



School Improvement Plan
for Student Achievement 2018-2019
Wellness

School: The Queen Elizabeth School Principal: _____

Mark Williams

Goal Setting
Overall Goal: to hold five whole school Wellness Assemblies during the school year to build community, to celebrate student successes in all aspects of school life, and deliver Mental Health messages and strategies

Needs Assessment / Where Are We Now?
We currently hold assemblies when a need arises. We have not had a Mental Health focused assembly.

1st CYCLE OF INQUIRY

Theory of Action: Due October 12, 2018
If/then statement: If we hold Wellness assemblies, with a different focus for each one, then we will increase the success rate of encouraging students to make mental health a part of their everyday lives.

<p>DATA: Monitoring the IF: Based on the <i>co-constructed success criteria</i> for educator learning. (e.g. criteria for providing effective descriptive feedback)</p> <p>Monitoring the THEN: Based on the <i>co-constructed success criteria</i> for the pre, mid and post assessments of student learning (e.g success criteria for use of Zones of Regulation)</p> <p>SAMPLE:</p>	<p>PRE: QUANTITATIVE EVIDENCE – DUE: October 12, 2018</p> <p>None available at this time, however a student wellness survey will be conducted in the first cycle to establish a baseline and a follow up survey will be conducted late in the second cycle to determine success/next steps.</p>	<p>MID: QUANTITATIVE EVIDENCE – DUE: November 16, 2018</p> <p>The first assembly was held on October 25th with a full attendance K-6. With a 100% participation in the stress relieving activities (breathing activities). We plan on strategically polling junior students and teachers on the effectiveness of the stress relieving strategies and information for the final portion of cycle one.</p>	<p>POST: QUANTITATIVE EVIDENCE – DUE: February 8, 2019</p>
	<p>QUALITATIVE ANECDOTES – DUE: October 12, 2018</p> <p>Several students frequently exhibit symptoms of anxiety. Many more students demonstrate an ability to deal with personal stressors.</p>	<p>QUALITATIVE ANECDOTES – DUE: November 16, 2018</p> <p>Positive feedback from staff about stress video and breathing exercises that were undertaken.</p> <p>Assembly behavior was excellent and students were engaged in the messaging.</p>	<p>QUALITATIVE ANECDOTES – DUE: February 8, 2019</p>

<p>PLAN – DUE: October 12, 2018</p> <p>To organize five school Wellness Assemblies throughout the year. Each one will have a different mental health focus, yet to be determined (ex: who to contact, how to deal with personal stress, how to help someone in need, art therapy, nature therapy, etc.).</p>	<p>ACT – DUE: October 12, 2018</p> <p>We will hold our first Wellness Assembly on October 25th. On the agenda: celebrating our soccer teams, our cross-country running team, and our fundraising success through the Me to We Club. We will introduce the theme of Mental Health Wellness and end the assembly with a whole-school mindfulness/yoga exercise.</p>	<p>ASSESS – DUE: November 16, 2018 & February 8, 2019</p> <p>Based on the positive response we would like to hold another assembly in January 2019, (post Christmas), with a new mental theme to build on our stress management idea.</p>	<p>REFLECT – DUE: November 16, 2018 & February 8, 2019</p>
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