



SIPSAW – School Improvement Plan for Student Achievement Wellness

Goal:

To engage students in their own well-being and personal resiliency practices. Students will be increasingly able to identify stressors from which they need a break, and to choose a strategy to reduce stress or return to learning in an improved state of well-being and readiness.

“If educators teach stress-reduction and reflection strategies for students needing a ‘body-break’; then students will be empowered in their own self-regulation and return to class more ready to learn.”

Plan:

- Teach students a variety of social-emotional and well-being strategies (acute stress-reduction, readiness to learn, identifying stressors, etc.). Help students build individual self-regulation plans.
- Post visual reminders that promote mental health and help-seeking, along with creating and utilizing mentally healthy spaces within the school
- Model and regularly build in time for mindfulness/contemplation, self-regulation, and stress reduction techniques.

Reflection:

Educators noticed that students needing a ‘body break’ or strategies for self-regulation could seldomly identify specific stressors or their own role in or management of stressful situations. They noticed that many self-regulation breaks were ineffective for students. We determined that students need to be taught to be more reflective and they needed to have a variety of strategies from which to choose in order to reduce stress or improve readiness to learn.