



## Supports to Advancing Emotional Well-Being in Schools Cohort 2 Action Plan Summary

### Action Plan Themes

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- Improve school employee well-being by addressing topics such as stress management/burnout prevention, gratitude and connectedness.
- Collect data to identify strategies to improve student social-emotional well-being.
- Implement programs that address student emotional well-being needs such as social-emotional learning and positive behavior management.

### Action Plan Goals for Each School District

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#### Kernville United School District

- Goal #1: Implement mental well-being strategies with all staff, particularly under-represented classified staff to address burnout and stress by practicing one strategy each month during a staff meeting.
- Goal #2: Improve the effectiveness of student mental health services and programs that reduce student anxiety and stress, as measured by Satchel Pulse or another SEL screener, particularly among our underrepresented students (SED, EL, homeless, foster youth, Sped).

#### Breckenridge R-1 School

- Goal #1: Implement best practices for meetings in order to improve mental health and wellness for our students, teachers, and staff because meetings are where relationships are developed and an opportunity for modeling can occur.
- Goal #2: Implementing a School Wide Discipline/Behavior/Regulation Program (Zones of Regulation) to support positive student emotional well-being.
- Goal #3: Create a school counseling/therapy space within the school to provide a safe and confidential space for students to do virtual therapy.
- Goal #4: Provide professional development for staff to support positive classroom/behavior management.

#### Richards School

- Goal #1: Use a data driven approach to provide monthly social-emotional learning (SEL) lessons as part of the school counselor's support to classroom teachers/students.

#### Seattle Public Schools (WA)

- Goal #1: The Wellness Manager (district) will continue to implement a staff wellness continuous improvement process to advance staff wellness policies, procedures, and practices for central office and school level staff members (i.e., school leaders, certificated, classified, and office professionals, etc.), improving both retention and staff climate and culture data.
- Goal #2: The Wellness Manager (district) will continue to offer professional learning resources to district staff (i.e., school leaders, certificated, classified, and office professionals, etc.) to support creating an antiracist, positive (authentic, resilient) work culture, improving both retention and staff climate and culture data.
- Goal #3: The Wellness Manager (district) will continue to create a system of gratitude, recognition, and social connectedness in the school district.