



BLACK GOLD
REGIONAL
DIVISION NO. 18

2015-16 Staff Planning and Development Days School: Leduc Composite High School

January 29, 2016 BGRS PD Day

PD Goal:

- Improve student and staff mental health capacity, wellness and learning through detailed presentation, analysis and utility of MindUp/Mindfulness research and resources;
- Review and continued strategic analysis of the *Tell Them From Me Surveys* and strategies to address the improvement of student health and wellness;
- Active engagement of staff in wellness activities integrating mental, emotional, social and physical health and capacity-building.

What data are we using to focus on this goal?

Our teaching and learning team will continue our analysis and capacity-building of strategies to address the recent student survey results from the *Tell Them From Me Surveys*. These survey results allowed our staff to analyze student input and responses into a wide variety of school dynamics, including both social-emotional wellness and academics. This ongoing detailed analysis process actively engages our staff in addressing pressure points in mental health capacity building with students, staff, and stakeholders.

PD Activities:

Our PD activities for January 29th, 2016 include:

- Highly engaging staff presentation by our Black Gold Regional Schools Community Attachment Purpose (CAP) mentorship and coaching team focused on mindfulness and building capacity of mental health and wellness for students, staff and community;
- Strategic planning of protocols and supports to assure ongoing improvement of student social-emotional wellness;
- Collegial professional learning including the collaborative analysis and sharing of evidence-based and research informed strategies to improve mental health and wellness with our students and staff teaching and learning team.

Division Alignment:

- FMNI
- Numeracy and Literacy
- Parental communication / engagement
- Safe and caring environment
- Student achievement
- Teacher efficacy
- Wellness

Success Indicators:

- Staff increased understanding, skills, and competencies in mindfulness coupled with active strategies supporting and improving students' mental health capacity and overall wellness;
- Increased awareness and integration of evidence-based and research informed social-emotional supports and ongoing protocols to improve student wellness, safety, and learning achievements;
- Students' and Staff ongoing improvement and support for mental health capacity building and overall individual and collective wellness.