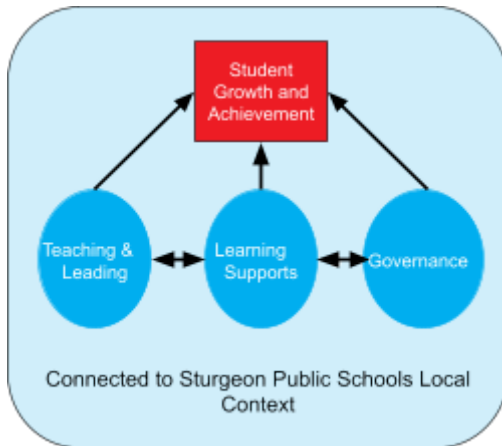




Sturgeon Public Schools: Counselling and Wellness Plan 2024-25

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
- 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



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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

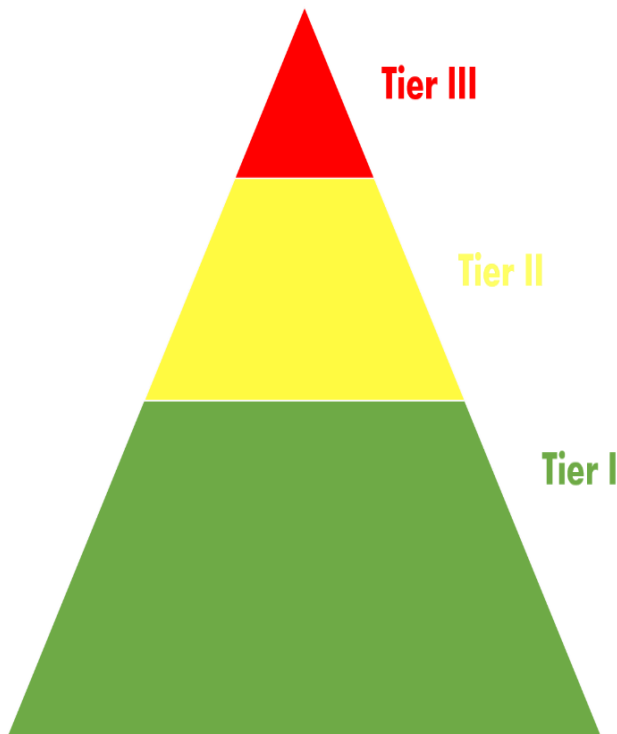


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on developing the plan, coordinating services, and providing direct and indirect support to students, staff, and parents/guardians. Successful implementation of a comprehensive Counselling and Wellness Plan positively impacts student outcomes in the 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: Lilian Schick School

Brief description: Lilian Schick School, located in Bon Accord, Alberta, is a middle school serving approximately 240 students in grades 5-9. Lilian Schick School believes all students are leaders. Students are provided opportunities to think critically, think creatively and make healthy life choices. Students are offered a strong academic core and a wide selection of unique programs. Our exciting and engaging programs suit every student's ability, interests and goals. Programs include LOGOS Christian based education, Knowledge and Employability, and land based education. Students are also offered a wide range of option courses, clubs and extracurricular activities to choose from. Lilian Schick School has a variety of supports in place to assist students with diverse learning needs.

SUPPORTS/INTERVENTIONS

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



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| <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"> ● 5-6 PysEd and Wellness ● 7-9 Health and Life Skills ● 7-9 Physical Education ● My Blueprint ● Lunch/Afterschool Clubs and sports teams ● Pink Shirt Day (Feb) ● Bullying Awareness Week, partnered with Blue Shirt Day (Nov) to support Bullying awareness and acceptance for all ● Orange Shirt Day to support Aboriginal awareness (Sept) ● Truth and Reconciliation week (Sept.) ● Metis Week (Nov) ● Indigenous Learning Throughout the Year. ● Mental Health awareness week activities (May) ● Mental Health in Schools Coach (Jen Scott) ● Child and Youth Care Worker ● Daily literacy and numeracy blocks ● Service projects (homeroom and other groups) ● Goal setting and reflection ● Community Presentations on healthy choices for Elementary and Junior High | <p>Focus: Provide classroom support for groups of students with greater need.</p> <p>Examples:</p> <ul style="list-style-type: none"> ● Take Our Kids to Work (gr. 9) ● Grade 5 orientation (Jun) ● Farm Safety presentations for elementary ● Indigenous Education Supports ● Metis Learning Coach (Daniel Lehmann) ● Indigenous Education Coordinator (Maxine Hildbrandt) ● First Nation Cultural Lesion (Andrea Delstra) ● Leadership jobs/roles ● Grade 9 PARTY Program- April 13 ● Grade 9 Distracted Driving Presentation (Oct 18) ● Social Emotional Learning activities ● Grade 10 orientation for gr. 9 students at the Comp and Redwater ● LOGOS Christian Education ● Teacher collaboration for at risk students ● Try a Trade (May) ● Mindful Mondays | <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 ● Division Social Worker - Whitney Czarnecki, Chuoy John and Kelsey Shaw ● AHS Mental Health Services ● Primary Care Network ● Suicide Risk Assessments ● Individual, school based Guidance Counselling ● Academic Testing - Level B - WIAT III (Mrs.Sudyk) ● Learning Coach and Learning Supports (Mrs. Sudyk) ● Behavior Lead (Mrs. Sudyk) ● Behavior Consultant ● IPP's and LP's ● Behaviour/Safety plans ● VTRA training ● Director of Learning Services (Shelley Greenwood) ● Coordinator of Learning Services (Shaylene Hobbs) |
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| <ul style="list-style-type: none"> ● School Store - Healthy choices (partnership with Sobeys) ● Call to Action ● RCMP liaison ● Learning HUB - MakerSpace ● Knights Attribute Education ● Social Media Club ● Breakfast Club ● Outdoor Learning Coach ● TCIS in training and practices ● Elementary Sports Club ● Partnership with BACS ● Read in Week ● Monthly KNIGHT Assemblies | | |
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Communication plan: How will the Counselling and Wellness Plan be shared with our community? (Students, Staff, Parents)

1. School Website - Nov. 30, 2024
2. School Council - January 2025
3. Staff Meetings as regular updates
4. School Newsletter sent weekly with link provided
5. Literacy and Numeracy Block Activities, as per themes

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



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- 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)
- 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
- 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:
 - 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
 - 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)

- 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 and connect with a student ambassador
- Review incoming student cumulative files
- Connecting with returning students that have accessed Supports

Tier 1 Supports - universal supports



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- Introduce SEL overview to staff and explore a shared vision
- Explore implementation opportunities in classes where curriculum outcomes align i.e. health/PEW, and LA
- Teacher lead Lessons regarding self awareness, Terry Fox character traits, Identity Shields/ Soccer Balls

Activities:

- National Day for Truth and Reconciliation (27th)
- Truth and Reconciliation Week (23 - 27)
- Terry Fox Run/Walk (20)
- Run Club
- Long Distance Track Team
- Cross County Run Event
- Keen Attributes Activities

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)

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

Tier 1 Supports - universal supports

Lessons in classes:

- Mindful mentor lessons

Activities:

- Read in Week - October 1st-4th (Community here and we went to BACS)
- Distracted Driving presentation in Morinville (18th)
- Take Me outside week (23rd)
- Oct 28 - Pumpkin Carving Contest
- Halloween Elm. Swimming Day (31st)
- Jr. High Halloween Activities (31st)
- Nobel Attribute Activities
- Nobel Assembly
- Everything but a backpack day (25)



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- Teacher Appreciation Gifts
- Custodian Appreciation Day
- Parent Teacher Conferences (16th)
- Entrepreneurship Activities
- Service Project
 - Potato harvest for food bank (Oct 16 LOGOS and 7M)

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

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| Tier 2 Supports (Counsellor) |
| <ul style="list-style-type: none"> ● Continued individual check ins |
| Tier 1 Supports - universal supports |
| <ul style="list-style-type: none"> ● Mindful Mentor sessions and supports <p>Activities:</p> <p>Junior high:</p> <ul style="list-style-type: none"> ● Parent Teacher Conferences Nov 5th ● Take Our Kids to Work Day Nov 6th (Grade 9) ● Remembrance Day Ceremony - Nov 8th ● Bullying Awareness Week Nov 18-22nd <ul style="list-style-type: none"> ○ respect activities, how to show respect ○ odd socks day Nov 22nd ○ wear blue to say no to bullying ● Metis Week - (4th - 8th). Daniel Lehmann Presentation, Metis culture, history, traditions and identity ● Book Fair Nov (4th - 8th) ● Outdoor Learning Activities ● Elementary Jr. Achievement (1st) ● Independent Attributes Activities ● Theme Day ● Art Club/ Christmas Craft ● Bookmark Competition ● Wii Club ● Board Game Club ● Book Club Day ● Elementary Leadership Planned activity afternoon (4th) ● Service Projects |

December



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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

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| Tier 2 Supports (Counsellor) |
| <ul style="list-style-type: none">● Check in for at risk students● Time Management sessions for students falling behind● Goal setting |
| Tier 1 Supports - universal supports |
| <ul style="list-style-type: none">● Deep breathing techniques, grounding techniques● Self - esteem and Peer groups● Gratitude exercises.● Giving and seasonal activities |

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| <p>Activities:</p> <ul style="list-style-type: none">● Market Day (Dec 4)● LOGOs Chapel (Dec 19th)● LOGO's retreat (Dec 16)● Leadership Lead Activities (School spirit, gratitude, giving)● Outdoor Learning experiences● Christmas Concert (Dec. 10th)● Theme Week<ul style="list-style-type: none">○ hat day○ red and green day○ holiday sweater day○ PJ day○ holiday sock day● Generous Attribute Activities - some gratitude as well● House league team challenge● Entrepreneurship bake sale● Art Club● Mindful Mondays● Leadership project - jersey day/hat day (Dec 5)● Wii Club● Book Club● Game Club● Service Projects<ul style="list-style-type: none">○ Caroling,○ Christmas cards |
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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

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| Tier 2 Supports (Counsellor) |
| <ul style="list-style-type: none"> • Check in with at risk kids after break • Continued individual and group check ins |
| Tier 1 Supports - universal supports |
| <ul style="list-style-type: none"> • Mindful Mentor Lessons <p>Activities:</p> <ul style="list-style-type: none"> • Bell Let's Talk Day (22nd) • Culture club • Educational Assistants Appreciation Day (20th) • Grade 9 Course Planning for grade 10 • No Name Calling Week (13-20) • Honest Attribute Activities • Mindful Mondays • Wii Club • Art Club • SCHS presentation (Grade 9) • Service Projects • Running Club • Online and Cyber Bullying presentations (RCMP) • Family Movie Night/ partnered with Room parent association |

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

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| Tier 2 Supports (Counsellor) |
| <ul style="list-style-type: none"> • Continued individual and group check ins. |
| Tier 1 Supports - universal supports |
| <ul style="list-style-type: none"> • Lessons on understanding and expressing gratitude • Lessons using the Kindness • Generous Classroom Lessons |



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Activities:

- Pink Shirt Day (26th)
- Appreciation Station
- Black History Month (resources, authors, knowledge)
- Outdoor Learning Activities
- Caretaker Appreciation Day (TBD)
- Winter Walk
- Tireless Attributes - associated with 100 day
- Service Projects
- Elementary Running Club
- Jr. High Ski Trip (Feb 4-5)

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 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
- Continued individual and group check ins

Tier 1 Supports - universal supports

- JH: Lessons in Health curriculum around positive relationship building and communication
- Honest Attribute Classroom Lessons

Activities:

- Relationship/Team building activities (TBA)
- Leadership Lead Activities (World Book Day/ Crazy Hair Day/ St. Pattys Day)
- Pi Day March 14th
- Local Ski trip (6th?)
- National Day of Unplugging (?)
- Substitute Appreciation Week (10-14)
- World Social Work Day (18th)
- St. Patrick's Day Activities
- Outdoor Learning Activities
- Band Camp at Nakaman - ?
- Spirited Attribute Activities
- Easter Activities
- Book Fair (17-20)
- Service Projects



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- Bus Driver appreciation Day (18th)

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

- Continued individual and group check ins.
- Continued Lessons around positive relationships and communication

Tier 1 Supports - universal supports

- Grade 9 orientations
- Relationship/Team Building activities with an emphasis on the outdoors (TBA)

Activities:

- Grade 9 orientations from feeder schools to the high school
- Farewell activities
- Leadership Lead activities.
- Administration Professional Day (23th)
- Military Appreciation Month
- Military Child Appreciation Day (14) Teal Up (11)
- PARTY Program (3rd)
- Earth Day (22)
- Sturgeon Night of Music
- Outdoor Learning Activities
- National Librarian's Day (16th)
- Theme Day
- Lilian Themed Activities
- Volunteer Appreciation Week
- Education Week (15-18)

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)



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- Check in with students coping with anxiety in preparation for PAT's and final exams
- Continued individual and group check ins

Tier 1 Supports - universal supports

- Lilian Themed Activities

Activities:

- Hats on for Mental Health (8st)
- Mental Health Awareness Week (5-9)
- Track and field
- Red Dress Day (5)
- Moose Hide Campaign
- Outdoor Learning Activities
- Service Projects
- Grade 9 Skills

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)

- Final high school preparation for grade 9 students
- Check in with at risk students before summer break

Tier 1 Supports - universal supports

- Year end reflection of what students and staff found valuable

Activities:

- Pride week (2nd-6th)
- National Indigenous Day (21st)
- Final Exams
- Grade 4-5 orientation
- Outdoor Learning Activities
- Grade 9 farewell