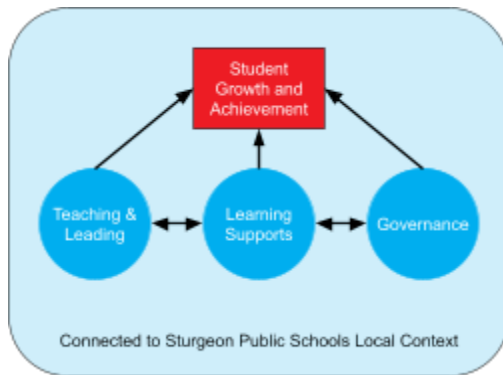




Four Winds School Counselling and Wellness Plan

Vision & Mission

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



The priority of Sturgeon Public Schools is student achievement. The domains of Teaching and Leading, Learning Supports and Governance support this priority and integrate local context to ensure Sturgeon Public students achieve. Each domain is interconnected and part of a complete system supporting student achievement.

Services and supports addressed within the counselling and wellness plans, fall most directly in two domains: Learning Supports and Local and Societal Context. This year many of the counselling resources and strategies

are specifically directed at addressing the social emotional and mental health needs related to the pandemic.

Sturgeon Public Schools has identified the following outcomes and strategies with respect to each domain:

Learning Supports: Safe Caring, Respectful and Inclusive

Outcomes:

- Public School Communities are safe, caring, respectful and inclusive
- First Nations, Métis, and Inuit students achieve and succeed as part of a community committed to understanding foundational Indigenous perspectives and knowledge
- Partnerships with external agencies are in place and used to enhance the conditions required for student achievement

Division Strategies:

- Schools foster welcoming learning environments and implement supports for physical, social, mental and emotional wellness in students
- Schools provide diverse programming to ensure the success of all students in an inclusive learning environment
- Schools implement and improve strategic plans to ensure understanding of Indigenous perspectives and knowledge



Four Winds School Counselling and Wellness Plan

- 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).



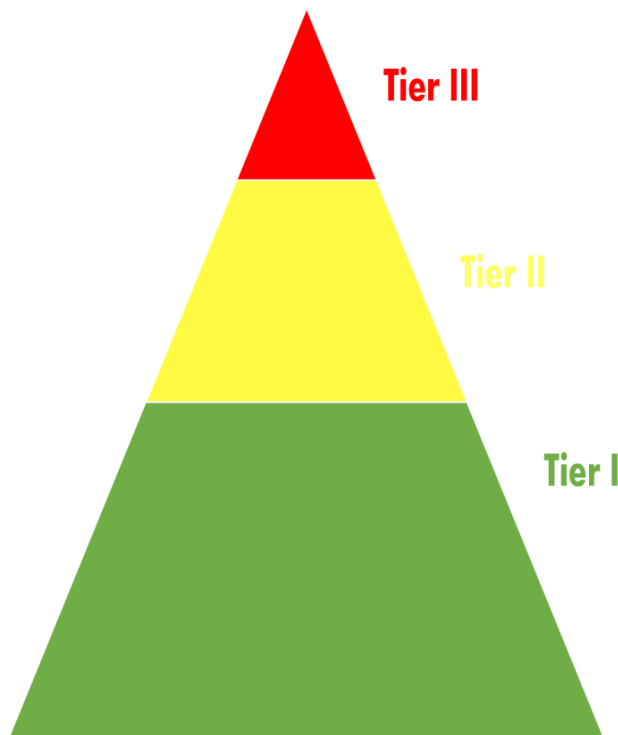


Four Winds School Counselling and Wellness Plan

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.



Four Winds School Counselling and Wellness Plan

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

Four Winds Public School is an innovative grade five to nine school in Morinville, Alberta. Serving 420 students, we offer a variety of programming including French Immersion, Dance Academy, STEAM Academy, Knowledge and Employability, and Strategies programming.

The Nest is an integrated, school-based wellness and mental health space for students at Four Winds. Four Winds students have access to a counsellor, mental health wellness coach, behavioral support lead, and indigenous counsellor. This dynamic team collaboratively works to support students and school staff while actively participating to create a positive learning environment.

SUPPORTS/INTERVENTIONS Four Winds Public School

Universal	Targeted	Individualized/ Intensive
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Four Winds School Counselling and Wellness Plan

<p style="text-align: center;"><u>Focus:</u></p> <p>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><u>Examples:</u></p> <ul style="list-style-type: none"> ● Staff greet students every morning and have attendance and check-in routine before students begin their day ● Increased outdoor activities where possible ● Webs of Support (all students connected to at least 2 adults in every building) ● Various groups/clubs and spaces that provide safe spaces for students ie: GSA, NEST 	<p style="text-align: center;"><u>Focus:</u></p> <p>Provide classroom support for groups of students with greater need.</p> <p><u>Examples:</u></p> <ul style="list-style-type: none"> ● Taming your Worry Dragons ● Amazing Brain curriculum (NME) ● Growth Mindset and Power of Yet ● Stress education and management skills ● Specific group sessions such as career exploration, success strategies, Calm & Confident (re: Anxiety) 	<p style="text-align: center;"><u>Focus:</u></p> <p>Support and refer to other agencies for students with more specific and intensive needs.</p> <p><u>Examples:</u></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 (in-person and online) ● Referral and connection with AHS Mental Health Services
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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
2. School council - please attend a School Council meeting to share
3. Staff meetings - Regular updates
4. Link in school newsletter - Once ready, have linked in the next newsletter
5. Homeroom/1st Block teachers share it with students - by monthly activities/sessions

Month by Month Outline of Counselling Duties

Ongoing Monthly Counsellor:

- Monthly newsletter submission
- Staff meeting reports/presentations



Four Winds School Counselling and Wellness Plan

- 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 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 the Administration on strategies on how to get out to stakeholders the great things happening in the building.

Month to Month Planning Four Winds Public School

August - Early September

- Do an environmental scan of the school to:
 - Ensure signage for health and safety is positively framed and developmentally appropriate
 - Support teachers in creating visuals that personally welcome students back into the school building. (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



Four Winds School Counselling and Wellness Plan

- 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 ability 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

<p>Tier 2 Supports (Counsellor)</p> <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 • Student timetable changes • 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
<p>Tier 1 Supports - universal supports - MHW Coach</p> <ul style="list-style-type: none"> • Introduce Fantastic Elastic Brain lessons as a context for support students experiencing social/emotional challenges • Introduce SEL overview to staff and explore a shared vision • Survey students to gather information about topics they want to learn about around SEL framework • Pre-Test/Survey of staff re: SEL • Lessons integrated ie) morning journals, wellness blocks
<p>Activities: Sept 1- Students begin- Grade Level Assembly to outline school expectations September 30th - National Day for Truth and Reconciliation Terry Fox Run- Whole school Activities Implementation of SEL programming i.e. Wellness Blocks</p>

October

Theme - Self Awareness - The ability 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

<p>Tier 2 Supports (Counsellor)</p> <ul style="list-style-type: none"> • Consult staff regarding appropriate student placements



Four Winds School Counselling and Wellness Plan

- In collaboration with Learning Support Lead (LSL):
 - o IPP collaboration meetings

Tier 1 Supports - universal supports - MHW Coach

Lessons in classes:

- Understanding feelings and emotions
- Growth & Fixed Mindsets
- Power of Yet

Activities:

- Create Four Winds Student Team
 - o Elementary Team
 - o Junior High Team
- Halloween - School-Wide Box Dominos to support the Food Bank and other 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

Character Education/Development- Wisdom-Thought provoking questions for students(free smoothie rewards)

-Metis Week- Activities Include: beading workshop, Rock your Mocs Nov 16th, Michif oh Canada, Metis Land Acknowledgments on announcements, Metis language introduction one word a day, possible D.E.A.R activities classroom-based.

Tier 2 Supports (Counsellor)

- Group sessions in class or outside of class i.e. handling difficult situations
- Planning for the Future
- Positive Pivot Scale for those Tier 2 students that need to improve their responses
- Collaboration with Indigenous counsellor for group sessions, and presentations.
- Focus on impact statements. Example: what is the impact you have on your community? What type of impact do you want to have on your community? What impact do your actions have? What are the consequences of your actions?

Tier 1 Supports - universal supports - MHW Coach

- Understanding the stress response
- Understanding the science of cell phone/gaming usage
- Resiliency Lessons for Gr. 8s and 9s



Four Winds School Counselling and Wellness Plan

- Calm and Confident strategies sessions

Activities:

- The Social Dilemma- School-Wide Screening and Discussion
- The NO cell Phone Challenge
- Junior High:
 - Take Our Kids to Work Day first week of Nov (Grade 9)
 - Post-secondary updates/Career Exploration

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)

- Check-in for at-risk students
- Time Management sessions for students falling behind
- Goal setting
- Collaborate with Indigenous counsellor and host mental health support group for holiday depression and anxiety
- Focus on de escalation and lowering common anxiety
- Spirit of giving/ kindness projects throughout the school
- Safety planning for Christmas break

Tier 1 Supports - universal supports - MHW Coach

- Mindful Crafts and Activities
- Gratitude exercises

Activities:

- Food Bank Collection
- Crafts for Xmas
- Xmas Hampers
- Handmade Xmas Cards

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

Character education/development-Respect. Teaching of the buffalo

Ribbon Skirt Day Jan 4th.



Four Winds School Counselling and Wellness Plan

Tier 2 Supports (Counsellor)
<ul style="list-style-type: none"> • Kindness groups (how this looks, sounds and feels) • Golden Rule perspective sessions • Understanding empathy • Social/cultural awareness presentations • D.E.A.R activity on respect for self/ others/ and community
Tier 1 Supports - universal supports - MHW Coach
<ul style="list-style-type: none"> • Connecting and learning Re: Seasonal Break tradition conversations • Mental Health and understanding mental health disorders
Activities: <ul style="list-style-type: none"> • Bell Let's Talk Day • Friendship activities • One thing I wish my teacher knew

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

Character Educations/development- Love. teaching of the Eagle

Tier 2 Supports (Counsellor)
<ul style="list-style-type: none"> • Impulse Control with those students needing this in Tier 2 • Thoughts - Visualize - Actions and how Pause can assist • Kindness grams- money raised goes to Mental health awareness • You are Tea- Frific notes for teachers • Random Act of Kindness activity
Tier 1 Supports - universal supports - MHW Coach
<ul style="list-style-type: none"> • Success Principle: $E + R = O$ (Event + Response = Outcome) • Empathy and Awareness • Perspective checking
Activities: <ul style="list-style-type: none"> • Bullying Awareness Week • Pink Shirt Day • School Valentines Activities • "Coffee" Conversations for students



Four Winds School Counselling and Wellness Plan

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

Character Education/Development- Honesty- Teaching of the Sabe

Tier 2 Supports (Counsellor)
<ul style="list-style-type: none">• Accommodations and Exemptions list for PAT's/DIP's• Course selection planning for next year• Inform students of summer school and summer camps, jobs, and other opportunities• Friendship groups• Collaborate with Indigenous counsellor for conflict resolution groups and presentations for D.E.A.R• Gold scavenger hunt throughout the school/ hide gold throughout the school
Tier 1 Supports - universal supports - MHW Coach
<ul style="list-style-type: none">• Listening activities• Being Present Practice• Problem Solving Skills
Activities: <ul style="list-style-type: none">• Break out room activities• Improv Skits and Scriptwriting (Problem Solving)• Guest Speakers and Role model speakers/guests• Clean Up for Spring Break

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

Character Education/Development- Courage, Teaching of the bear

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• Anger management groups• Earth Month awareness/ green club collaboration



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Tier 1 Supports - universal supports - MHW Coach
<ul style="list-style-type: none"> • Wellness with Friends • Understanding the impact of nutrition • What happens to my brain and body when I expend energy
Activities: <ul style="list-style-type: none"> • Grade 9 orientations from feeder schools to the high school • Skills Canada for Grade 9 students • Walking, Running, and Moving for Mental Health • Create an activity for others to participate in

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 Character Education/Development- Truth, Teaching of the turtle

Tier 2 Supports (Counsellor)
<ul style="list-style-type: none"> • Check in with students coping with anxiety in preparation for PAT's/DIP's and final exams • Study groups • Provide teacher support • The Greatest Crunch
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 • Exam Stress and how to handle it • Learning about the Importance of Sleep for teens
Activities: <ul style="list-style-type: none"> • Hats on for Mental Health • Open house for students and parents at SCHS

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)



Four Winds School Counselling and Wellness Plan

- Check with teachers regarding course placements for individual students
- Final high school preparation for grade 9 students
- 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

- Post-test/Survey with staff on SEL and how we did?
- Reflective wrap-up
- Looking forward to summer- Summer safety

Activities:

- Year-End Celebrations
- Track Day and Outdoor activities