



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

**Goal:** All SFDCI teachers will work in collaborate groups to plan and facilitate a cross curricular learning opportunity for their students. Teachers will use the purposeful planning tool to plan their big idea. As a result, we will see a 15% increase of students who feel academically engaged and who value school outcomes, and we will see a 7% decrease of students who report feeling high levels of anxiety as indicated on OurSchool 2020 survey results.

**Plan:**

- At the September Staff Meeting, the Wellness Team presented our school’s SIPSAW goal and next step to the staff. The team highlighted our students’ high anxiety levels, lack of engagement and not valuing education, as per OurSchool 2019, as our target areas to influence.
- At the October PA Day, Teachers divided into groups to form collaborative teams, to use the purposeful planning template to plan a cross curricular engaging learning activity for their students. Collaborative teams shared their ideas with administration.
- The Wellness Team will create a survey, that aligns with OurSchool, for students to complete that assesses the impact of teacher collaboration and cross curricular programming on students’ anxiety levels and engagement.
- All staff completed the *Leading Mentally Healthy Schools Reflection Tool* in October 2019; results to be analyzed. All staff will complete the reflection tool a second time in May 2020; the Wellness Team will compare the results of the surveys to track the impact of the “plan and act” of the SIPSAW.
- In October 2019, students completed a form asking them to identify their trusted adult (student voice). Students who indicated that they could not identify a trusted adult or did not complete the survey, will meet with their guidance counsellor and/or teachers will select students to act as their caring and supportive adult. Teachers will be provided with the names of the students who identified them as a trusted adult and/or who they selected. We will look to arrange regular check ins.
- The Wellness Team will deliver “Mindful Minute” to the entire school once per week, with the goal to teach strategies for stress reduction.
- The Wellness Team will offer yoga to students free of cost. Students will be referred by staff and/or voluntarily participate.
- The Wellness Team will be posting SFDCI Pathway to Care in all staff washrooms and Mental Health Resource list in all student washrooms.

**Reflection/ Year in Review: Posted June 2020**

