



SIPSAW – School Improvement Plan for Student Achievement and Wellness – Wellness 2019-2020

Goal:

100% of our educators will implement social emotional learning activities through the Everyday Mental Health Classroom (EMHC) Resource and Zones of Regulation Program and will plan weekly lessons using the resources. This will be assessed using pre-implementation, mid and post self reflection surveys.

Our focus students will become more proficient at using the strategies from the EMHC and Zones to deal with stress and self-regulation as tracked by their teachers.

Plan and Act:

Review the learning goals and success criteria with staff:

Learning Goals

- We are learning how to create mentally healthy classrooms
- We are learning how to monitor for impact

Success criteria

- We can build educator efficacy in understanding the core elements of social emotional learning.
- We can create the conditions that allow educators to build students' social emotional learning; to explore '[Every Day Mental Health in Classrooms](#)' to build social emotional skills; and to implement Zones of Regulation to build self-regulation skills in their classrooms.
- We can build educator efficacy in strategically selecting, implementing, and monitoring effectiveness of activities from the 'Every Day Mental Health in Classrooms' Resource and the Zones of Regulation Program to develop our students' core skills in being mentally healthy and ability to self-regulate.
- Our focus students will become more proficient at using the strategies from the EMHC and Zones to deal with stress and self-regulation as tracked by their teachers.
- Survey staff about where they are with respect to reaching our goal.
- Survey students about their basic knowledge of Zones of Regulation.
- Have conversations with students about their behaviours and choices.
- Share the plan with school council.
- Set up some alternate to recess time in the afternoons that the students can access. The focus during that time will be Zones of Regulation games and strategies.
- Run a Zones group twice weekly for a tiered intervention using Zones resources and games.
- Each classroom has a Zones mat space with posters describing the zone colours and descriptions. They also have a toolkit that students can use to get themselves back to the green zone.

Reflection/ Year in Review: Posted June 14, 2020

