

Janice Churchill
School Plan
2014-15, 15-16, 16-17

What to we need to do to explore this?

School Wide Fitness Events

- o Walk/bike to school Wednesday
- o Wellness Week (ongoing) ✓
- o Fitness Stations (ongoing) ✓
- o Yoga Leadership (ongoing) ✓
- o Nutrition and healthy eating presentation
- o Primary Fitness Mornings (first 20 min/day) ✓
- o Increased Extracurricular sports opportunities
 - * Includes soccer via Guildford Soccer for grades 1/2 and 3/4
- o Book Mindup! Yoga program "Yoga it Up!"
 - * combines Mindup activities with Yoga

Tools for the Classroom (ongoing)

- o MindsUp! Books
- o Noise Canceling headphones
- o Fiddle tools/wiggles seats/stress balls
- o Zones of Regulation Posters
- o Zones of Regulation books/activities
- o Chimes
- o WITS book/pamphlet/posters (CCW)
- o Yoga It Up! laminated posters for the classroom

Baseline Data / Follow Up

- o Walk/Bike to school - does it increase over time on random day checks?
- o Healthy Living Survey
- o Zones of Regulation posters

Professional Development

- o Fitness Activities
 - * Glenn Young Pro-D
 - * Action Schools Pro-D
- o Healthy Living Binder of Activities
- o MindsUp! Training
 - * Affordable sessions not available anymore via local trainers
 - * Staff Pro-D alternative w/ round-robin read/share
- o Yoga it Up! instruction - 5 wk program

Records

- o Create a photo/video/comment gallery of events, class activities, comments ✓

Goal: *To improve the knowledge of, skills in and attitude toward an overall healthy lifestyle, by promoting practices that contribute toward healthy living. This includes eating well, participating in regular physical activity and making socially responsible choices for the benefit of self and community. In particular this year, we want to focus students on identifying their own emotional state and then teach them to utilize strategies to communicate their needs and self-regulate their behaviours. We want each student to develop an awareness of what healthy mental and emotional wellness looks like for lifelong learning.*

Inquiry: *Can a healthy mind/body help to lessen the anxiety/frustration we see in students? What techniques can be used to guide students in self-regulation (and thus lesson anxiety)?*

How will we know we are making a difference?

Improved physical Fitness

- o Increase of participation on random walk/bike check days
- o Increased stamina during activity
- o Student Lunches (ongoing) ✓
- o Reports of student enjoyment ✓
- o Higher rates of team participation ✓

Student Self Reporting

- o Surveys - growth in positive attitudes
- o Zones of Regulation posters
- o Student writing

Teacher Feedback/Meeting discussions

- o Decrease in reports of anxious behaviour
- o Fewer referrals to office/counsellor
- o Observations of student behaviour/reaction to stressful situations
- o Increase in student self-regulation
 - * Ability of students to articulate different strategies they can use
- o Increased levels of student focus and engagement will be observed
- o Increases in academic scores throughout the school

Video/photo/comment gallery ✓

What will Students Do?

- o Participate in all activities (ongoing) ✓
- o Student Healthy Living Surveys (ongoing) ✓
- o Student Self Reporting (ongoing) ✓
 - * Surveys - growth in positive attitudes
 - * Zones of Regulation posters ✓
- o Participate in School Programs
 - * Leadership (ongoing) ✓
 - * Grade 6 playground buddies
 - * Peer Tutoring (ongoing) ✓
 - * Grade 6 Tech Leaders ✓
- o Participate in Community Schools programs
 - * WE Act (ongoing) ✓
 - * Spark/Girl Power (ongoing) ✓
- o Participate in Zones of Regulation charting ✓
- o Engage in MindsUp! Activities ✓
 - * Talk about their learning
 - * Use Strategies ✓
- o Learn to articulate the different strategies they can use ✓
 - * Journal/writing project at the end of school year on strategies they have learned ✓
- o Healthy Living Survey Redone Feb/Jun '16
 - * Feb/June '17
- o Seek out tools such as headphones/fidget items to block out distractions ✓

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What will teachers do?

- o HACE curriculum/learning outcomes (ongoing) ✓
- o Increase opportunities for physical fitness
 - * Daily fitness activities (ongoing) ✓
 - runs, primary fitness, etc
 - * School wide fitness stations run by grade 7
 - * Yoga leadership (train student leaders)
 - * Organize Wellness Week (ongoing) ✓
 - * Provide extra curricular sports (ongoing) ✓
 - * Set up community soccer
 - gr.1/2 & 3/4 free soccer program
- o Teach students about healthy living (food, exercise, moderation, mindfulness) (ongoing) ✓
- o Employ various Healthy Living programs/lessons
 - * Fruit & Veggie program (ongoing) ✓
 - * Milk program (ongoing) ✓
 - * Nutrition Tours (ongoing)
 - * Cooking Activities (ongoing) ✓
- o Create Student Surveys
 - * Administer surveys (ongoing) ✓
- o Review Student Surveys ✓
- o Newsletter items/updates
- o Administer walk/bike to school checks 2x/month
 - * student leadership to take over/modify ✓
- o School to purchase needed tools
- o Engage in staff-based physical fitness/healthy living activities (ongoing)
- o Become familiar w/ MindsUp!
 - * Staff Pro-D (unable to book a pro-d due to restrictions)
 - * Try strategies in class (ongoing) ✓
 - * Round-robin read/share Pro-D
- o Introduce "Zones" of Regulation ✓
- o CCW to introduce WITS program to students
 - * continue to use WITS language with Ss
- o Assign Journal/writing project at the end of school year on strategies they have learned ✓
- o Provide tools to students such as headphones/fidget items ✓
- o Observation notes on how many students ask/they see engaging in self-regulation strategies each week/month