

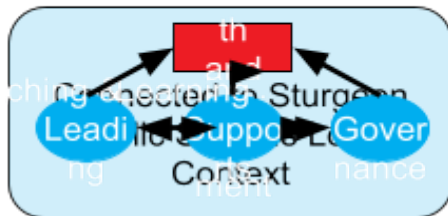


Sturgeon Public Schools: Counselling and Wellness Plan

22-23

Vision & Mission

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



The priority of Sturgeon Public Schools is student achievement. The domains of Teaching and 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.

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

22-23

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



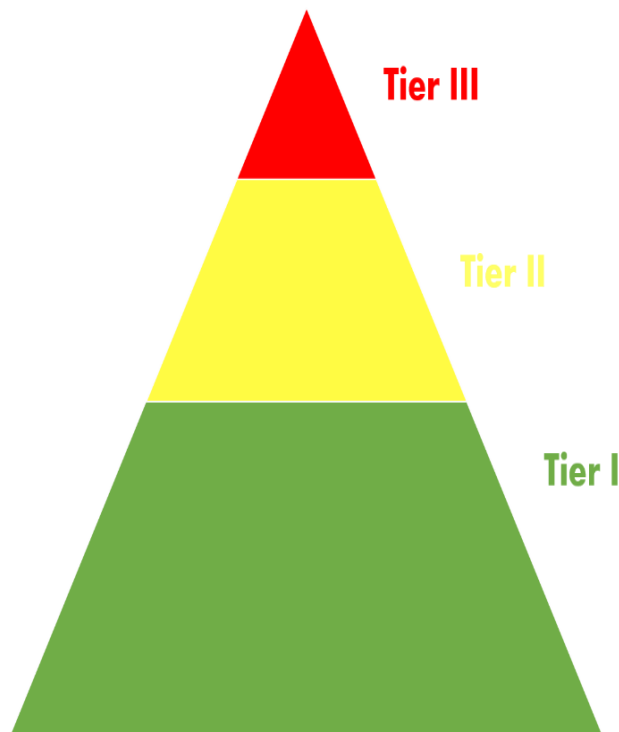
Sturgeon Public Schools: Counselling and Wellness Plan

22-23

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 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

22-23

School name: Namao

Brief description: SPS(407 Students K-9 School)

SUPPORTS/INTERVENTIONS

Universal	Targeted	Individualised/ 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"> ● Mental Health lessons ● In person/ group coaching of Mental Health Lessons ● Positively phrased/ developmentally appropriate signage for students identifying “Safe” practices for health ● Increased outdoor activities where possible ● Webs of Support (all students connected to at least 2 adults in every building) ● Meeting students at the door in the morning to say hello for a positive interaction first thing. 	<p>Focus: Provide classroom support for groups of students with greater need.</p> <p>Examples:</p> <ul style="list-style-type: none"> ● Kimochis (Grades K-4) ● Zones of Regulation/ Emotional Wellness Check-ins ● Mental Health Awareness Skills ● Math assessment done through MIPI (Math Intervention/Programming Instrument) in order to assess students at previous grade level and to provide support for catching up, if needed. ● Specific group sessions such as career exploration, success strategies, Calm & Confident (re: Anxiety, test anxiety, conflict resolution, peer pressure, and coping tools) ● Social Media Awareness ● School groups at lunch recess (eg: friendship, lego, school store) 	<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 ● Mental Health Maintenance Plans ● Self-Harm Reduction Plans ● Complex Services Team involvement for complex needs students ● Individual Guidance Counselling sessions ● Referral and connection with AHS Mental Health Services

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



Sturgeon Public Schools: Counselling and Wellness Plan

22-23

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

Month by Month Outline of Counselling Duties

Ongoing Monthly Counsellor:

- Monthly newsletter submission
- Staff meeting reports/presentations
- Individual counselling
- Check ins with staff
- Represent counselling on the school leadership team – ongoing updates and collaboration with administrators
- Attend counsellor meetings/MHW meetings – collaboration and mentorship with other counsellors and coaches in the division
- Monitor student attendance/achievement/engagement
- Provide postsecondary and scholarship information (ongoing)

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 coaches meetings/counsellor meetings and continue to collaborate and mentorship with other MHW coaches and counsellors in the division
- DATA collection - Report with anecdotal feedback, staff sharing regarding Mental Health and Wellness framework
- Ongoing updates with Administrators
- Work with Administration on strategies on how to get out to stakeholders the great things happening in the building.

Month to Month Planning

August - early September

- Do an environmental scan of the school to:



Sturgeon Public Schools: Counselling and Wellness Plan

22-23

- Ensure signage for health and safety is positively framed and developmentally appropriate
- Support teachers in creating visuals that personally welcome students back into the school building. (more important in Pre-K -9)
- Support the development of very clear guidelines for routine and create a structured plan to communicate this plan for all students (developmentally appropriate with visuals for clarity)
- In collaboration with School based teams:
 - Support transition between teachers for students with diverse learning needs
 - New student intakes (New Student Pizza Party)
 - 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 and connect with a student ambassador ● Review incoming student cumulative files ● Connecting with returning students that have accessed supports ● Brief administrator and teaching staff on the creation of counselling and wellness plan
Tier 1 Supports - universal supports - MHW Coach/ Counsellors
<ul style="list-style-type: none"> ● Introduce SEL overview to staff and explore a shared vision ● Explore implementation opportunities in classes where curriculum outcomes align i.e. health, LA ● Pre-Test/Survey of staff re: SEL ● Handle with Care Initiative to go out in the newsletter
Activities:
<ul style="list-style-type: none"> ● September 30th - National Day for Truth and Reconciliation ● Implementation of SEL programming i.e. Kimochi K, Gr. 1, 2, health classes ● September 21, 2022-New Student Pizza Party



Sturgeon Public Schools: Counselling and Wellness Plan

22-23

- new students will choose one friend from their class to attend the New Student Pizza party
- September 20th, 2022 - Terry Fox Run

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)

- In collaboration with Learning Support Lead (LSL):
 - IPP collaboration meetings
- Book academic counselling meetings to assist students with transition to High School
- Host at least 1 or 2 Grade 9 Farewell meetings
- Leadership meeting with LSL, MHW, Counsellors, and admin weekly

Tier 1 Supports - universal supports - MHW Coach

- Provide small supports to teachers to help them cope with the day's demands (ex: chocolate, pop, words of encouragement, coffee).
- Mental health videos/lessons for each division that focuses on emotional regulation and automatic negative thinking patterns (bi-weekly)
- Deliver a survey focusing on SEL self-reflections for grades 6-9

Activities:

- K-3 Costume Parade
- October 19th - Take Me Outside day
- Staff meeting SEL survey
- World Teachers' Day (Oct. 5)
- Start Kimochis for K-4

November



Sturgeon Public Schools: Counselling and Wellness Plan

22-23

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"> • Group sessions in class or outside of class i.e. handling difficult situations • Mental health check in with students and staff after Fall break
Tier 1 Supports - universal supports - MHW Coach
<ul style="list-style-type: none"> • Goal setting and Achieving strategies • Kimochis K-4
<p>Activities:</p> <ul style="list-style-type: none"> • Junior / Senior High: <ul style="list-style-type: none"> ◦ Take Our Kids to Work Day first week of Nov (Grade 9) • November 14-20th Metis Week - connect with Metis Lead Jarome Chabot for authentic teachings. • K-5 Activity surrounding respect and kindness • Bullying Awareness Week November 21-25th • All Month -Seven Sacred Teachings-educate and acknowledge when a student is displaying one or more of the seven sacred teachings. They will receive a slip and their name goes into a draw. <ul style="list-style-type: none"> ◦ This month’s theme is courage ◦ Bulletin board ◦ Lesson delivered school wide by the MHW coaches ◦ When students are recognized for the specific attribute, their names will be put on the bulletin board and at the end of the month, they will be put into a draw for Cafe Namao

December



Sturgeon Public Schools: Counselling and Wellness Plan

22-23

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"> • Talk with Social Worker if additional supports are needed for students that are classified as at-risk. • Connect with local banks for Christmas hampers if there a need
Tier 1 Supports - universal supports - MHW Coach
<ul style="list-style-type: none"> • Kimochis ongoing
<p>Activities</p> <ul style="list-style-type: none"> • All Month -Seven Sacred Teachings-educate and acknowledge when a student is displaying one or more of the seven sacred teachings. They will receive a slip and their name goes into a draw. <ul style="list-style-type: none"> ◦ This month's theme is humility ◦ Bulletin board ◦ Lesson delivered school wide by the MHW coaches ◦ When students are recognized for the specific attribute, their names will be put on the bulletin board and at the end of the month, they will be put into a draw for Cafe Namao • Winter events (pancake breakfast organized by Parent Council)

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"> • Kindness initiatives • Check in with high risk students
Tier 1 Supports - universal supports - MHW Coach
<ul style="list-style-type: none"> • Namao Royal Pride bulletin board activity • Mental Health Lessons focusing on critical thinking and decision making • Kimochis ongoing



Sturgeon Public Schools: Counselling and Wellness Plan

22-23

Activities:

- Bell Let's Talk Day, Jan 25th (within No Name Calling Week)
- No Name Calling Week
- Student Council start up
- All Month -Seven Sacred Teachings-educate and acknowledge when a student is displaying one or more of the seven sacred teachings. They will receive a slip and their name goes into a draw.
 - This month's theme is respect
 - Bulletin board
 - Lessons delivered school wide by the MHW coaches
 - When students are recognized for the specific attribute, their names will be put on the bulletin board and at the end of the month, they will be put into a draw for Cafe Namao

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 behaviour, understanding and expressing gratitude and showing concern for the feelings of others) CASEL

Tier 2 Supports (Counsellor)

- Impulse Control with those students needing this in Tier 2

Tier 1 Supports - universal supports - MHW Coach

- K-3 Buddy Bench
- Mental health lessons for each division that focuses on gratitude and negative self-talk
- Kimochis ongoing

Activities:

- Pink Shirt Day
- Friendship activities (ideas: friendship pen pals; friendship walks)
- Student Council
- All Month -Seven Sacred Teachings-educate and acknowledge when a student is displaying one or more of the seven sacred teachings. They will receive a slip and their name goes into a draw.
 - This month's theme is love
 - Bulletin board
 - Lessons delivered school wide by the MHW coaches
 - When students are recognized for the specific attribute, their names will be put on the bulletin board and at the end of the month, they will be put into a draw for Cafe Namao



Sturgeon Public Schools: Counselling and Wellness Plan

22-23

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)
<ul style="list-style-type: none">● Test anxiety in advance of PAT's● Course selection planning for next year● Inform students of summer school and summer camps, jobs and other opportunities
Tier 1 Supports - universal supports - MHW Coach
<ul style="list-style-type: none">● Being Present Practice (mindfulness)● Mental health lessons for each division that focuses on mindfulness and positive self-esteem● Kimochis ongoing
Activities: <ul style="list-style-type: none">● Substitute Appreciation Week● National SEL Day (March 10)● All Month -Seven Sacred Teachings-educate and acknowledge when a student is displaying one or more of the seven sacred teachings. They will receive a slip and their name goes into a draw.<ul style="list-style-type: none">○ This month's theme is wisdom○ Bulletin board○ Lessons delivered school wide by the MHW coaches○ When students are recognized for the specific attribute, their names will be put on the bulletin board and at the end of the month, they will be put into a draw for Cafe Namao



Sturgeon Public Schools: Counselling and Wellness Plan

22-23

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">• Media and digital literacy
Tier 1 Supports - universal supports - MHW Coach
<ul style="list-style-type: none">• Mental health videos/lessons for each division that focuses on conflict resolution and anxiety• Kimochis ongoing
Activities: <ul style="list-style-type: none">• Grade 9 orientations from feeder schools to the high school• Skills Canada for Grade 9 students• All Month -Seven Sacred Teachings-educate and acknowledge when a student is displaying one or more of the seven sacred teachings. They will receive a slip and their name goes into a draw.<ul style="list-style-type: none">o This month's theme is trutho Bulletin boardo Lessons delivered school wide by the MHW coacheso When students are recognized for the specific attribute, their names will be put on the bulletin board and at the end of the month, they will be put into a draw for Cafe Namao• Earth Clean-Up Day (April 21st)• April 7th - World Health Day• National Volunteer Appreciation Day April 20th (past -Volunteer Appreciation Tea)



Sturgeon Public Schools: Counselling and Wellness Plan

22-23

May

Theme - Responsible Decision Making - The abilities to make caring and constructive choices about personal behaviour 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">• Check in with students coping with anxiety in preparation for PAT's and final exam
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• Mental health videos/lessons for each division that focuses on anxiety and-self-care• Kimochis ongoing
Activities: <ul style="list-style-type: none">• May 3, Hats on for Mental Health• May 5 - Red Dress Day• Education Week, May 1st-5th• Open house for students and parents at SCHS• All Month -Seven Sacred Teachings-educate and acknowledge when a student is displaying one or more of the seven sacred teachings. They will receive a slip and their name goes into a draw.<ul style="list-style-type: none">o This month's theme is Honestyo Bulletin boardo Lessons delivered school wide by the MHW coacheso When students are recognized for the specific attribute, their names will be put on the bulletin board and at the end of the month, they will be put into a draw for Cafe Namao• Teach study and test writing skills (send video to staff or go into grade 6-9 during advisory; team approach of LC, MHW coaches, Counsellors)



Sturgeon Public Schools: Counselling and Wellness Plan

22-23

June

Theme - Responsible Decision Making - The abilities to make caring and constructive choices about personal behaviour 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• Final high school preparation for grade 9 students• Cull counselling files and shred confidential information• Organise and set dates for PD and other guests for next year• Collaborate with other school counsellors regarding high risk students transferring to other schools• Survey for families on access to counselling services as well as future needs
Tier 1 Supports - universal supports - MHW Coach
<ul style="list-style-type: none">• Check in with staff and students on SEL• Kimochis ongoing
Activities: <ul style="list-style-type: none">• Celebrations• Grade 9 Farewell• Pride Week• Whole school year end activity• National Indigenous Peoples Day, June 21st