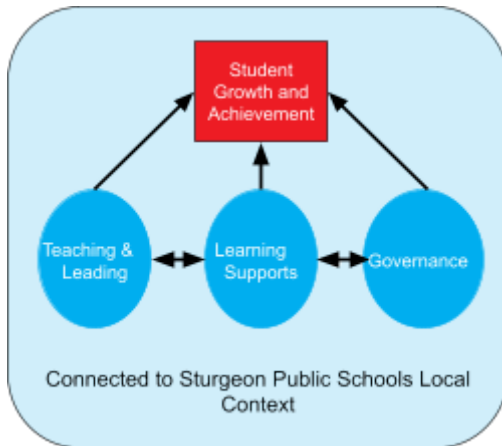




Sturgeon Public Schools: Counselling and Wellness Plan 2024-25

Mission & Vision

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

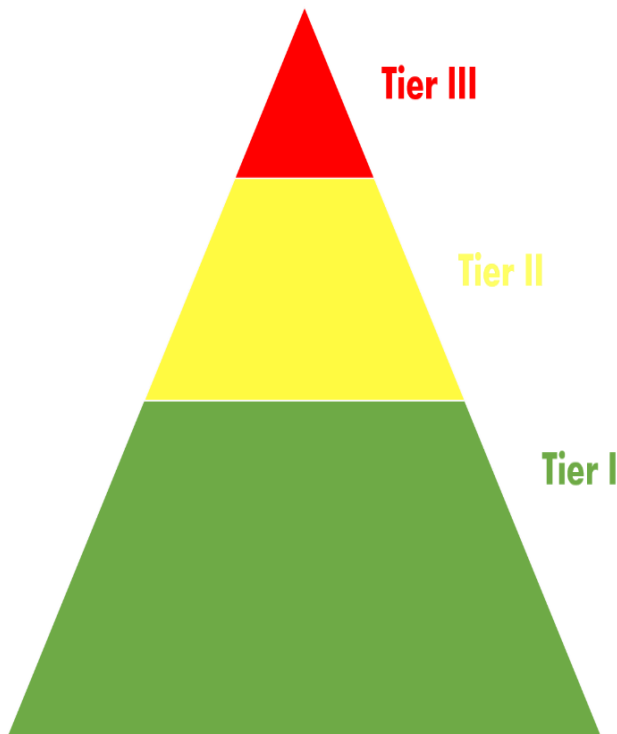


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on developing the plan, coordinating services, and providing direct and indirect support to students, staff, and parents/guardians. Successful implementation of a comprehensive Counselling and Wellness Plan positively impacts student outcomes in the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

Brief description: Guthrie School, located on the military base in Lancaster Park, serves students from Pre-Kindergarten to Grade 9, with an enrollment of approximately 238 students. The school maintains a close connection with the military base, and the vast majority of our students come from military families. Working in partnership with parents, the military base, and the wider community, Guthrie School cultivates values such as respect, cooperation, and a passion for learning. The school offers a safe, caring environment and embodies a true sense of community, fostering growth and achievement for every student.

SUPPORTS/INTERVENTIONS

Universal	Targeted	Individualized/ Intensive
<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"> ● Kimochi (K-4) ● Zones of Regulation, Social Thinking and Growth Mindset lessons available to all classrooms ● Positively phrased/ developmentally appropriate signage for students identifying “Safe” spaces ● Greeters at all entrances ● Weekly School Based Team meetings with Learning Coach, Admin and Counsellor ● SEL lessons with HYPE 	<p>Focus: Provide classroom support for groups of students with greater need.</p> <p>Examples:</p> <ul style="list-style-type: none"> ● Social Skill development lessons specific to the social context ● HYPE - Small groups and classroom lessons 1x/week ● Positive Playgrounds ● MFRC targeted groups; deployment, PTSD, etc. ● Sensory Rooms ● Learning Support Lead and Learning Coach ● Counsellor ● Family Support Worker ● Academic testing (WIAT) ● Learning Plans and IPPs ● Counselling peer groups with the Sturgeon County Family Support Worker. ● Dandelion Club after-school club for students whose parents 	<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 with students and families ● Suicide Risk Assessments ● Complex Services Team involvement for complex needs students ● Individual Guidance Counselling sessions ● Referral and connection with AHS Mental Health Services ● Referral and connection with MFRC Social Workers ● VTRA trained staff ● IPPs, Behaviour and Safety Plans ● Sensory rooms ● Referral and connection with CASA classroom. ● MFRC specific group



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<p>are available for all classes</p> <ul style="list-style-type: none">● School lunches are available for all students who need them.● After-school groups such as Craft Club, Cricut Club, GSA, Dandelion Club, Gator News Network, Running Club and various sports teams● Incredible Flexible You/Social Detectives/Social Explorers available● Positive Behaviour Supports● Safe Spaces● Gender-neutral washroom for students● Military Family Resource Centre Programming and services open to all students● Month of the Military Child - Teal Up Day● Student and Grad Councils● Personal/Healthy Boundaries (Health K-9)● Media Safety Lessons● Saffron, SAIF and SACE presentations● Awareness events (Pink Shirt, Orange Shirt)● TCIS Training for all staff	<p>are deployed or on course.</p>	<p>sessions such as Successful Student Strategies, Calm & Confident (re: Anxiety), Feelings Detectives, Yack and Gobble (deployment group).</p> <ul style="list-style-type: none">● VTRA level 1 and 2 for select staff members
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Communication plan: How will the Counselling and Wellness Plan be shared with our community? (Students, Staff, Parents)



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1. Completed, uploaded in Counsellors Shared Drive and on the School website - By January 2025
2. School Council - please attend a School Council meeting to share - by January 2025
3. Staff meetings - Regular updates
4. Link in school newsletter - Once ready, have linked in the next newsletter

Month-by-Month Outline of Counselling Duties

Ongoing Monthly Counsellor:

- Staff meeting reports/presentations
- Individual counselling
- Check-ins with staff
- Represent counselling on the school leadership team – ongoing updates and collaboration with administrators
- Attend counsellor meetings – collaboration and mentorship with other counsellors and coaches in the division
- Monitor student attendance/achievement/engagement
- 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

Tier 2 Supports (Counsellor)



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- Collaborative teacher meetings to discuss:
 - The whole class needs to determine an appropriate target intervention
 - discussing at-risk students
- Meet with students new to the school and community
- Review incoming student files and connect with previous school teams
- Connecting with returning students who have accessed Supports
- In Collaboration with Admin and Learning Coach, review all coded kids, discussing current class placements and needs moving forward

Tier 1 Supports - Universal Supports

- Meet with HYPE and discuss lessons as a context for supporting students experiencing social/emotional challenges
- Plan SEL presentations - Saffron, SAIF, SACE or NED Presentations

Activities:

- Suicide Prevention Day
- September 30th - National Day for Truth and Reconciliation
- Plan whole school presenters - NED Saffron, SAIF and guest speakers

October

Tier 2 Supports (Counsellor)

- Check-ins with students in need
- Consult staff regarding appropriate student placements
- IPP collaboration meetings
- Parent meetings with students of concern
- Meetings with community agencies (MFRC) to reacquaint with staff and plan future possible collaborations

Tier 1 Supports - universal supports

- Hype lessons begin
- Wiseguys lessons every Wednesday for grade 9 boys

Activities:

- Plan yearly presentations - SAIF, Saffron, SACE or NED
- October 25 - IPP's Due - review and collaborate
- October 31 - Halloween parade

November

Tier 2 Supports (Counsellor)



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<ul style="list-style-type: none"> • Check-ins with students in need • Dandelion Club for students with deployed parents • Sailing through life changes group with Sturgeon FCSS • Smudging offered Friday Mornings
Tier 1 Supports - universal supports
<ul style="list-style-type: none"> • Continue HYPE lessons • Kimochi lessons begin with K,1,2 • Wise Guys
Activities: <ul style="list-style-type: none"> • Saffron Center presentations to grades 1, 5, 6 • Parent-teacher interviews

December

Tier 2 Supports (Counsellor)
<ul style="list-style-type: none"> • Check-in for at-risk students • Dandelion club continues • Smudging on Friday mornings begins • Transition meetings for CASA classroom students • Smudging offered Friday Mornings
Tier 1 Supports - universal supports
<ul style="list-style-type: none"> • Continue HYPE lessons • Continue Kimochi lessons with K,1,2 • Wise Guys
Activities: <ul style="list-style-type: none"> • Christmas concert • Christmas Spirit Week: X-Mas sweater, X-Mas hat, door decorating contest, PJ day • Candy Grams • Food bank drive

January

Tier 2 Supports (Counsellor)
<ul style="list-style-type: none"> • Check-in for at-risk students • Dandelion club continues • Sailing through life changes finishes, discuss next counselling groups • Smudging offered Friday Mornings



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Tier 1 Supports - universal supports
<ul style="list-style-type: none">● Finish this round of HYPE lessons● Continue Kimochi lessons with K,1,2● Begin Kimochi lessons with 3&4● Begin the next round of HYPE lessons with new classes● Wise guys
Activities: <ul style="list-style-type: none">● Bell Let's Talk Day● No name-calling week

February

Tier 2 Supports (Counsellor)
<ul style="list-style-type: none">● Check-in for at-risk students● Dandelion Club wraps up● Mini coping skills boot camp with the MFRC● Smudging offered Friday Mornings
Tier 1 Supports - universal supports
<ul style="list-style-type: none">● Continue HYPE lessons● Continue Kimochi lessons with K,1,2,3,4● Wise Guys
Activities: <ul style="list-style-type: none">● Bullying Awareness Week● Pink Shirt Day● Division PreK Open House● Guthrie Open House

March

Tier 2 Supports (Counsellor)
<ul style="list-style-type: none">● Accommodations and Exemptions list for PAT's● Check-in for students● Dandelion Club wraps up● Mini coping skills boot camp with the MFRC continues● Smudging offered Friday Mornings
Tier 1 Supports - universal supports
<ul style="list-style-type: none">● Continue HYPE lessons



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<ul style="list-style-type: none"> • Continue Kimochi lessons with K,1,2,3,4 • Indigenous lead residence 3rd-7th • Wise Guys
<p>Activities:</p> <ul style="list-style-type: none"> • International Women's Day • St Patrick's Day • National Day for Unplugging • Spring Break • Sugar Shack

April

Tier 2 Supports (Counsellor)
<ul style="list-style-type: none"> • Check-in for students • Smudging offered Friday Mornings
Tier 1 Supports - universal supports
<ul style="list-style-type: none"> • Continue HYPE lessons • Last month for Kimochi lessons with K,1,2,3,4 • Wise Guys
<p>Activities:</p> <ul style="list-style-type: none"> • Month of the Military Child • Teal Up Day • Earth Day • World Book Day • Grade 9 orientations to the high school

May

Tier 2 Supports (Counsellor)
<ul style="list-style-type: none"> • Check-in with students coping with anxiety in preparation for PATs/final exams • Check-ins with students in need • Transition planning in collaboration with teachers • Smudging offered Friday Mornings
Tier 1 Supports - universal supports
<ul style="list-style-type: none"> • Continue HYPE lessons • Continue Kimochi lessons with K,1,2,3,4 • Wise Guys



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Activities:

- May 1st - 3rd - Education Week and Mental Health Week
- Hats on for Mental Health
- Open house for students and parents at SCHS

June

Tier 2 Supports (Counsellor)

- Check with teachers regarding course placements for individual students
- Final high school preparation for grade 9 students
- Cull counselling files and shred confidential information
- Smudging offered Friday Mornings

Tier 1 Supports - universal supports

- Finish HYPE lessons
- Wise guys

Activities:

- Celebrations and wrap-ups (awards and Grad)
- Pride Week in collaboration with the Military Base events
- PAT's
- Family Fun events and end-of-school-year celebrations
- National Indigenous Day