


Positive Mental Health Goal 2022-23

<p><u>Thematic Goal:</u> <u>Identify</u> what is most important right now?</p>	<p><u>Our Defining Objectives:</u> <u>Clarify</u> the objectives of what is most important.</p>
<p>All students will become increasingly mindful of their own emotional state and feel empowered to make positive contributions within our school.</p> 	<ul style="list-style-type: none"> - Students will become increasingly skilled and being mindful of their current emotional state as well as others - Students will be taught vocabulary and strategies to communicate their feelings - Students will develop resilience and coping strategies to help themselves and others self-regulate in a positive manner - Promote a school culture that celebrates a variety of strengths and areas of growth - Staff and students will develop meaningful partnerships with a variety of local and global organizations - Variety of interest groups and co-curricular clubs will support the diverse needs and interests of our students.
<p><u>Operating Objectives:</u> What ongoing practices and measurements will we maintain to ensure we are accountable to our goal?</p>	
<p>Action 1 All classrooms will participate in a tailored program such as Project 11 or other that directly teaches positive coping strategies.</p>	<p>Action 2 Our school will develop and maintain partnerships with organizations beyond school that promote community involvement and connections.</p>
<p>Action 3 Primary and intermediate interactions such as Together Athlone Grows (TAG) groups, reading buddies etc. will resume to promote positive grade level activities and connections within our school.</p>	<p>Action 4 A variety of co-curricular clubs and activities will function to support the diverse needs and interests of our students and to promote leadership.</p>
<p>Action 5 A variety of acknowledgements and prizes will be awarded throughout the year to recognize positive contributions and actions of students throughout the year.</p>	<p>Action 6 PD time will be dedicated to support staff in providing supports and adaptations for a variety of emotional and cognitive needs.</p>