



School District 70 (Alberni)
John Howitt Elementary School
2017-2018 Goal: Wellbeing

System Goal: All students will develop and apply social and emotional learning strategies to become resilient, flourishing, self-aware individuals.

John Howitt School Goal: School Goal:

To improve student's social and emotional wellbeing through increased optimism and reducing student worries.

2017-2018 Objectives:

1. Students' will understand what optimism, happiness, and gratitude is, what it looks like, and what it sounds like.
2. Students, staff and parents will understand how feelings of optimism, happiness, and gratitude impact well-being.
3. Staff and parents will use strategies for fostering feelings of optimism, happiness, and gratitude.
4. Develop a common language for social emotional learning to be used by all staff.
5. Classroom teachers focus on incorporating social emotional lessons, strategies, and supports in their classrooms.

Rationale:

Social and emotional well-being is associated with greater motivation and achievement in school, as well as positive outcomes later in life including post-secondary education, employment, healthy lifestyles and physical and psychological well-being. As a social and emotional competency, self-regulation:

- enables students to respond efficiently and effectively to every challenge faced in school.
- enhances students' capacity to learn and develop the skills necessary to deal with life's challenges.

Evidence:

Key Indicator:

Middle Years Development Instrument (MDI): Grades 4&7

Other indicators:

Early Years Development Instrument (EDI)
Provincial Satisfaction Survey Results
Student Self Reporting
Parent Observation/Opinion
Staff Reporting



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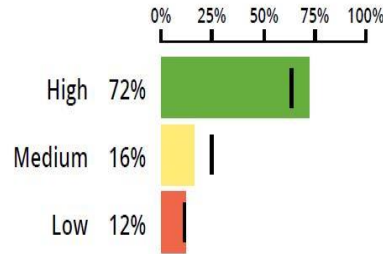
Success/Results

Evidence shared with PAC, staff and students:

Grade 4

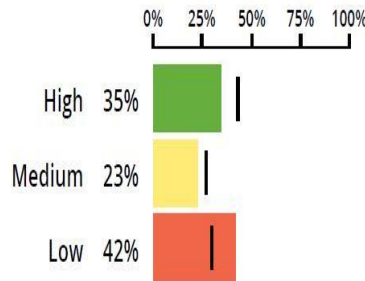
OPTIMISM

Optimism refers to the mindset of having positive expectations for the future. e.g. "I have more good times than bad times."



ABSENCE OF WORRIES

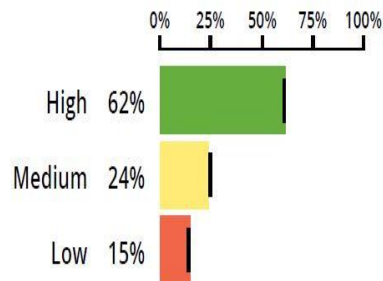
Worries measure the beginning symptoms of anxiety. e.g. "I worry a lot that other people might not like me."



Grade 7

OPTIMISM

Optimism refers to the mindset of having positive expectations for the future. e.g. "I have more good times than bad times."



2017/18

Targets

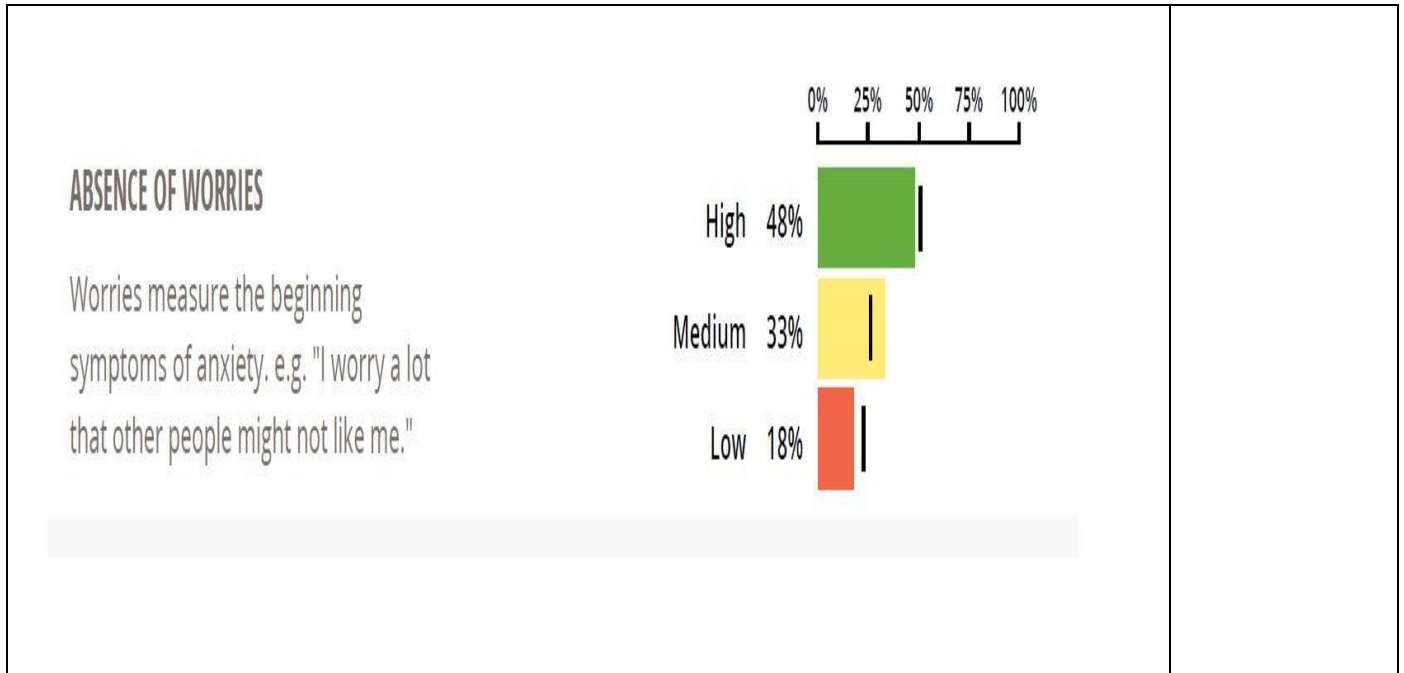
Expected results

1. Increase the percentage of Grade 4 Students reporting high levels of optimism and absence of worries.

2. Increase the percentage of Grade 7 Students reporting high levels of optimism and absence of worries.



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Organizing for Improvement

Strategies and Structures

How will we continue to do to support students in this goal area?

- Continue to work with our Elementary School Counsellor, Behaviour Support Teacher, and other District Support Staff to support our students social emotional learning.
- Continue to use the MDI Assessment Instrument each year to track the progress of our students.
- Will look to build on the Staff's work last year on Growth Mindset and how we can build on this work to support students.
- Use self-regulation strategies in the classroom and support room.
- Positive Behaviour Support Systems and supports in place.
- Staff who are skilled at creating a positive and welcoming school community.
- Engaged Parent Community.
- A team approach to supporting students.
- Large number of After School Programs.
- Student Leadership.
- Value cultural diversity and acceptance.
- Attendance Tracking.
- Very physically active school.
- Outdoor learning opportunities.



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What new strategies, practices or structures will we introduce?

We're in the midst of researching what strategies, practices and structures are most effective to increase student optimism and reduce student anxiety. We plan to target a few everyday strategies and evaluate their effectiveness rather than initiating several practices at once.

- Explore ways to create a common language with our staff and help them in delivering lessons or learning activities that will help students with increasing their levels of optimism or to help in reducing anxiety.
- Explore if the Friends for Life program is an option for our staff to be trained on.
- Find out what other schools or neighboring School Districts are doing to support Social Emotional Learning activities for students around optimism or absence of worries.

Communication

How will we communicate progress?

- Presentations to PAC, Students, School Staff, District Staff and School Board Trustees.
- School Plan Update
- Staff Meetings and Newsletters
- With students: assemblies, school announcements, class meetings.
- Shared online with our school community.
- Regular newsletter items related to promoting well being.
- MDI data will be shared with our staff, students, and parents.