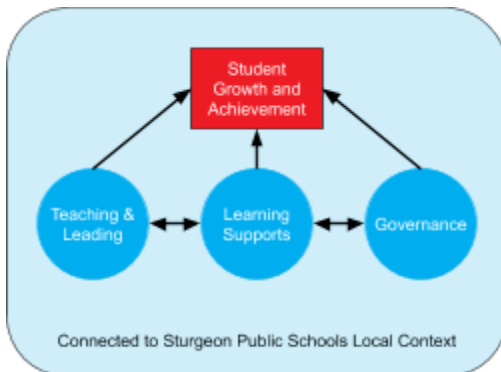


Gibbons School Counselling Wellness Plan

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 Learning, Learning Supports and Governance support this priority and integrate local context to ensure students of Sturgeon Public schools 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 and needs related to the pandemic.

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

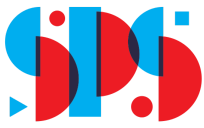
Learning Supports: Safe Caring, Respectful and Inclusive

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.
- Sturgeon Public Schools will ensure that partnerships are developed and maintained to support student health and wellness.



Gibbons School Counselling Wellness Plan

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 inter-related 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).



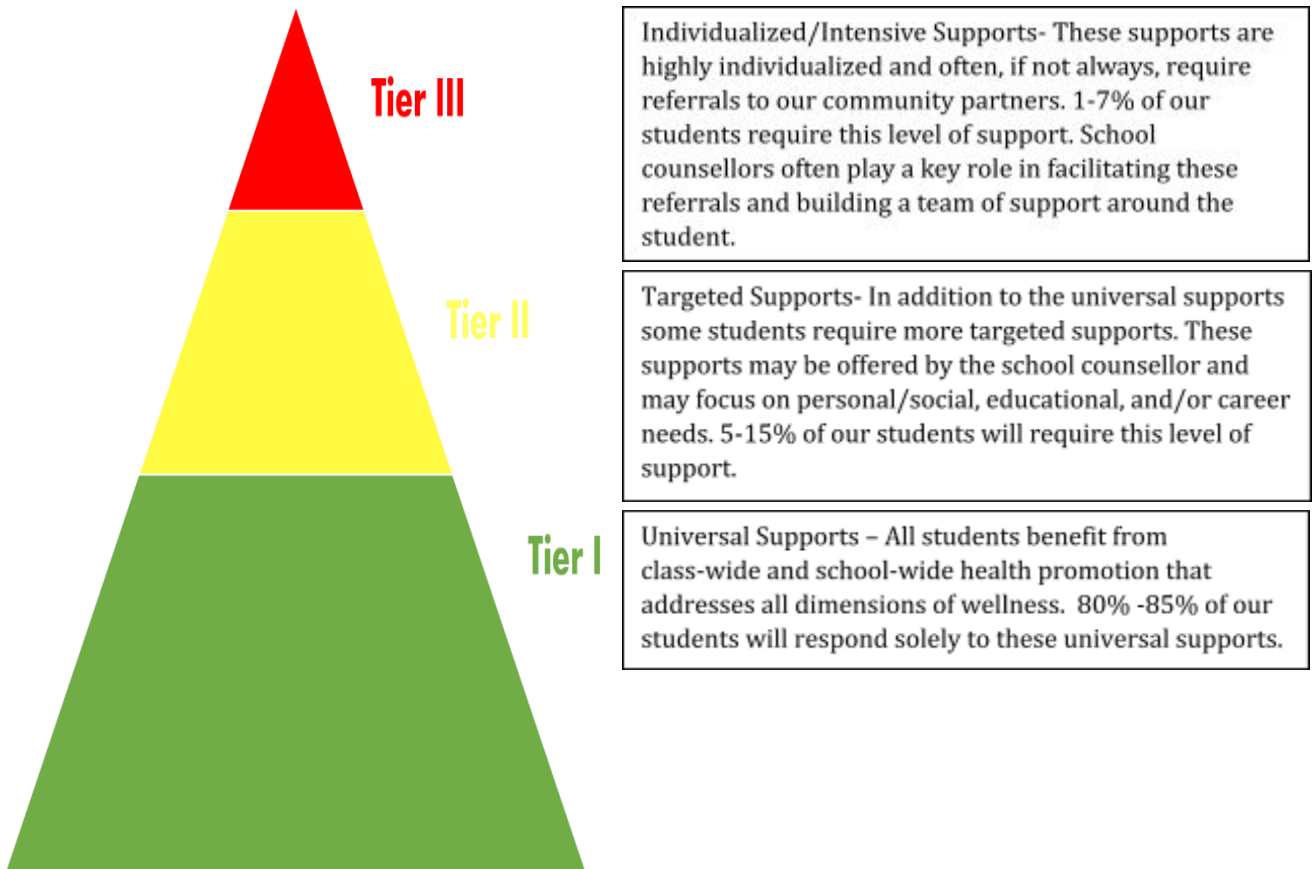


Gibbons School Counselling Wellness Plan

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.

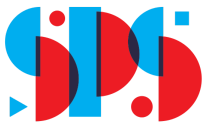
Pyramid of Supports / Interventions

Sturgeon Public Schools uses 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:

<https://docs.google.com/document/d/15Z7ru6uDWci2eiClrsdFP3G6UmCRDEAWiB6b0ziTVZM/edit>



Gibbons School Counselling Wellness Plan

A Collaborative Approach to Supporting Our Students

Brief description: Gibbons School is located in the town of Gibbons and has ~280 students from Gibbons and the surrounding area in grades 5-9. Gibbons School's mission is to work cooperatively with parents, students and staff to provide a safe and caring learning environment. Our belief is that through the creation of a positive learning environment students will gain self-esteem and be provided the opportunity to:

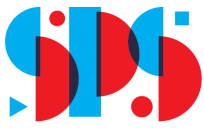
- Realize their full potential (intellectually, socially, physically, artistically & emotionally).
- Become productive life-long learners and citizens.
- Develop their unique strengths and celebrate individual differences.
- Foster respect for self and others.

SUPPORTS / INTERVENTIONS

Below is a list of examples of supports that Gibbons School provides. This is not an exhaustive list but a general list of supports meant to guide the school and the community about the ways in which we support our children. Please treat this plan as a working document that we can edit and change together as a community to serve our kids current needs.

From time to time the school may send out surveys for students and/or parents to complete to help direct the focus of supports for the year and/or next year.

| Universal (Available to All) | Targeted (A Class or Small Groups) | Individualized/ Intensive (Very small group or 1-1) |
|--|---|---|
| <ul style="list-style-type: none"> ● 5-9 Health & PE Classes ● Outside recesses (weather permitting) ● Whole class options - Outdoor Games, Games, Mindfulness/Yoga, Art, Film Studies ● Regulation equipment - standing desks, wiggle chairs/cushions, alternative lighting (covers or different lamps) ● Awareness events - Pink Shirt Day, Orange Shirt Day, Mental Health Awareness Week, etc ● Zones of Regulation ● Positive Behaviour Supports | <ul style="list-style-type: none"> ● Virtual Career Fair / Take Your Kids to Work Day (Gr7-9) ● High school planning (Gr9) - started in health classes (myBlueprint) - meetings done by SCHS staff ● Elementary Orientation (Gr5) ● Learning Coach (LC) - teachers can book time to have LC co-teach a class or have her teach the main group while the teacher works with a small group out students who need more targeted/directed | <ul style="list-style-type: none"> ● Periodic 1-1 counselling / check-ins with counsellor when there is an acute crisis or issue ● Periodic peer support counselling with counsellor - peers as identified by student(s) ● Referrals to outside sources when more medium-long term or intensive support is needed. This includes: <ul style="list-style-type: none"> ○ Family Support Worker ○ AHS Mental Health Services ○ PCN or other outside counselling |



Gibbons School Counselling Wellness Plan

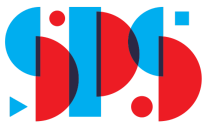
| | | |
|---|---------|--|
| <ul style="list-style-type: none">• Power Announcement / Newsletter / Facebook page (AHS or other events) | support | <ul style="list-style-type: none">• Suicide Risk Assessments• Academic testing (Level B - WIAT III)• Restorative Justice• Collaborative Problem Solving |
|---|---------|--|

Communication plan -- How will the Counselling and Wellness Plan be shared:

Link to doc posted on Gibbons School website, and placed in the FB page information section. The link will also be placed in the online school newsletter.

https://docs.google.com/document/d/1p-KxIq1N4l0ObOp1qupGVPPF7Q34E_gSErEdoUNBFZ_Q/edit?usp=sharing

The plan will be shared with Parent Council and reviewed in a staff meeting each year.



Gibbons School Counselling Wellness Plan

Month by Month Outline of Learning Support Lead & Counselling Duties

Ongoing Monthly Duties

- Staff meeting reports and check ins
- Individual counselling
- Counselling bulletin board
- Forwarding ongoing PD for professional and paraprofessional staff relating to wellness, mental health, anxiety etc...
- Represent counselling on the school leadership team – ongoing updates and collaboration with administrators
- Attend counsellor meetings – collaboration and mentorship with other counsellors in the division
- Monitor student attendance/achievement → At-risk student meetings with staff

August

- Begin consultant referral process for students with diverse learning needs
- Plan for educational assistant time in classrooms requiring additional support
- Review psycho-ed reports for following year and provide summary reports to teachers
- New student intakes
- Review current student CUM files
- Review proposed timetable and class lists for upcoming school year including course changes
- Registration and timetable / program changes

September

- Introduction of guidance counselling program to students
- Student timetable changes
- Meet with students new to the school and community
- Review incoming student cumulative files
- Orange Shirt Day

October

- Consult staff regarding appropriate student placements
- IPP collaboration meetings

November

- Planning for Career Fair/Presentation ideas for junior high students
- Take Our Kids to Work Day first week of Nov (Grade 9)
- ATA Council of School Counsellors Conference
- Bullying Awareness Week

December

- Check in with at risk students
- Follow-up to parents/guardians of students with diverse learning needs



Gibbons School Counselling Wellness Plan

January

- Shaping the Future Conference

February

- Attend counselling sessions at teachers convention (look at presenting sessions on Mental Health and Grief Counselling)
- Individual High School planning meetings for Grade 9 students
- Pink Shirt Day

March

- 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

April

- Grade 9 orientations from feeder schools to the high school - course selection signups
- Skills Canada for Junior High

May

- Hats on for Mental Health
- Open house for students and parents at SCHS
- Complete accommodations list for final exams
- Check in with students coping with anxiety in preparation for PAT's/DIP's and final exams

June

- Check with teachers regarding course placements for individual students
- Begin balancing class sizes for next year
- Final high school preparation for grade 9 students
- Homeroom teachers cull cumulative files moving to SCHS
- Cull counselling files and shred confidential information
- Organize and set dates for PD and other guests for next year