



SIPSAW – School Improvement Plan for Student Achievement and Wellness Wellness

Goal:

By February 2020, students will be able to identify how they are feeling (emotions), what is making them feel that way, (trigger) and how to calm (strategy) through the use of Zones of Regulation.

Plan:

- 1) To build capacity with staff using Zones of regulation for classroom/ school implementation.
- 2) To teach students to recognize their own emotions.
- 3) To have students explore strategies to use to help them calm and when responding to unexpected behaviours from others.
- 4) To build capacity in the school community (students, staff, parents, community members) around Zones of Regulation, understanding when behavior is intentional (e.g., bullying) and when it is not (lack of self-regulation skills/lagging skills/beyond the student's control)

Reflection/ Year in Review: