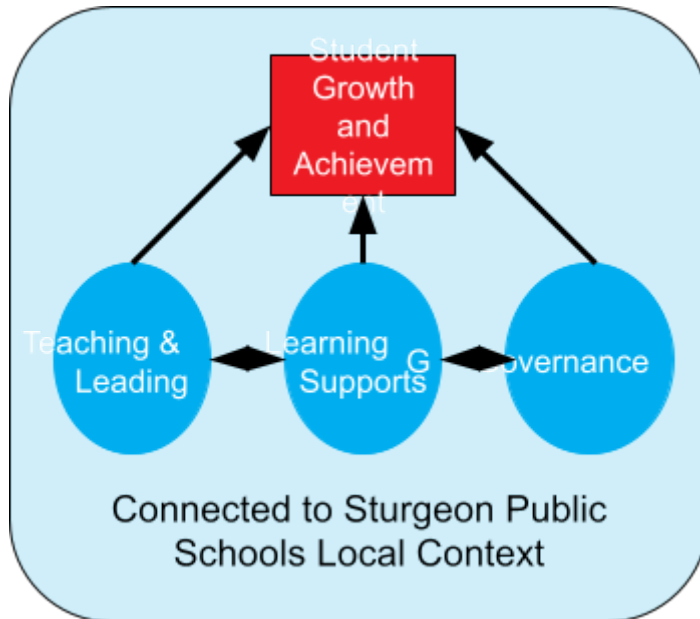




Sturgeon Public Schools: Counselling and Wellness Plan 2024-25

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



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- 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

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

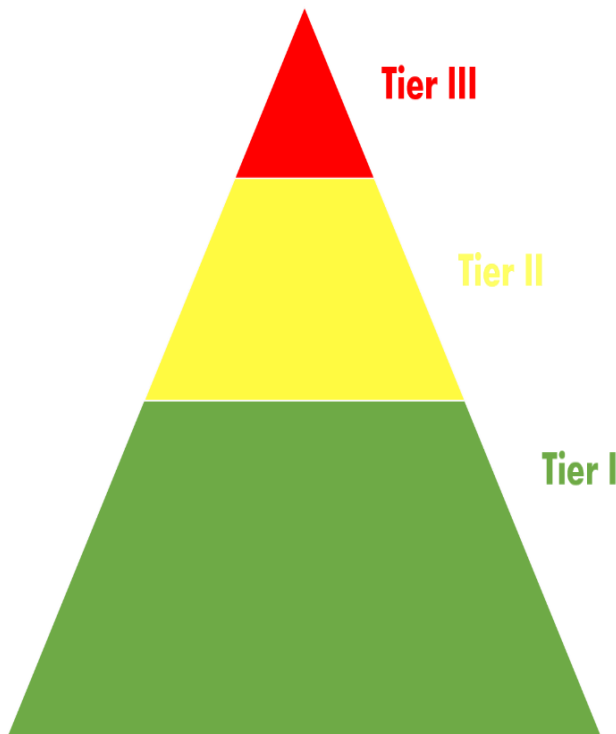


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developmental preventative activities and learning opportunities for all students as well as appropriate and timely interventions for individual students that require higher levels of support. This plan is a joint responsibility of the entire school 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 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.



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School name: Sturgeon Composite High School

Brief description: Sturgeon Composite High School is the largest rural high school in Alberta with over 950 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 part time K&E Lead/Learning Support Lead, part time Off Campus Coordinator, Division Metis Coach as required, two Vice Principals, Principal, and a part time MHCB 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 has a Wellness Hub. The Wellness Hub is an integrated, school-based mental health promotion



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room. The staff team consists of a part time teacher, access to the Off- Campus Coordinator, access to the school counsellors and LSL, MHCB Wellness 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 Wellness Hub is to provide students with the support and strategies that they will require to maintain their physical and mental well-being.

The Wellness Hub 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.



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



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<p>(Leadership).</p> <ul style="list-style-type: none"> • School Resource Officer (SRO) two days a week • Truth and Reconciliation week activities. • Increased outdoor activities where possible. 	<ul style="list-style-type: none"> • Lunch Sessions out of the Wellness Hub (Body Positivity and Wellness Wed) 	<ul style="list-style-type: none"> • Level B Assessment - WIAT III (LSL) • Psychoeducational Testing (LSL) • TCIS Trained admin and counsellor/LSL • VTRA Trained Counsellors and Administration. • CASA 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, Staff Shared Drive, and Counsellor Shared Drive - Nov. 1, 2024
2. School Council - November 2024
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 Wellness Hub
- 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
 - o WIATS, WISC referrals, Referrals to CST, support to GOALS staff and students, application for Diploma and PAT accommodations
- Success In School meetings (LSL)



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- Vision consultant, PT, OT and any other ILC referrals. (LSL)

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 and course changes
- 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 behavior across contexts. (Such as: understanding and identifying one's emotions, strengths and limitations, linking feelings, values and thoughts) CASEL

Tier 2 Supports (Counselor)

- Collaborative teacher meetings to discuss:
 - 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
- Review incoming student cumulative files
- Connecting with returning students that have accessed Supports
- Collaborative teacher meetings discussing at-risk students
- Introduction of guidance counselling program to students - assembly , power announcement letter, individual contacts
- Awards calculations and criteria review
 - plan for awards night



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- Meet with students new to the school and community
- Orange Shirt Day - Truth and Reconciliation Week Activities
- Grad checks
- K and E programming permission forms (LSL)
- ELAA info and grad attendance info. meeting with all in Gr. 12 classes.
- Initial info . assemblies - all grades.
- Gr. 12 students identified by their post - secondary choices for scholarship follow - ups.
- Post-secondary support and virtual visits
- Counsellors attend Post Secondary Counsellor Updates
- Manage late or new registrations including inter-provincial accreditation
- Consult staff regarding appropriate student placements
- Coding in PowerSchool (LSL)

Tier 1 Supports - universal supports - MHCB Wellness Coach

Meetings with staff to continue conversations of how to incorporate MHW into their curriculum
 Help organize and set up Wellness Room
 Explore implementation opportunities in classes where curriculum outcomes align.

Activities:

Grade 10 Orientation Day

Grade level assemblies to welcome students and introduce Counsellors, Administration, Off Campus Coordinator, MHWC and go over school handbook.

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)



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- 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 - MHCB Wellness Coach

Continue Lessons in classes:

- as picked by teachers

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

Continue to support Wellness Hub

Lunch sessions - Body Positivity and Wellness Wednesday

Activities:

Halloween - Time for students and staff to gather for themed activities

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 - MHCB Wellness Coach

Continue Lessons in classes:

- as picked by teachers

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

Continue to support Wellness Hub

Lunch Sessions Continued: Body Positivity and Wellness Wednesdays

Activities:

- Awards Night
- Remembrance day memorial
- Metis Week
- Bullying Awareness Week
- ELAA Post Secondary Fair



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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)
<ul style="list-style-type: none"> • 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 - MHCB Wellness Coach
<p>Continue Lessons in classes:</p> <ul style="list-style-type: none"> • as picked by teachers <p>Meetings with staff to continue conversations of how to incorporate MHW into their curriculum Continue to support Wellness Hub</p>
Activities:

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)
<ul style="list-style-type: none"> • 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 - MHCB Wellness Coach
<p>Continue Lessons in classes:</p> <ul style="list-style-type: none"> • as picked by Teachers <p>Meetings with staff to continue conversations of how to incorporate MHW into their curriculum Continue to support Wellness Hub</p>
Activities:



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- Ribbon Skirt Day
- 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 - MHCB Wellness Coach

Continue Lessons in classes:

- as picked by teachers

Meetings with staff to continue conversations of how to incorporate MHW into their curriculum
Continue to support Wellness Hub

Activities:

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

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)

- Accommodations list submitted to AB. ED. for sem. two. (LSL)
- Course selection planning for next year with all Gr. 10/ 11.
- Create Grad Plans for next year's grade 12s
- Inform students of summer school and summer camps, jobs and other opportunities.



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- Ongoing postsecondary preparation for students (Grade 12)
- Gr. 10 registration at Gr. 9 feeder schools.
- Communication with Gr. 12 students re: their grad status.
- Semester two IPP/SLP signatures, teachers and parents (LSL)
- Scholarship Sessions
- Credit checks and marks checks for participation in Grad.

Tier 1 Supports - universal supports - MHCB Wellness Coach

Continue Lessons in classes:

- as picked by teachers

Meetings with staff to continue conversations of how to incorporate MHW into their curriculum
Continue to support Wellness Hub

Activities:

St. Patrick's Day
Substitution Appreciation Week
National Day of Unplugging
Pi Day

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)

- Grade 9 orientations from feeder schools to the high school.
- Send out letters for graduation with a certificate of diplomas scenarios for K and E students for next year's grade 12 students
- RAP parent / student info. night. (Off Campus Coordinator Mr. Spenrath)
- Continue check of all students re: progress and attendance prior to Spring P/T interviews.

Tier 1 Supports - universal supports - MHCB Wellness Coach

Continue Lessons in classes:

- as picked by Teachers

Meetings with staff to continue conversations of how to incorporate MHW into their curriculum
Continue to support Wellness Hub

Activities:

Month of The Military Child/Teal Up Day
Earth Day
Administrative Professionals Day



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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

Tier 2 Supports (Counsellor)
<ul style="list-style-type: none"> • Check in with students coping with anxiety in preparation for DIP's and final exam • 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 - MHCB Wellness Coach
<p>Continue Lessons in classes:</p> <ul style="list-style-type: none"> • As picked by teachers <p>Meetings with staff to continue conversations of how to incorporate MHW into their curriculum Continue to support Wellness Hub</p>
<p>Activities:</p> <ul style="list-style-type: none"> • Hats on for Mental Health • Education Week • Red Dress Day/ Moose Hide Campaign

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)
<ul style="list-style-type: none"> • 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)



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- 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 - MHCB Wellness Coach

Continue Lessons in classes:

- As picked by teachers.

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

Continue to support Wellness Hub

Meet with staff about needs for next year

Activities:

- Indigenous People's Month
- Mental health week
- Pride Week
- Graduation