

School Name: Cariboo Hill Secondary School Principal: Mr. Andy Chin

School Goal: To increase student and staff mental health literacy. Date: May 14, 2024

SCANNING

**What's going on for your learners in relation to your goal? How are you supporting the diverse learning needs of your school population in relation to the goal?**

Through teacher observation, student surveys and conversation, we identified a significant increase in students' self-reporting and self-identifying with mental health issues. Staff have noticed increased conversations around mental health and success at school.

Throughout the school year, student voice and surveys were distributed to all students regarding mental health topics (stress, anxiety, IBPOC mental health, sleep, technology use, safe social media use, & stigma). These conversations and surveys have helped us determine the direction and goals we set moving forward throughout the year. Student led mini-presentations and presenters have shared resources and information to the school population about mental health.

CHECKING

**Have we made enough of a difference? Feedback, data collection, data sharing, data analysis. How is the data informing / modifying practice? What has changed for your target groups?**

As a Mental Health Committee, we feel that there has been a difference, students know and understand that there are Mental Health Awareness day each month. Students and staff are more aware of language around Mental Health (through Pro-D and student led presentations) and staff have implemented strategies from the committee.

There has been constant growth and development on the continuum of mental health literacy.

Based on student/staff feedback and survey data collection, we can modify and adapt our monthly lessons based on the needs of our community.

Target group: Working more efficiently with students to drive mental health initiatives to their peers (while the committee supports this group)

WHAT DOES OUR FOCUS NEED TO BE?

**1) What evidence identifies the focus? 2) What targeted groups are addressed? 3) Where will concentrating your energies yield the greatest effect?**

**1)** Evidence that identifies our focus are seen through student voice (student mental health committee), surveys, committee meetings and conversations with staff and students. **2)** Our Mental Health Committee will continue to meet monthly and provide lessons, presentations, guest speakers and continue the conversation of Mental Health awareness throughout the year. Our committee holds activities that bring awareness to mental health (ex. Non-instructional time – before school, break, lunch, afterschool). The committee will continue to collaborate with clubs to promote mental health initiatives (ex. GSA, Free 2 be, Green Team). The target groups that we addressed are the Junior grades with regards to building their mental health literacy. **3)** Our Mental Health Committee will continue to grow with student led activities focusing on diverse cultures and identities (impacting on Mental Health).

NEXT STEPS:

**What requires further attention? Where to next?**

Further attention that could be attained at Cariboo

- Student led activities, health lessons
  - o development of Mindfulness Mondays
- Professional Development focused on IBPOC and LGBTQ+
- Continue modifying and adapting to the needs of our community (through student voice, parents, surveys, and data collection)
  - o Bringing awareness to parents (accessing resources),
  - o Communicating with parents (Newsletter)
- More outside / District Supports to help with Mental Health
- Resources accessible for students (social media, online links, bulletin boards, TV's)

Where to next?

- How to bring positive conversations in regard to mental health (positive reinforcements)
- Student Mental Health Committee – Drives Mental Health Initiatives at Cariboo
- Continue working with our staff and educating the importance of mental health
- Celebration of diverse population of Cariboo community (educating students on harmful language used in schools)

SPECIFIC GOAL YOU ARE ADDRESSING:

**How does your data inform next steps? What is contributing to this area of focus? How will students benefit academically, personally, socially?**

1) Student and staff surveys will lead to more conversations around mental health awareness, in addition to providing the committee with the direction of the needs of our school population/community.

2) Students will benefit by increased visibility and education around mental health awareness and literacy. By having continual conversations and lessons, the goal is that mental health stigma will slowly dissipate. The Mental Health Committee (Student and Staff) aims to create a safe space for students that will allow them to learn, grow and engage holistically.

HOW AND WHERE CAN WE LEARN MORE?

**What professional learning has taken place and what is needed/ planned? What resources and school/ district supports are you using?**

UBC Compass Survey, Student Learning Surveys, & the professional learnings that have taken place in our school. (Staff and students). Each Pro-D / presentation provided at the school had a mental health theme - Katy Eddy (Autism/Anxiety), Wiljo Lum (suicide talk), Emily Wong (How to incorporate mental health into curriculum), Shiara Dhillion (Substance Use Prevention), Laura Ward (Indigenous Reconciliation), GSA – Diverse Identities (School Wide), Remembrance Day Assembly – PTSD / Depression

There is a need for more support from the District Self and Caring Schools team, who present and share relevant information to staff that then can be passed on to students and parents. (Ex. Monthly Blitz, Guest Speakers, List of Resources).

TAKING ACTION / WHAT ARE WE DOING DIFFERENTLY?

**What is your implementation plan? Roles of key stakeholders? How are all 3 tiers supported? How will you monitor progress?**

Providing clear and supportive paths to help students with self-reporting mental health issues or complexities.

Identify the needs of the student body through daily conversations, student forums and monthly surveys throughout the year.

Continue to provide lessons, messages and presentations/information sharing sessions at staff meetings to build on the student and staff's mental health literacy/support.

The Mental Health Committee will continue to provide information for students to access resources via Instagram, resource board, school website and announcements.

Big focus on student led activities / presentation (student voice). Increasing visibility and understanding maintaining positive mental health while decreasing stigma.

SCHOOL TEAM VISIT SUMMARY REPORT  
(to be completed by Visiting Team)

SCHOOL: \_\_\_\_\_ DATE: \_\_\_\_\_

PROMISING PRACTICES

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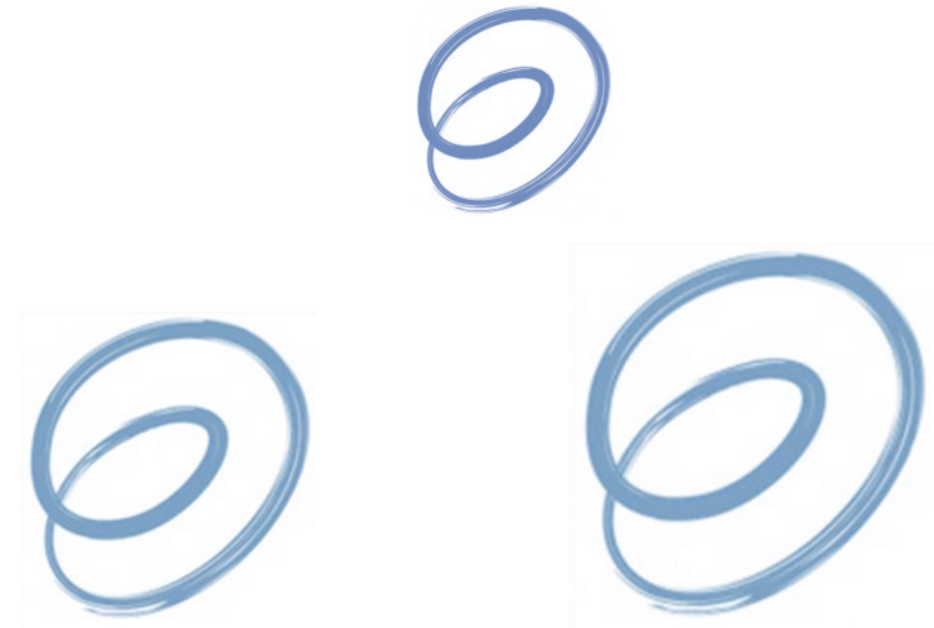
RECOMMENDATIONS

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NAMES OF VISITING TEAM MEMBERS:

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## A SPIRAL OF INQUIRY APPROACH TO SCHOOL PLANNING



SCHOOL PLANS GUIDELINES:

- 1) School Goal(s) – must be clearly stated and include an academic / intellectual focus (such as Reading or Writing).  
SEL may be an additional goal or incorporated in your academic goal.
- 2) Your goal should focus on student learning based on evidence both qualitative and quantitative.  
Examples below:
  - a. Goal – To improve student skills in writing  
Target – Group of Level 3 ELL students at Grade 8 not meeting expectations
  - b. Goal – To strengthen student comprehension skills K – 7.  
Target – Group of grade 3 students / (male) not meeting expectations in comprehension.
- 3) This target group should be monitored for progress and this data should be included in your plan. If progress is not occurring, what are your next steps?
- 4) How are you involving parents in meaningful conversation around the school plan?
- 5) School Plans template
  - a. RTI
  - b. Inquiry Model