

# LeCAP Stakeholder Meeting

November 18, 2020



## LeCAP Focus: Mental Health and Social and Emotional Well-Being

How are we monitoring and supporting mental health and social and emotional well-being of pupils and staff during the school year, including professional development and resources provided to address trauma and other Covid-19 impacts?

## *K-5 School Counseling Data*

	Total counseling caseload	Individual student session per week	SEL lessons per week	Parent consultations per week	School staff consultation per week	Parent Education/ assemblies/PD per month
Edna	26	12-14	14	10-12	5-10	2
Park	20	15	8	5-10	5-8	1
Old Mill	17	7-11	7	5-10	5-8	1
Strawberry	20	12-15	6	5-10	5-8	1
Tam Valley	34	21	11-12	12-25	5-20	1

# Elementary School Counselors

**STRAWBERRY &  
OM COUNSELOR**



Margaret McClung

**TAM VALLEY  
COUNSELOR**



Jason Mountsier

**OLD MILL &  
PARK COUNSELOR**



Meredith Mishel

**EDNA MAGUIRE  
COUNSELOR**



Jen Ferrer

# Mood Check-In



**1**

**2**

**3**

**4**

**5**



# *Social Emotional Learning & Student Wellness*

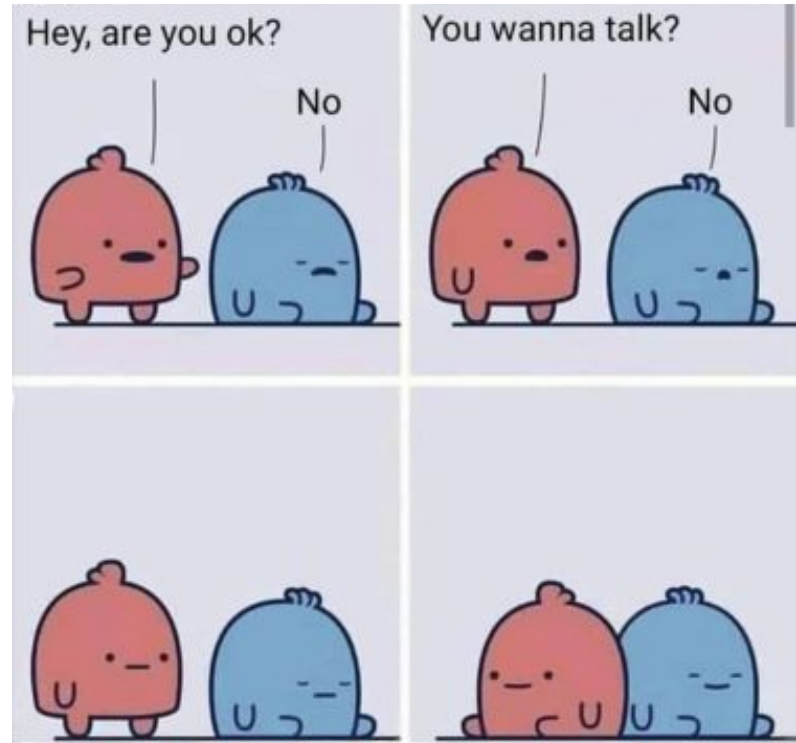


# Counseling During COVID-19

- Parent Coffee Chats
- Classroom SEL Lessons
  - 2x a month
- Counselor Virtual Office
- Virtual Student Mailbox
- [School Counselor Website](#)
- Counseling Support
  - Individual check-ins/sessions
  - Groups
  - Crisis Response
- Teacher/Parent Consultations
- Monthly School Wide Activities

# 2020 School Counselors Motto:

*Breathe, Care,  
Connect*





## Breakout Room Question

Which of the three areas do you feel you and your family are doing well? Which do you feel your family needs more of?

1

Breathe

2

Care

3

Connect

Anxiety

# Healthy vs. Unhealthy Anxiety

## ANXIETY

A normal reaction to stress or difficult times..

Triggered by a specific stressor.

Has a start and ending point.

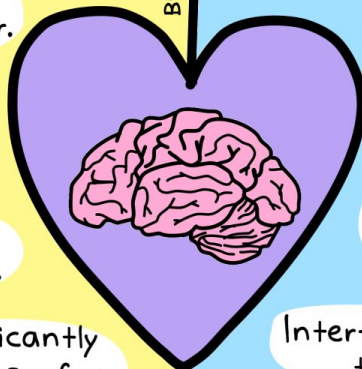
Can be helpful or motivational.

Lessens significantly or disappears away from stressful situations.

Relaxing often helps you feel better.

A response to toxic situations.

Blessing  
Manifesting



## ANXIETY DISORDERS

Often comes out of nowhere.

Intense or disproportionate emotional response.

Ongoing and lasts weeks or months.

Interferes with day-to-day life.

Physical symptoms like sweating, trembling, lightheadedness, racing heart.

Feels impossible to control or manage.

# SEL Curriculum: Toolbox & Kimochis



# Kimochis®



## Kimochis

toys with feelings inside

 HAPPY	 SAD	 MAD	 BRAVE	 EMBARRASSED	 FRIENDLY	 SORRY
 DISAPPOINTED	 FRUSTRATED	 SILLY	 HOPEFUL	 LEFT OUT	 EXCITED	 JEALOUS
 CURIOUS	 CRANKY	 SENSITIVE	 PROUD	 INSECURE	 GRATEFUL	 LOVED
 GUILTY	 UNCOMFORTABLE	 SHY	 HURT	 SURPRISED	 SCARED	 KIND



# TOOLBOX PROJECT™

TOOLS FOR LEARNING ▼ TOOLS FOR LIFE

Toolbox is a research-based, community-tested K-6th grade social and emotional learning (SEL) program that builds and strengthens children's inherent capacity for resilience, self-mastery and empathy for self and others through its curricula, methods, and strategies.

## The 12 Tools

Tools for Learning • Tools for Life



### Breathing Tool

*I calm myself and check in.*



### Listening Tool

*I listen with my ears, eyes, and heart.*



### Personal Space Tool

*I have a right to my space and so do you.*



### Garbage Can Tool

*I let the little things go.*



### Please & Thank You Tool

*I treat others with kindness and appreciation.*



### Patience Tool

*I am strong enough to wait.*

### Courage Tool

*I have the courage to do the "right" thing.*

### Quiet/Safe Place Tool

*I remember my quiet/safe place.*



### Empathy Tool

*I care for myself. I care for others.*



### Using Our Words Tool

*I use the "right" words, in the "right" way, at the "right" time, for the "right" reason.*



### Taking Time Tool

*I take time-in and time-away.*



### Apology & Forgiveness Tool

*I admit my mistakes and work to forgive yours.*



TOOLBOX  
BY DOVETAIL LEARNING

# Tools we're focusing on



**Breathing Tool**  
*I calm myself and  
check-in.*



**Patience Tool**  
*I am strong enough to  
wait.*



**Garbage Can Tool**  
*I let the little things  
go.*



**Listen Tool**  
*I listen with my ears,  
eyes and heart.*



**Empathy Tool**  
*I care for others.  
I care for myself.*

# MVMS Counselors

6TH GRADE  
COUNSELOR



Janet Jamesson

6th grade student  
total: 294

7TH GRADE  
COUNSELOR



Randi Josephson

7th grade student  
total: 266

8TH GRADE  
COUNSELOR



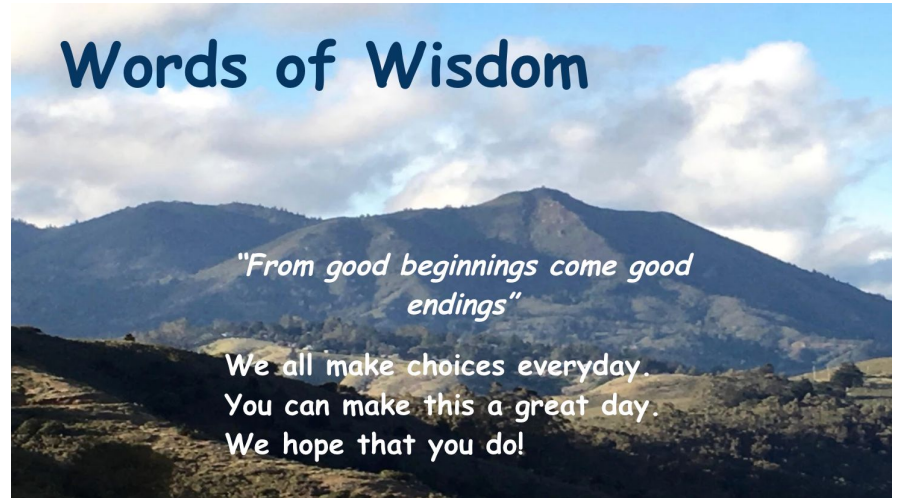
Erin Sheedy

8th grade student  
total: 379



# MVMS Panther Community

MVMS Admin, teachers,  
and counselors are  
working together to  
build community through  
morning announcements,  
games, songs, and more  
each morning at  
8:40am.



# MVMS Needs Assessment Survey

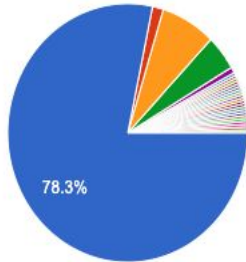
Counselors met with each Language Arts class to find out (using open and close-ended questions):

- How remote learning is going
- How students are keeping track of assignments
  - Biggest challenges as a student
  - Feelings about social connections
    - Adult support level
- Make sure they know how to get help

# 6th Grade Survey Results

I find the easiest way to keep track of my classwork is:

272 responses

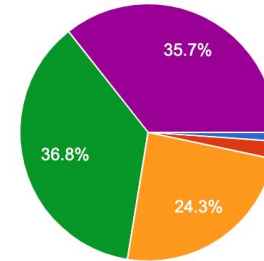


- through Google Classroom
- through Google Calendar
- using a paper planner or notebook
- I still haven't found a good way to keep...
- Checklist
- Memory
- Just looking at classroom to see if I ha...
- I keep track of my assignments is usin...

▲ 1/4 ▼

I am happy with my friendships and social connections.

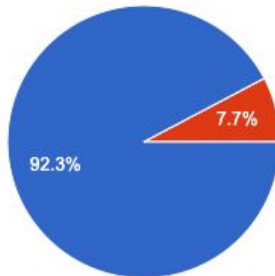
272 responses



- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

I have at least one adult in my life who I can go to when I have a concern or problem:

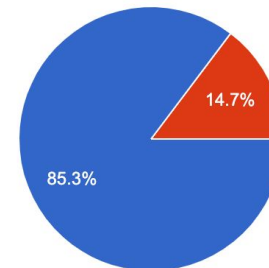
272 responses



- True
- Not true

I know how to get in contact with my school counselor, Ms Jamesson

272 responses



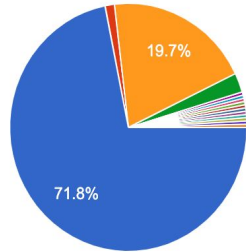
- True
- Not true



# 7th Grade Survey Results

I find the easiest way to keep track of my classwork is:

238 responses

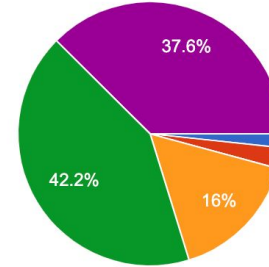


- through Google Classroom
- through Google Calendar
- using a paper planner or notebook
- I still haven't found a good way to kee...
- Through google classroom and googl...
- I sometimes use the google keep app...
- Google classroom and paper planner
- I use google keep

▲ 1/2 ▼

I am happy with my friendships and social connections.

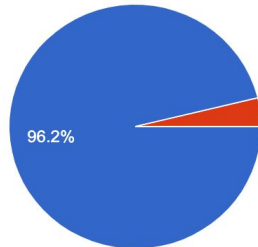
237 responses



- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

I have at least one adult in my life who I can go to when I have a concern or problem:

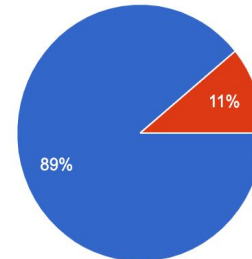
238 responses



- True
- Not true

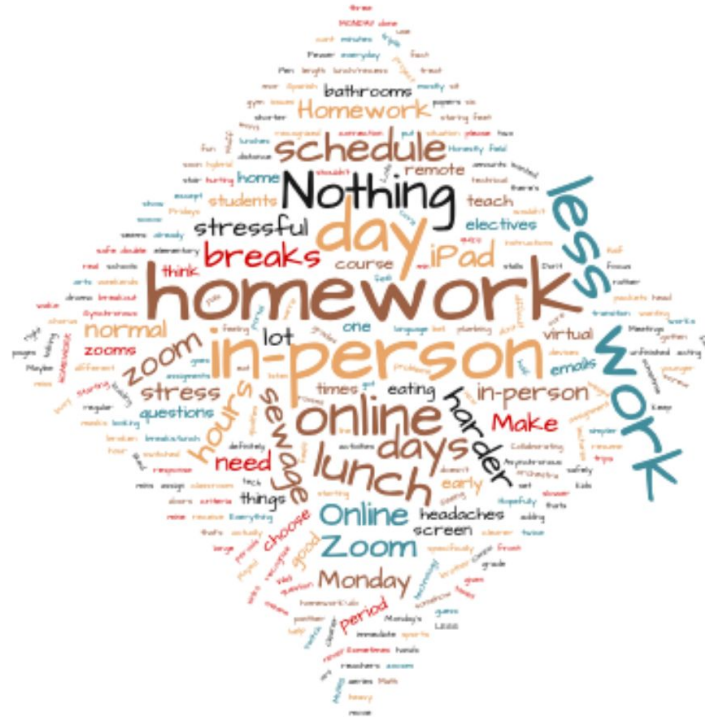
I know how to get in contact with my school counselor, Mrs. Josephson

237 responses



- True
- Not true

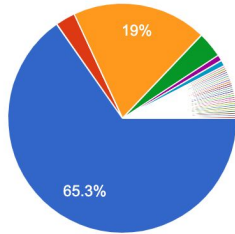
Something I wish I could change about school is:



# 8th Grade Survey Results

I find the easiest way to keep track of my classwork is:

357 responses

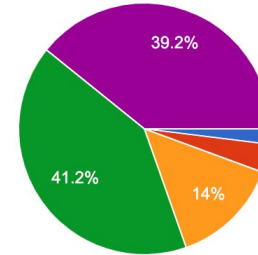


- through Google Classroom
- through Google Calendar
- using a paper planner or notebook
- I still haven't found a good way to kee...
- google keep
- Google Keep
- I use both google classroom and a pla..
- Google classroom and planner

▲ 1/5 ▼

I am happy with my friendships and social connections.

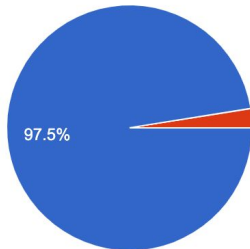
357 responses



- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

I have at least one adult in my life who I can go to when I have a concern or problem:

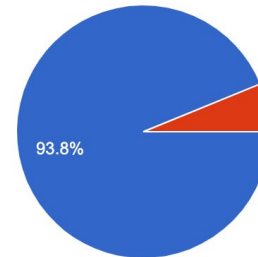
357 responses



- True
- Not true

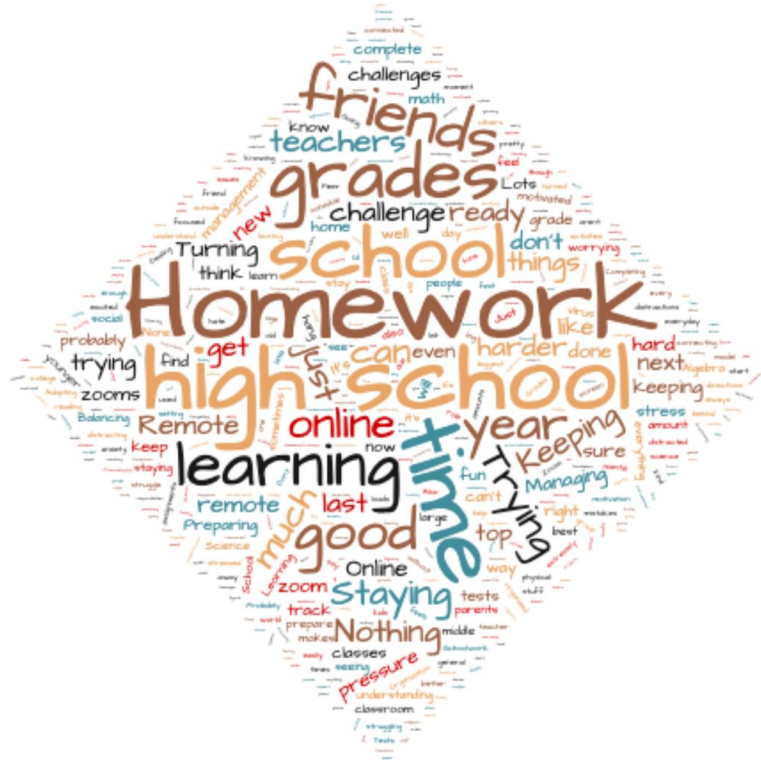
I know how to get in contact with my school counselor, Ms Sheedy.

356 responses



- True
- Not true

The biggest challenge I face as an 8th grader is:





# Avenues of Support for Staff

- Weekly optional check-in meeting with teachers on Wednesdays at 1:30pm
- Counselors provide an open-door Zoom/e-mail policy for questions and concerns
- Provided sign-up sheet for class drop-in SEL and restorative justice support
- Shared resources and COVID-related webinar/PD opportunities
- Counselors are involved in the Marin Wellness Collaborative, which meets monthly to share best practices. We are also a part of the Marin Suicide Prevention Collaborative to foster community, build a shared understanding of suicide and take action to implement suicide prevention strategies. Both collaboratives give us an opportunity to share learnings with staff

# Avenues of Support for Students

- Students email or use Calendly to request meetings with counselor
- Check-in form linked to website and virtual offices
- Clubs offered weekly - GSA, Beyond Differences, Book Club, Yearbook Club, Journalism Club, Community Service and more.
- Small group meetings focusing on specific topics such as divorce
- Being Adept - grade-level specific alcohol and drug abuse prevention
- Challenge Day - 8th grade

# Avenues of Support for Families

- Parents email or call to request meetings with counselor
- Consistent update of local and national resources
- Grade-level parent chats

Connect

# MVMS Counselor's Corner Website



MVMS Counselors Corner

# MVMS Counselor's Corner

## Welcome to the MVMS Counselor's Corner Website!

We have created this website to help our MVMS students to stay connected and find resources during this stressful and crazy time. We understand that stress and anxieties might be running high and are here to continue providing counseling support to our amazing MVMS community. We all need to take care of ourselves and each other now more than ever before!

So welcome, click around the site...there's a lot of information on here and it will be updated regularly!

# Elementary School Counselor's Website

Elementary School Counselors

[Home](#)

[Old Mill](#)

[Edna](#)

[Park](#)

[Tam Valley](#)

[Strawberry](#)



## MVSD Elementary School Counselors

**Welcome to MVSD Elementary School Counselor site. We want you to know we're all in this together! Here you will find resources to help you, your child and your family. Please go to your school's page for daily activities and direct contact with your School Counselor.**

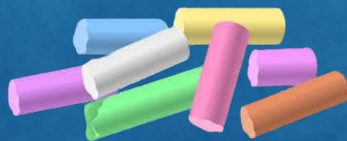
# Circle at least two ways to connect with someone this week



Write to a penpal



Have a zoom play date



Sidewalk chalk messages



Plan a game night



Call, text or Facetime



Draw a picture



Bake



Go on a socially distanced bike ride

### The 12 Tools

Tools for Learning - Tools for Life

- Breathing Tool**  
I breathe myself and check in.
- Quiet/Safe Place Tool**  
I remember my quiet/safe place.
- Listening Tool**  
I listen with my ears, eyes, and heart.
- Empathy Tool**  
I care for others.
- Personal Space Tool**  
I have a right to my space and so do you.
- Using Our Words Tool**  
I use the "right" words, in the "right" way, at the "right" time, for the "right" reason.
- Garbage Can Tool**  
I put the other things go.
- Taking Time Tool**  
I take time in and time away.
- Please & Thank You Tool**  
I treat others with kindness and appreciation.
- Apology & Forgiveness Tool**  
I admit my mistakes and work to fix my problems.
- Patience Tool**  
I am strong enough to wait.
- Courage Tool**  
I have the courage to do the "right" thing.

TOOL BOX

Kimochis

HAPPY	SAD	Mad	BOY	EMBARRASSED	FRIENDLY	SORRY
DISAPPOINTED	FROSTATED	SILENT	HAPPY	LEFT OUT	EXCITED	JEALOUS
COROUS	SHY	SHY	PROUD	INDIGNE	GRATEFUL	LOVE
QUIET	UNCOMPREHENSIBLE	SAD	HURT	SURPRISED	SCARED	KIND

MISS YOU



Worry Box



SEL Books!



I am strong enough to wait.



# EDNA'S SCHOOL COUNSELOR

## Welcome to Ms. Jen's Virtual Office

Come on in!

Parent Resources

This month, Huggtopus & I are focusing on the Patience Tool



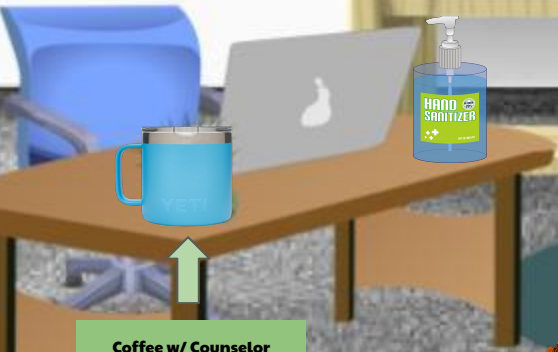
Leave me a note!

[Ms. Jen's website](#)



a kids book about racism  
By Janelle Matney

# ZONES



Coffee w/ Counselor Resources

Relax, Visit, Stay



Leave me a note!



Welcome to Ms. McClung's  
Room  
SCHOOL COUNSELOR  
STRAWBERRY POINT SCHOOL

Parent Resources

Weekly Messages

Kinder

1-5

Check out my library!



Parent Coffee Chat Resources





**The 12 Tools**  
Tools for Learning - Tools for Life

- Breathing Tool**  
To calm yourself and check in.
- Quiet/Safe Place Tool**  
Consideration with quiet/safe places.
- Listening Tool**  
To listen with the eyes, ears, and heart.
- Empathy Tool**  
To care for myself / care for others.
- Personal Space Tool**  
To show a respectful space and to be busy.
- Using Our Words Tool**  
To use the "right" words, in the "right" way, at the "right" time, for the "right" reason.
- Garbage Can Tool**  
To let the other change his.
- Taking Time Tool**  
To take time in and time away.
- Please & Thank You Tool**  
To treat others with kindness and appreciation.
- Apology & Forgiveness Tool**  
To practice, apologize and work to change oneself.
- Patience Tool**  
To wait through tough or slow.
- Courage Tool**  
To have the courage to be the "right" thing.

**TOOL BOX**

Parent Resources

**Welcome Back!**  
MS. MISHEL & MS. MCCLUNG  
OLD MILL SCHOOL COUNSELORS

Leave us a note!

Parent Coffee Chat Resources

Check out our library!



Hi! I'm Ms. McClung.



Hi! I'm Ms. Mishel.



**The 12 Tools**  
Tools for Learning - Tools for Life

- Breathing Tool**  
I take a deep breath and check in.
- Quiet/Safe Place Tool**  
I remember my quiet/safe place.
- Listening Tool**  
I listen with my eyes, ears, and heart.
- Empathy Tool**  
I care for myself. I care for others.
- Personal Space Tool**  
I have a right to my space and so do you.
- Using Our Words Tool**  
I use the "right" words in the "right" way at the "right" time, for the "right" reason.
- Garbage Can Tool**  
Get the other things out.
- Taking Time Tool**  
I take time to rest and recharge.
- Please & Thank You Tool**  
I treat others with kindness and appreciation.
- Apology & Forgiveness Tool**  
I admit my mistakes and work to forgive people.
- Patience Tool**  
I can tolerate things that wait.
- Courage Tool**  
I find the courage to do the "right" thing.

**TOOLBOX**

*Welcome Back  
Tam Valley*  
Mr. M has missed you!  
jmountsier@mvschools.org  
[Visit Ms. Mr's Website](#)

**ZONES**



**a kids book about racism**  
by Adelle Henry



Parent Resources



relax, visit, stay

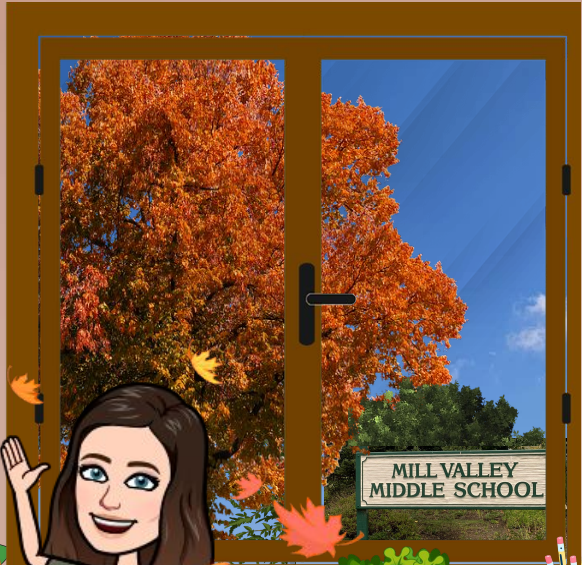
Worry Box





**COOL TO BE KIND**

Sign up for Clubs here!



Leave me a note!

**SAFE SPACE**

**NATIONAL SUICIDE PREVENTION LIFELINE**  
1-800-273-TALK (8255)  
suicidepreventionlifeline.org

What you say in here STAYS in here.

Exceptions:  
Someone is hurting you.  
You want to hurt someone.  
You want to hurt yourself.

Miss You!

Student Name	Parent Name	Parent Phone	Parent Email	Parent Address	Parent City	Parent State	Parent Zip
...	...	...	...	...	...	...	...



Welcome to Ms Sheedy's 8th Grade Virtual Office!



**Socially distant,  
but not alone.**  
Your mental health matters.

Test SCHOOLS is FREE! for Pre-K-24/7 free covering

welcome to  
Ms Josephson's  
7th grade virtual office!

What you say in here  
STAYS in here.

**Exceptions:**  
Someone is hurting you.  
You want to hurt someone.  
You want to hurt yourself.

**DIVERSE  
INCLUSIVE  
ACCEPTING  
WELCOMING  
SAFE SPACE  
FOR EVERYONE**

www.TheColorfulKid.org

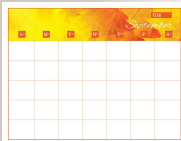
**Distance Learning Schedule**  
Hill Valley Middle School 2020-2021 School Year

Grade	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Math	Reading	Science	History	Art
7th Grade	Math	Reading	Science	History	Art
8th Grade	Math	Reading	Science	History	Art
9th Grade	Math	Reading	Science	History	Art
10th Grade	Math	Reading	Science	History	Art
11th Grade	Math	Reading	Science	History	Art
12th Grade	Math	Reading	Science	History	Art



Leave  
me a  
note!

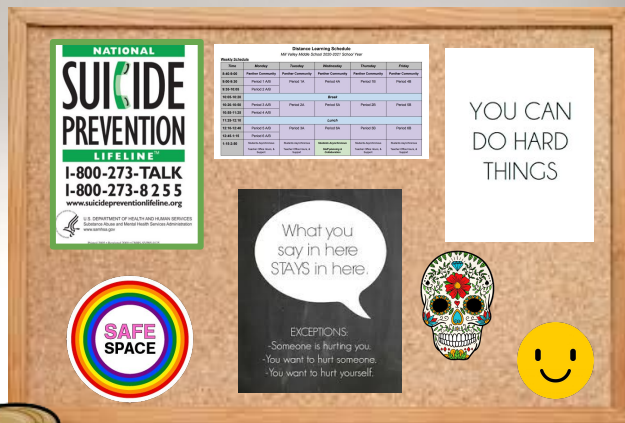




WE ARE ALL BORN EQUAL

BE KIND

SCIENCE IS REAL  
WOMEN'S RIGHTS ARE HUMAN RIGHTS  
BLACK LIVES MATTER  
NEWS ISN'T FAKE  
NO HUMAN IS ILLEGAL  
LOVE IS LOVE  
KINDNESS IS EVERYTHING



NATIONAL SUICIDE PREVENTION LIFELINE  
1-800-273-TALK  
1-800-273-8255  
www.suicidepreventionlifeline.org

Distance Learning Schedule  
M-F 10:00 AM - 12:00 PM 2021-2022 School Year

Period	Monday	Tuesday	Wednesday	Thursday	Friday
1st Period	Math	Math	Math	Math	Math
2nd Period	Science	Science	Science	Science	Science
3rd Period	History	History	History	History	History
4th Period	Language Arts	Language Arts	Language Arts	Language Arts	Language Arts
5th Period	Art	Art	Art	Art	Art
6th Period	Physical Education	Physical Education	Physical Education	Physical Education	Physical Education
7th Period	Music	Music	Music	Music	Music
8th Period	Health	Health	Health	Health	Health
9th Period	Spanish	Spanish	Spanish	Spanish	Spanish
10th Period	French	French	French	French	French
11th Period	Computer	Computer	Computer	Computer	Computer
12th Period	Special Services	Special Services	Special Services	Special Services	Special Services

YOU CAN DO HARD THINGS

What you say in here STAYS in here.  
EXCEPTIONS:  
-Someone is hurting you.  
-You want to hurt someone.  
-You want to hurt yourself.



## Breakout Room Question

During remote learning, how have your children and family connected with school staff. (i.e Principal, Teachers, Counselor, etc?)

# Upcoming Meetings

- **LeCAP Stakeholder Meetings**
  - December 9, 3:30-4:30 pm
- **LeCAP Student Meetings**
  - December 2, 3:30-4:30 pm
- **Board Meeting**
  - December 14, 6:00 pm

## LCAP Development Meetings

- Jan 27, 2021
- February 24, 2021
- March 31, 2021
- April 28, 2021

