

School Learning Plan 2020 - 2021

THE CURRENT CONTEXT

Our learners are individuals who require direct support with identity. They require skills and strategies to regulate their behaviour, strategies for supporting social interactions and the opportunity to develop empathy and self-compassion

GOAL: WHAT WE HOPE TO ACHIEVE

By helping students increase self-compassion they can attune to others more easily and we will see them accepting others, listening fully, and taking turns

PLAN: THE STEPS WE WILL TAKE

Key Results

1. Developing a safe and accepting environment
2. Managing bias and beliefs
3. Exploring and expressing language, race, ethnicity, culture and religion
4. Supporting Indigenous students
5. Exploring and expressing sex and gender
6. Exploring and expressing appearance and body image
7. Exploring and expressing income, family, and social class
8. Supporting teens

Timeline – all year

- Self-efficacy class/group
- Mindful self-compassion work (Dr. Kristen Neff)
- Advisory time – explicit teaching about what can you say when you are having trouble accepting what someone said (give a script)
- When teachers see students struggling to listen to others (students & teachers), accepting others' opinions and contributions, or taking turns, the teachers will connect them with Youth Worker and mentor them with the focus to increase self-compassion

SUCCESS INDICATORS: HOW WE WILL KNOW THAT OUR ACTIONS ARE HAVING THE DESIRED IMPACT

- Greater co-operation and harmony among students
- Students will embrace who they are and share more in class
- Students will develop the know-how to repair severed relationships with other students
- Student self-assessment and discovery
- Student appreciation for diversity

COMMUNICATION: HOW WE WILL SHARE OUR LEARNING JOURNEY WITH OUR COMMUNITY

Newsletters – sharing activities and scripts (this will be limited due to the personal nature of the learning occurring)