



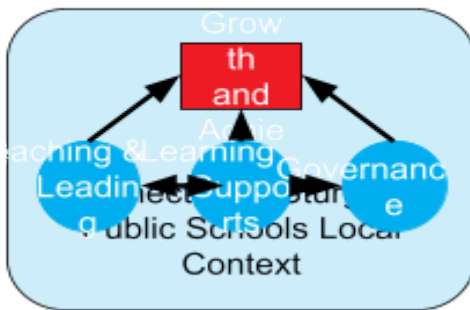
Sturgeon Public Schools: Counselling and Wellness Plan

21-22

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 Learning, 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: Counselling and Wellness Plan

21-22

- 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 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).





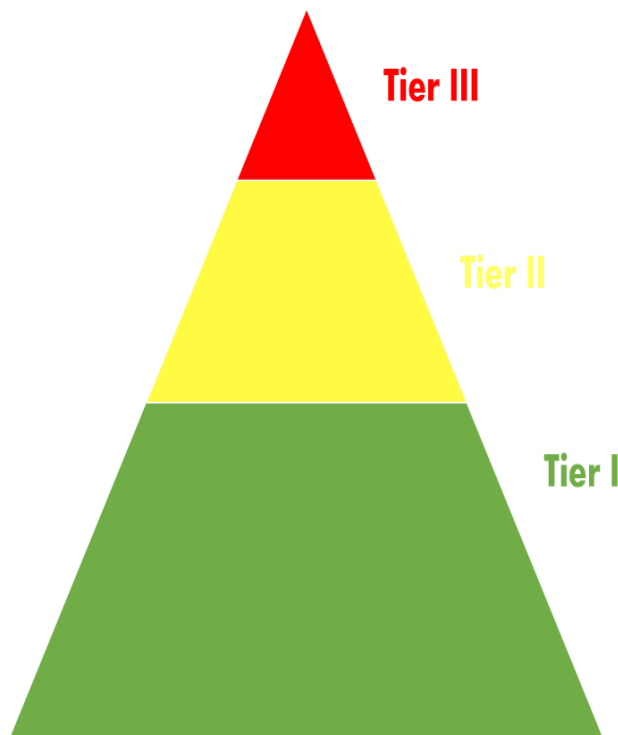
Sturgeon Public Schools: Counselling and Wellness Plan

21-22

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 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.



Community Resources Link:

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.



Sturgeon Public Schools: Counselling and Wellness Plan

21-22

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

School name: Ecole Morinville Public School

École Morinville Public School is a dual track school from pre-Kindergarten to Grade 4 with approximately 560 students. We opened in 2011 after the voice of parents in our community advocated for the need for public education in Morinville. In 2011 we enrolled approximately 90 students and in 2018, we enrolled 900 students at all levels from Pre-Kindergarten to Grade 4. After significant growth, in January 2020, we celebrated the opening of Morinville's second public school, Four Winds. We offer diverse programs to Pre-Kindergarten through to Grade 4. Programming includes half-day Kindergarten, French Immersion and we are proud of the diverse Inclusive Education supports that ensure all students achieve success. Teachers follow the Program of Studies set out by Alberta Education while being inspired by the Reggio Emilia philosophy.

Universal	Targeted	Individualized/ Intensive
-----------	----------	---------------------------



Sturgeon Public Schools: Counselling and Wellness Plan

21-22

<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"> ● K-4 Health and Life Skills ● Neurosequential Model in Education (NME) ● Positive Playgrounds ● Zones of Regulation ● Positive Behaviour Supports ● Safe Space ● Lunch and recess clubs - (Leadership Club) ● Incredible Flexible You ● Winter Walk Day ● Government sponsored snack nutrition program ● Food for Thought breakfast program. ● Monthly school wide character education themes, events, assemblies and awards. ● Mental Health Coaching position. ● Indigenous School Counsellor position. ● Dragon Gold award system. ● Collaborative Problem-Solving ● Positive Playgrounds 	<p>Focus: Provide classroom support for groups of students with greater need.</p> <p>Examples:</p> <ul style="list-style-type: none"> ● Friendship skills, social skills, anxiety and problem solving groups ● Strategies classroom ● Literacy pullout groups ● Numeracy pull out groups ● Peer play groups ● Access to Indigenous School Counsellor. ● Access to school guidance counsellor and Mental Health Coach 	<p>Focus: Support and refer to other agencies students with more specific and intensive needs.</p> <p>Examples:</p> <ul style="list-style-type: none"> ● Individual Check-Ins with students and families ● Suicide Risk Assessments ● Complex Services Team involvement for complex needs students ● Individual Guidance Counselling sessions ● Indigenous Counselling supports for students ● Referral and connection with AHS Mental Health Services. ● Family Support Worker ● Individual Counselling ● VTRA ● Restorative Justice ● IPP's and Learning Plans ● WIAT assessments ● Sensory Room
--	---	---

SUPPORTS/INTERVENTIONS *(Input specific school information in the chart below)*

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

1. Completed, uploaded in Counsellors Shared Drive and on School website



Sturgeon Public Schools: Counselling and Wellness Plan

21-22

2. School council meeting
3. Staff meetings
4. Link in school newsletter
5. Homeroom/1st Block teachers share it with students

Month by Month Outline of Counselling Duties

Ongoing Monthly Counsellor:

- Monthly newsletter submission
- Staff meeting reports/presentations
- Individual counselling
- Check ins with staff
- Represent counselling on the school leadership team – ongoing updates and collaboration with administrators
- Attend counsellor meetings/MHW meetings – collaboration and mentorship with other counsellors and coaches in the division
- Monitor student attendance/achievement/engagement
- Community connections with AHS and CFS and other community referrals
- Run a student based leadership team

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.
- Implement monthly Character Education Initiatives.

Month to Month Planning

August - early September



Sturgeon Public Schools: Counselling and Wellness Plan

21-22

- 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

- 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 • Connecting with returning students that have accessed supports • Review coding for students and connect with families of students with complex needs.
Tier 1 Supports - universal supports - MHW Coach
<ul style="list-style-type: none"> • Kimochis as a context for support students experiencing social/emotional challenges • Introduce SEL overview to staff and explore a shared vision • Explore implementation opportunities in classes where curriculum outcomes align i.e. health, calm, LA • Pre-Test/Survey of staff re: SEL and Mental Health and Wellness needs as a staff • Lessons integrated via Google Drive • Plan and organize Character Education themes throughout the year.
<p>Activities: September 30th - National Day for Truth and Reconciliation Implementation of SEL programming i.e. Kimochi health</p>



Sturgeon Public Schools: Counselling and Wellness Plan

21-22

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)
<ul style="list-style-type: none"> • Consult staff regarding appropriate student placements for specialized programming such as strategies, numeracy and literacy pullout support and social/emotional targeted groups. • Continued individual check-ins with at risk students. • In collaboration with Learning Support Lead Team: <ul style="list-style-type: none"> o IPP/SLP collaboration meetings
Tier 1 Supports - universal supports - MHW Coach
<p>Lessons in classes:</p> <ul style="list-style-type: none"> • Character Education theme: Creativity • Introduce Kimochi kits into classrooms • Brainstorm with staff on how to implement SEL lessons into our daily practice. Create a shared drive to pull ideas from. • Send out teacher guide on the importance of creativity in learning with resources to include in the classroom.

<p>Activities:</p> <p>October 1st: Creativity online assembly for all students Dragon gold awards for being creative, along with nomination for monthly draw Calendar Art Competition Due October 18th Halloween activities throughout the school</p>

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)
<ul style="list-style-type: none"> • Continued individualized counselling support. • IPP/SLP editing and collaboration with teachers. • Collecting funds for staff/student wellness projects (community collaboration)



Sturgeon Public Schools: Counselling and Wellness Plan

21-22

Tier 1 Supports - universal supports - MHW Coach
<ul style="list-style-type: none"> • Goal setting and Achieving strategies • Calm and Confident strategies sessions • Continue working with Kimochi kits in classrooms
<p>Activities: November 1st: Wisdom online assembly for all students Dragon gold awards for wisdom, along with nomination for monthly draw Bullying Awareness Week Metis Week- Activities to be announced. Nov 15- Rock your Mocs Staff “who are we” display board, create with Leadership students</p> <ul style="list-style-type: none"> • Food bank collection (Kraft Dinner dominos) For December food hampers • Donation request letters, written by leadership students (Funds for staff/student wellness projects)

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

Tier 2 Supports (Counsellor)
<ul style="list-style-type: none"> • Check in for at risk students • Goal setting
Tier 1 Supports - universal supports - MHW Coach
<ul style="list-style-type: none"> • Gratitude Moments in DEAR (today while reading we are grateful for...)
<p>Activities: No Character Education theme due to the short month, focus on Christmas Activities</p> <ul style="list-style-type: none"> • Gratitude exercises • Continue working with Kimochi kits in classrooms • “Winter” tree, hat and mitten donations

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



Sturgeon Public Schools: Counselling and Wellness Plan

21-22

Tier 2 Supports (Counsellor)
<ul style="list-style-type: none">• Kindness groups (how this looks, sounds and feels)• Golden Rule perspective sessions
Tier 1 Supports - universal supports - MHW Coach
<ul style="list-style-type: none">• Connecting and learning Re: Seasonal Break tradition conversations• Continue working with Kimochi kits in classrooms
Activities: January 1st: Respect online assembly for all students Dragon gold awards for respect, along with nomination for monthly draw <ul style="list-style-type: none">• Bell Let's Talk Day• Friendship activities

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)
<ul style="list-style-type: none">• Attend counselling session at teachers convention (present a session?)• Impulse Control with those students needing this in Tier 2• Thoughts - Visualize - Actions and how Pause can assist
Tier 1 Supports - universal supports - MHW Coach
<ul style="list-style-type: none">• Success Principle: $E + R = O$ (Event + Response = Outcome)• Continue working with Kimochi kits in classrooms
Activities: February 1st: Love online assembly for all students Dragon gold awards for love, along with nomination for monthly draw <ul style="list-style-type: none">• Bullying Awareness Week• Pink Shirt Day• Kindness

March



Sturgeon Public Schools: Counselling and Wellness Plan

21-22

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)
<ul style="list-style-type: none"> • Inform students of summer camps
Tier 1 Supports - universal supports - MHW Coach
<ul style="list-style-type: none"> • Listening activities • Being Present Practice • Continue working with Kimochi kits in classrooms
Activities: March 1st: Humility online assembly for all students Dragon gold awards for humility, along with nomination for monthly draw <ul style="list-style-type: none"> • Getting to know your Irish Side along with Friends? (St. Patrick's 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)
<ul style="list-style-type: none"> • Stepping outside Your Comfort Zone session for those that struggle greatly with getting to know others
Tier 1 Supports - universal supports - MHW Coach
<ul style="list-style-type: none"> • Being a Leader without a Title • Continue working with Kimochi kits in classrooms
Activities: April 4th: Honesty & Truth online assembly for all students Dragon gold awards for honesty and truth, along with nomination for monthly draw <ul style="list-style-type: none"> • Walk to the fire department and police station and give donuts and coffee to thank them for what they do • Grade 4 orientations from feeder schools to the jr. high school



Sturgeon Public Schools: Counselling and Wellness Plan

21-22

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 judgement after gathering information, data and facts) CASEL

Tier 2 Supports (Counsellor)
<ul style="list-style-type: none"> demonstrating curiosity and open-mindedness, solutions for personal and social problems, leaning to make a reasonable judgement after gathering information, data and facts
Tier 1 Supports - universal supports - MHW Coach
<ul style="list-style-type: none"> Deep Breathing/4 Square Breathing/ 5-4-3-2-1 Grounding Technique/ Tapping Continue working with Kimochi kits in classrooms
Activities: May 2nd: Courage online assembly for all students Dragon gold awards for courage, along with nomination for monthly draw <ul style="list-style-type: none"> Hats on for Mental Health Visits to Four Winds for grade 4 students

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"> Check with teachers regarding course placements for individual students (LSL) Check for final signatures on all IPP’s Transition planning for grade 4’s Cull counselling files and shred confidential information Organize and set dates for PD and other guests for next year
Tier 1 Supports - universal supports - MHW Coach
<ul style="list-style-type: none"> Post-test/Survey with staff on SEL and how we did?



Sturgeon Public Schools: Counselling and Wellness Plan

21-22

Activities:

June 1st: Pride & Diversity online assembly for all students

June 21st National Indigenous People's Day - Activities to be announced.

Dragon gold awards for pride and diversity, along with nomination for monthly draw

- Celebrations
- Year end awards