



**Challenger Middle School  
Wellness Policy & Action Plan 2019-20**



SDUSD Wellness Policy: <https://www.sandiegounified.org/district-wellness-policy-council>




**Wellness Vision**

The Challenger Wellness team believes that we and our community of learners, parents, and staff promote a safe, positive school culture, climate, and community that is:

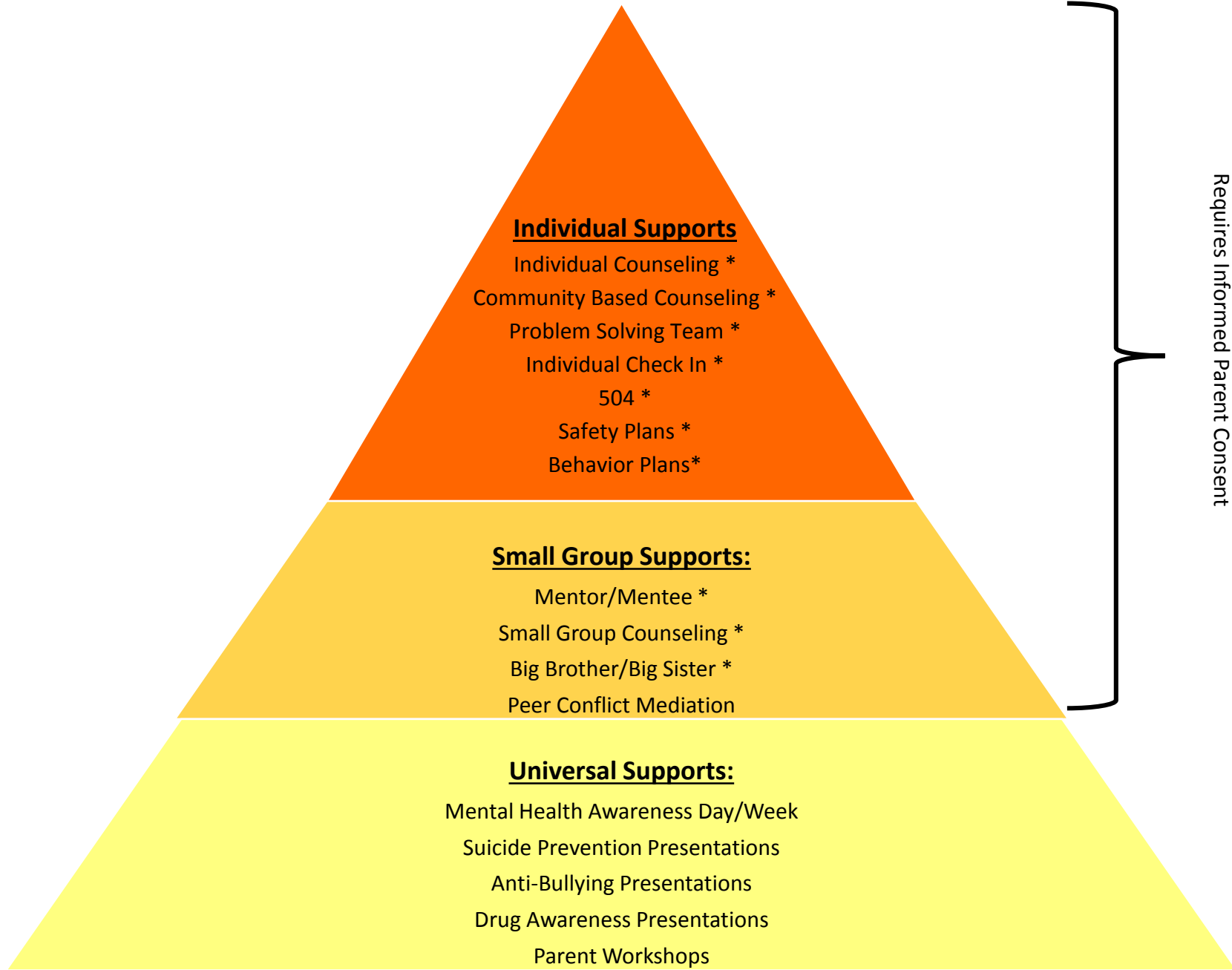
1. driven by student needs;
2. celebrates diversity;
3. embedded in building and applying strong character; and
4. valued by all stakeholders.

Goal	Tier 1 Action Plan	Tier 2/3
<p>Increase student awareness of their own social emotional learning and adaptive coping skills.</p>	<p><b>Continue:</b></p> <ul style="list-style-type: none"> <li>● 6th grade elective mindfulness wheel.</li> <li>● Mental Health Awareness Assemblies.</li> <li>● 7th grade suicide awareness assemblies</li> <li>● 7th grade Drug Prevention assembly</li> <li>● Anti-bullying assemblies</li> <li>● Community circles in classrooms where teachers are trained</li> </ul> <p><b>Add</b></p> <ul style="list-style-type: none"> <li>● Mindful Assemblies every grading period</li> <li>● 8th Grade Mindful Moments</li> <li>● 8th Grade Challenge Day Activities</li> <li>● Development of Counseling Referral Procedures and training of staff</li> <li>● Development of Advisory Lessons to address social-emotional learning</li> <li>● Expand expertise in restorative practice/community circles through district professional development</li> </ul>	<p><b>Continue:</b></p> <ul style="list-style-type: none"> <li>● Small Group Counseling</li> <li>● Big Brother/Big Sister</li> <li>● Mentor Mentee</li> <li>● Problem Solving Teams</li> <li>● Community Referrals</li> </ul> <p><b>Add:</b></p> <ul style="list-style-type: none"> <li>● Voluntary professional development for teachers on disabilities awareness, diverse learning needs, special education, and inclusive practices.</li> </ul>

## Referral Process for Mental Health & Student Supports

Sample Behaviors			
 Low Risk	 Medium Risk	 High Risk	Life Threatening Risk <span style="background-color: black; color: white; padding: 2px 5px; font-weight: bold;">911</span>
<ul style="list-style-type: none"> <li>Mild withdrawal</li> <li>Mild out of character behavior</li> <li>Reports sadness</li> <li>Head Down</li> <li>Reports a mild conflict (peer, family, teacher)</li> <li>Teary eyed</li> <li>Distracted</li> <li>Lack of motivation/apathy</li> </ul>	<ul style="list-style-type: none"> <li>Withdrawal</li> <li>Out of character behavior for multiple days</li> <li>Sadness</li> <li>Head Down for multiple days</li> <li>Reports a conflict (peer, family, teacher)</li> <li>Crying</li> <li>Distracted for multiple days</li> <li>Lack of motivation/apathy for multiple days</li> </ul>	<ul style="list-style-type: none"> <li>Extreme withdrawal</li> <li>Angry outbursts that can be aggressive verbally/physically</li> <li>Extreme Sadness/Crying</li> <li>Significant conflict where impending threat of harm is present</li> <li>Anxious behaviors (hyperventilating, hiding, running away, panic attack)</li> <li>Extremely disruptive to the learning environment</li> </ul>	<ul style="list-style-type: none"> <li>Threatening to kill himself/herself</li> <li>Seeking lethal means</li> <li>Talking/Writing/Artwork about suicide.</li> <li>Dramatic mood change</li> <li>Withdrawal from Friends/Family/Society</li> <li>Giving Away Possessions</li> <li>Acting recklessly</li> <li>Increasing Alcohol/Drug use</li> <li>Neglect of Personal Appearance</li> <li>Personality Change</li> <li>Anxiety, Agitation, Anger</li> <li>Sadness, Crying</li> </ul>
Action			
<ul style="list-style-type: none"> <li>Contact the counselor via email. Subject Line: Low Risk. Response time within 48 hours.</li> <li>Student may complete: "Request to See Your Counselor" Form to be seen within 48 hours.</li> <li>If it is a bullying issue, students may report bullying via an anonymous form at CMS or through the district website.</li> <li>Staff may refer for short term interventions using the "small group counseling" google referral form provided 2 times a year.</li> </ul>	<ul style="list-style-type: none"> <li>Contact the counselor via email or phone. Subject Line: Medium Risk. Response time within 24 hours.</li> <li>Staff may send the student to the counseling office on pass to be seen within the school day.</li> <li>Staff may refer for short term interventions using the "small group counseling" Google referral form provided 2 times a year.</li> </ul>	<ul style="list-style-type: none"> <li>Contact the office and/or counselor via phone. Response time ASAP.</li> <li>Staff may complete: "RED Alert" form for students to be seen immediately.</li> </ul>	<ul style="list-style-type: none"> <li>Follow: Be A Link! Protocol</li> <li>Response time is immediate</li> </ul>
<p><b>Note: This is not an all-inclusive list. Staff who have concerns can reach out to the counseling department.</b></p>			

# Counseling Department Interventions



*\*Requires a referral form and/or referral through Problem Solving Team (PST)*