



## Mental Health Plan 2020-2021

### **School Mental Health Team**

**Counsellor:** Jennifer Lozeau

**LST:** Charlene van de Kraats

**Instructional Coach:** Jody Waechter

**Wellness Coach:** Michelle Crosby

**Admin support:** Donavin Simmons

**Others:** Parent Prayer Team, FCSS, LSCE, Parent Council, Student Council, Officer Muggs, PCCE, Mental Health Nurse, ATA

**School Context:** 319 students, K-9

**Guiding principles :**Flourishing Learners, Delighting in God and Inspired to Serve

What are we currently doing to build resilience and positive mental health for our students?

### **Universal**

- Teaching for Transformation - Curriculum Framework that teaches and promotes Biblical values, principles and ways of living {Throughlines, Deep Hope, Classroom Storylines, Formative Learning Experiences}
- Weekly School Assemblies - presentations by staff/class and weekly worship time {virtual assemblies for now}
- Buddy Program - class to class and whole school activities {Google Meet or Zoom}
- Clubs - Chess, homework, art, book etc. (postponed until further notice)
- Zones of Regulation, Mind up, Growth Mindset training, Executive Functioning Activities, Superflex (emotional intelligence)
- Student led school initiatives: School Wide Theme(Storyline), Carnivale, Market Day, Amazing Race/Field Day, Movie Nights, Mini Mall etc. (many of these activities have move to an online version or have been postponed during Covid)
- K - 6 Classroom visits that promote discussions about mental health issues and share strategies for healthy thinking.

**Targeted:**

- Cougar Cubs - this involves identifying and sharing the names and details of students of special concern
- Junior High Retreat - Grades 7 - 9 Held at school this year with a focus on building relationships and teamwork
- Christmas Event - Celebration and Community Building (Virtual)
- Junior High Chapel - Worship/Lesson/Small Groups - adapted to meet Covid requirements

**Individual/Specialized:**

- Regularly scheduled alternative plan/schedules for students struggling to be successful in a classroom.
  - Students support staff and develop areas of strength - PE, tech, art, math, etc.
- Student Jobs - Specific students are given jobs that help them to have positive social experiences in the school

Where are the gaps in services for students?

**Universal:** Finding ways to connect with our greater community to seek out opportunities for virtual learning.

**Targeted:** Collaborate with the School Linked Team on further ways to support students

**Individual/Specialized:** Connecting parents with additional community supports.

What do we plan to do for the 2020 - 21 school year to build resilience and positive mental health for our students?

**Universal:** Continue to implement our successful initiatives and work to create new opportunities. Connect regularly with classroom teachers to find out what the specific class/student needs are. Encourage and educate staff and parents about dealing with mental health issues.

**Targeted:** Expand and equip our team of teachers/staff available for daily student visits, Support teachers as they create formative learning experiences for their students. Provide resources for classroom use.

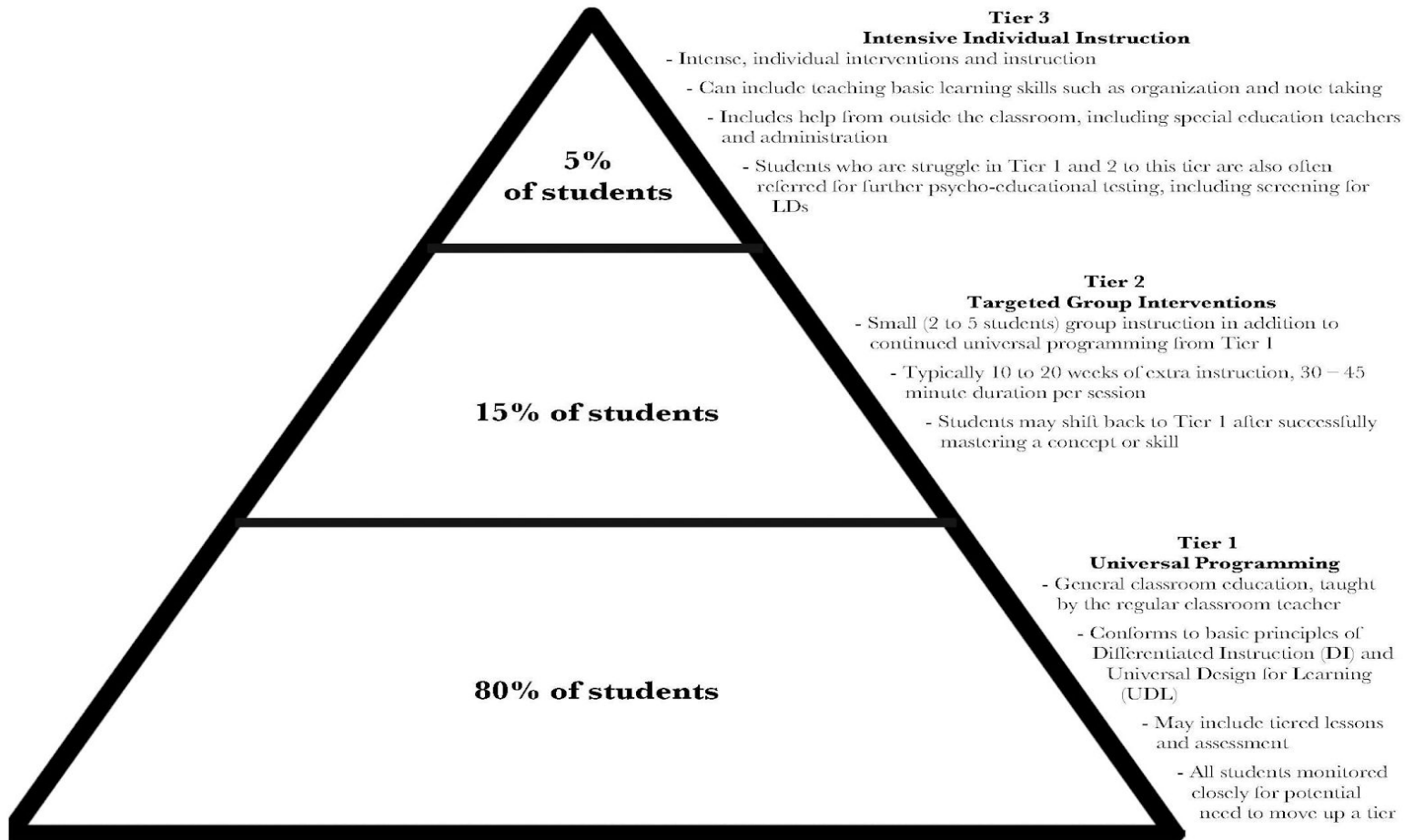
**Individual/Specialized:** Train staff to provide students with complex needs Individual attention and instruction

**Where does our Mental Health Plan fit in the scope of Comprehensive School Health?**

Comprehensive School Health	Mental Health Plan
<p>Active Living:</p> <ul style="list-style-type: none"> <li>● Daily opportunities</li> <li>● Team opportunities</li> <li>● Non team-based opportunities</li> </ul>	<p>Students</p> <ul style="list-style-type: none"> <li>● Individual</li> <li>● Family support</li> <li>● Groups</li> <li>● Grade-level</li> <li>● Classroom</li> <li>● School-wide</li> </ul>
<p>Healthy Eating</p> <ul style="list-style-type: none"> <li>● Healthy choices</li> <li>● Healthy alternatives</li> </ul>	<p>Parents</p> <ul style="list-style-type: none"> <li>● Navigating services</li> <li>● Parent Information Nights               <ul style="list-style-type: none"> <li>○ Parenting teens</li> <li>○ Anxiety and Depression</li> <li>○ Substance use</li> <li>○ Other?</li> </ul> </li> </ul>
<p>Positive School Climate</p> <ul style="list-style-type: none"> <li>● Student Groups</li> <li>● School-wide activities</li> <li>● School-wide events</li> <li>● Assemblies</li> <li>● Peer relationships</li> <li>● Staff/student relationships</li> </ul>	<p>School Staff</p> <ul style="list-style-type: none"> <li>● Professional Development</li> <li>● Mental Health Days</li> <li>● Staff events               <ul style="list-style-type: none"> <li>○ Dress up</li> <li>○ Appreciation activities/events</li> </ul> </li> </ul>

**2020-21 Goals/Mental Health Plan:**

<b>Goals</b>	<b>Delivery/activities</b>	<b>Roles and Responsibilities</b>	<b>Timeline</b>
To support our student council members in becoming active leaders in our school community.	Meet regularly to share ideas and build relationships.	Develop opportunities for whole school activities that support a strong sense of community.	Ongoing
Provide a sense of community support	Gather virtually weekly to share a time of teaching and worship	Mr Simmons and selected teacher/class will present to the school on a connecting theme.	Ongoing
Nurture a sense of belonging	Talking circles/morning meetings	Teachers: Provide opportunities that promote an engaging and supportive classroom environment. Counselor: Provide resources and support.	Ongoing



## Role of Various Support Positions for Schools

<b>Learning Support Teachers</b>	<b>Role:</b> Coordination of services (e.g. referrals, resources etc) and <u>intervention for students</u> (e.g. academic support, behaviour support plans)
<b>Counsellors</b>	<b>Role:</b> Facilitate the development of a <i>School-Wide Mental Health Plan</i> ; coordinate universal mental health and career development supports for ALL students. NOTE: Individual/personal counselling may be part of the Counsellor's role depending on FTE allocated for Counselling at the school level <b>and</b> level of counsellor training.
<b>Family School Liaison Workers</b>	<b>Role:</b> Universal mental wellness promotion and targeted solution-focused interventions (groups, individuals); resources for school staff and families; liaise with other community-based services; help track/support students in care (Success in School Plans).
<b>Mental Health Capacity Building Coordinator</b>	<b>Role:</b> Provide leadership, direction and structure to support the overall vision, mission and objectives of the MHCB Initiative.
<b>Other Mental Health Services:</b> Mental Health Nurse Mental Health Therapist	<b>Role (Nurse):</b> Consultation with staff and parents regarding management of psychotropic medication and coordination of mental health services.  <b>Role (Therapist):</b> Clinic-based therapy for children/youth.
<b>Instructional Consultants/Coaches</b>	<b>Role:</b> Provide a variety of services for schools as required in support of student learning and development: coaching, consulting, resources, professional learning workshops, case conferences etc. Assist school-based leads in accessing other services as appropriate including psychoeducational assessments.
<b>Other Consulting Services:</b> Psychology Speech-Language Therapy Occupational Therapy Physical Therapy Deaf and Hard of Hearing Blind and Low Vision	<b>Role:</b> Provide a variety of services for schools as required in support of student learning and development: coaching, consulting, resources, professional learning workshops, case conferences etc.

Educational Audiology Alternative and Augmentative Communication Assistive Technology	
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