



Wellness Team:

**Annual Goal Progress; Plan
Update; Proposed Annual Goals**





Thanks to:

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Overview

Recap 8 goals from prior planning period

Make proposals / changes to the current plan

Based on changes to plan, proposed 6 new goals / initiatives to drive wellness at ILCS





Past Goals

1

Parenting Strategies - **Fully In Place**

SST, SCAT, IEP, Literacy Night, Referrals

2

Community involvement in school health initiatives - **Fully In Place**

Connection with LLMU Mend Program,
MH Community Organizations, Ties with
local doctors

3

Breakfast and Lunch Programs - **Fully In Place**

Meals provided free of charge

4

School Breakfast - **Under Development**

Requires a 2nd chance breakfast option



Past Goals

5

Student and family involvement in the school meal programs and other foods and beverages sold, served and offered on school campus. - **Partially In Place**

Student/Family input is not frequent

6

Professional development for classroom teachers - **Under Development**

Teachers have PD opportunities, but not required for all staff

7

Programs for staff members on healthy eating/weight management - **Fully In Place**

The ILCS benefits package provides these opportunities

8

Stress management programs for staff - **Partially In Place**

The ILCS benefits package provides these opportunities

Revised Wellness Plan



- Additions of mental wellness access language
- Implementation of Social Emotional Learning to build resilience
- Celebrations & Rewards
 - ◆ Eliminate treats for birthday celebrations
 - ◆ Encourage staff to avoid non-nutritious foods
 - Celebrations / Rewards

Revised Wellness Plan



- Nutrition Education - Provided at each grade level as part of a sequential standards based health curriculum
- Updates to physical education / recess
- Staff Pulse Check In - Bi Annual



Spotlight - Mental Health



MTSS Model - 3 Tiers

Tier 1 - Classroom & Access for all

- Roar to Success
- 8 Key Strategies
- Character Strong
- Morning Meetings (3rd and 6th)
- Kelvin Surveys
- Conscious Discipline



Tier 2 - Targeted Interventions

- Student Success Team Meetings
- Internal Counseling Referrals
 - Behavior (Bx)
 - Social
 - Emotional
- Staff Consults
- In Class Supports (behavior)
- Staff Behavior Training
- Parent Supports
- Crisis Assessments
- Discipline Contracts



Tier 3 - Intensive Interventions

- Additional Counseling Sessions (>8)
- External Referrals
- Crisis Response (County)
- Police
- CFS
- Collaborative work with external therapists
- SSTs - Referrals for Assessments (ChildFind / ERMHS)
- IEP Services - ERMHS



Staff: Sarah Perry, Associate Marriage Family Therapist, Miranda Bravo Alkaddumi, School Psychologist, Steve Perry, School Psychologist, Casey Woodgrift, Admin.; Independent Contractor - Supervisor (9 year partnership)



Mental Health Tools



Signs of Suicide Curriculum

Students

- Introduces students to indicators
- Helps students have a voice
- Give students language to use
- Grades 6 - 8
- Links on ILCS Student Website
- Referrals from staff, admin, students, self referrals

Staff

- Aligns training for staff with students
- Uses the same nomenclature



Risk Assessments

- Columbia Suicide Severity Rating Scale
- Partnerships with parents
- For imminent risks
 - Follow up SST
 - Follow up Treatment
 - Development of school care plan



Miscellaneous Supports

- CAMFT
- Clinical Supervisor
- EDCOE SELPA



Proposed Annual Goals

1

Develop a School Culture Team

Monitor Social-Emotional Health

Partially In Place

2

Staff Wellness

Deploy and monitor staff well being
through Pulse Check In, twice yearly

Partially In Place

3

Improve Student Well Being & Resilience

Implement SEL Meetings across grade
levels

Partially In Place

4

Improve student health through healthy
choice options for beverages

Implement Juice Station at CSC

Partially In Place



Proposed Annual Goals

5

Improve School Collaboration to Support Families

Publish PS Posts with a Monthly Wellness Theme

Partially In Place

6

Highlight Healthy Eating/School Meal Participation

Develop Garden at YBC to highlight Farm to Table eating

Not In Place



Thank you

