



SIPSAW – School Improvement Plan for Student Achievement and Wellness Wellness

Goal: IF we have a plan for student mental health and well-being that aligns with the Board's strategic plan and provide opportunities for input related to the school's directions for student mental health from staff, parents/guardians, and students themselves, THEN More educators (50%+) will feel confident in their implementation of social emotional learning activities (Zones and Wits), and will indicate that they feel more confident in their understanding and teaching of SEL skills.

If we build capacity with and start implementing Zones of Regulation in our classes, then we will see an increase in our students' ability to identify their emotions and begin to utilize self-regulation strategies.

Plan:

- 1) Survey SIPSAW team for a baseline understanding of where we are at in terms of our understanding and implementation of Zones of Regulation with our students.
- 2) Capacity Building with staff based on survey results, and preparation of introductory lessons for targeted homeroom classes.
- 3) Implementation of Zones in targeted classrooms with the intention of moving to all classes. General teaching of the Zones. Then specific and targeted teaching for individual students who struggle with self-regulation: developing individualized 'toolboxes' of calming strategies.
- 4) General teaching around expected vs unexpected behavior. Co-construction of Learning Goals and Success criteria. Interaction with the Learning Goals and Success Criteria to allow students and staff to use common language around emotions and behavior. Use of resources: Lanark Health Unit, Zones of Regulation, Collaborative Problem Solving (Dr. Ross Greene).
- 5) Wellness SIPSAW. Sharing with parents through Parent Council, regular classroom newsletters and communication, and reporting on Provincial Report Card in the Learning Skills section and/or individual student's IEPs. Use of Social Media to share general information and tips for parents.

Reflection/ Year in Review: