

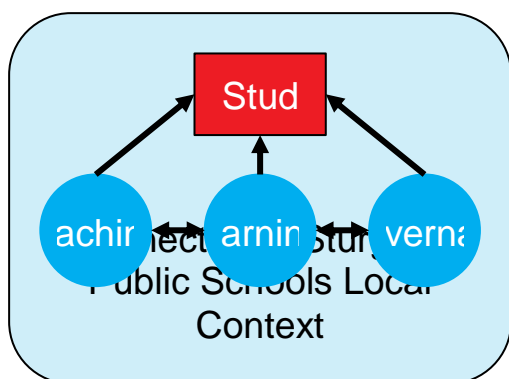
Landing Trail School Counselling Wellness Plan

A Collaborative Approach to Supporting Our Students

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.

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- 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 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).



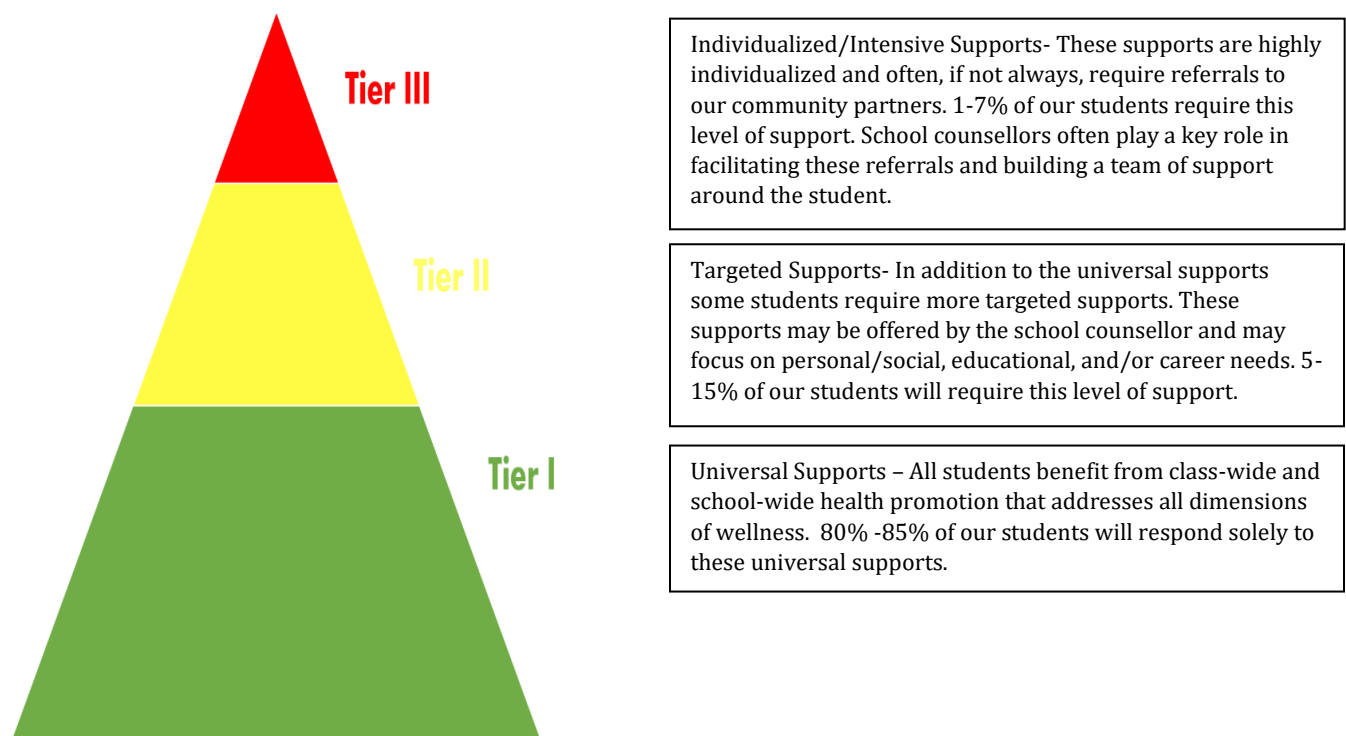
Each school has a Counselling and Wellness Plan which is developed for all students and focuses on the six dimensions of wellness. This plan provides a balanced approach, offering developmental preventative activities to all students as well as appropriate and timely interventions for individual students that require higher levels of support. This plan is a joint responsibility of the entire school

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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/15Z7ru6uDWci2eiClrsdFP3G6UmCRDEAWiB6b0zjTVZM/edit>

Landing Trail School has approximately 400 students in the town of Gibbons, serving the community and area in Headstart to grade 4. We are a caring community which maintains a safe and engaging learning environment where everyone can reach their creative potential. At Landing Trail we are committed to building a confident and innovative learning community so our students can become collaborative leaders and successful citizens.

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SUPPORTS / INTERVENTIONS

Below is a list of examples of supports that Landing Trail School provides. This is not an exhaustive list but a general list of supports meant to guide the school and school community about ways we support our children.

Universal	Targeted	Individualized/ Intensive
<ul style="list-style-type: none"> ● K-4 Health and Life Skills ● K-12 Physical Education ● Neurosequential Model in Education (NME) ● Webs of Support ● Zones of Regulation ● Positive Behaviour Supports ● Career Fairs (TBD) ● Safe Space ● Awareness events (Pink Shirt Day, Orange Shirt Day, Mental Health Awareness Week, etc) ● Bike Rodeo (TBD) ● Identity Day 	<ul style="list-style-type: none"> ● Mindfulness ● Inclusion support teachers (pull out for small groups) ● Grade 4 and ECS transition planning ● Orientation for grades 4's ● Orientation for preschool students coming to kindergarten ● Internet Safety - grade 4's ● Regulation equipment - standing desks, wiggle chairs/cushions, theraband, fidgets, alternative lighting, etc... ● LLI ● Success in Schools ● School liaison officer 	<ul style="list-style-type: none"> ● Family Support Worker - Division ● AHS Mental Health Services ● Individual Check-Ins ● Suicide Risk Assessments ● School Based Mental Health Therapist ● Individual Guidance Counselling ● Sensory room ● Academic testing (Level B - WIAT III) ● Behavior Plans ● Safety Plans ● IPP's ● Learning Plans ● Psychological assessments ● VTRA

Communication plan: How will the Counselling and Wellness Plan be shared with the community?

1. School website
2. Staff handbooks