



**Fort
Vermilion**
School Division

Connectivity Framework

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PHYSICAL EDUCATION & WELLNESS

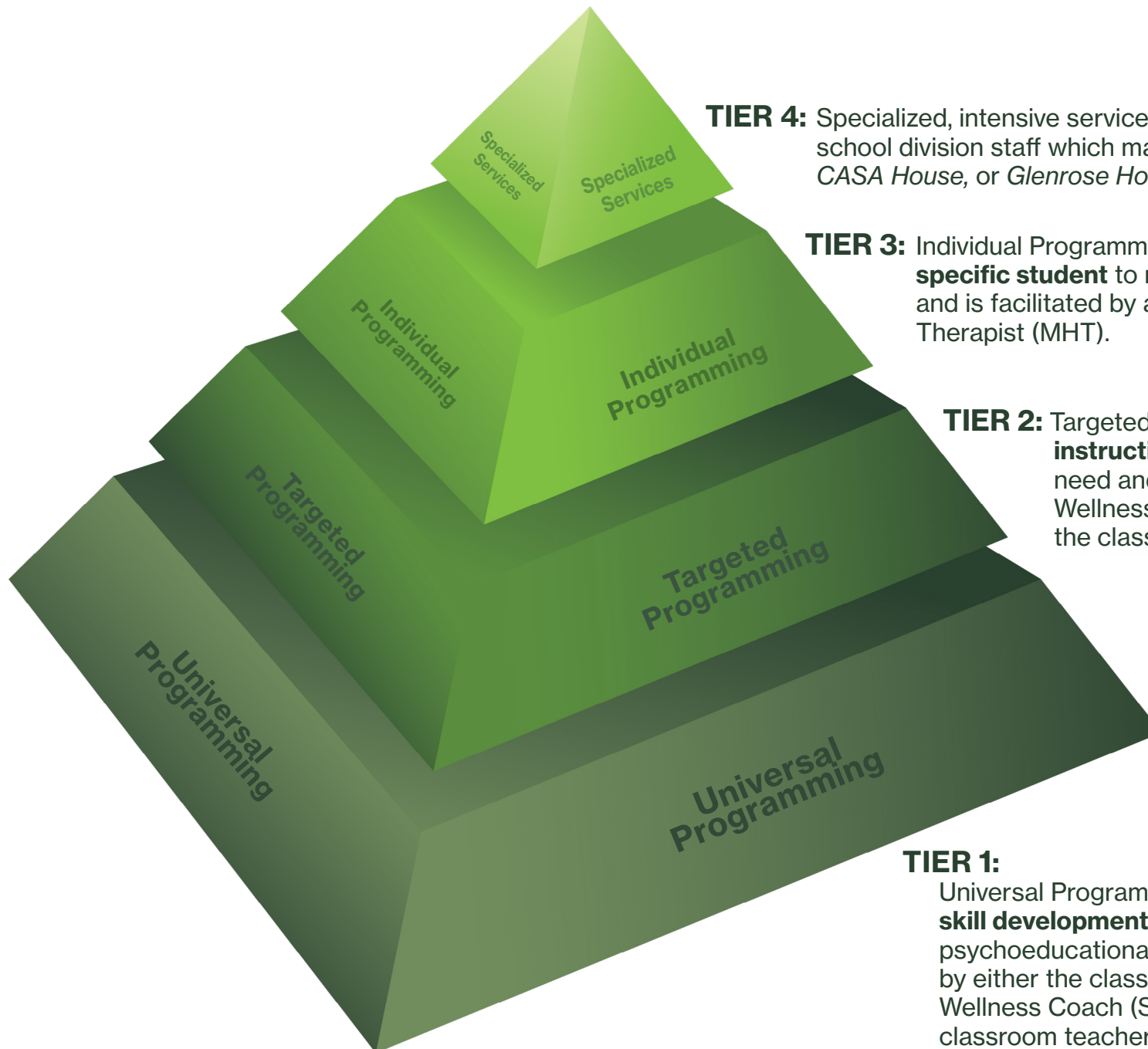
ALBERTA EDUCATION

Physical education and wellness curriculum supports a strength-based focus that promotes the development of the whole individual and aims to nurture students in their pursuit of a healthy and active life.

From **Kindergarten** to **Grade 6**, students are supported on their journey of achieving optimal well-being through a healthy school community that emphasizes:



Icons by Adrien Coquet from NounProject.com

TIERED APPROACH

TIER 4: Specialized, intensive services accessed outside of our school division staff which may include a *Psychiatrist*, *CASA House*, or *Glenrose Hospital*.

TIER 3: Individual Programming **created for a specific student** to meet specific needs and is facilitated by a Mental Health Therapist (MHT).

TIER 2: Targeted programming is **small group instruction**, created based on student need and is facilitated by a Student Wellness Coach (SWC) outside of the classroom.

TIER 1: Universal Programming is **whole class skill development**. Social-emotional and psychoeducational lessons that are facilitated by either the classroom teacher or a Student Wellness Coach (SWC) in the presence of the classroom teacher

UNIVERSAL PROGRAMMING – TEACHER FACILITATED

Second Step is whole class instruction taught by a classroom teacher for Gr K-8:

- Identifying & Managing Emotions
- Empathy
- Problem Solving
- Making Responsible Decisions
- Maintaining Healthy Relationships



GRADES K-5

**UNIT 1:
Skills for Learning**

Students set and achieve collective and personal goals and learn from challenges and mistakes.

UNIT 2: Empathy

Students learn how to build their emotion vocabularies, practice identifying their own and others' emotions, and recognize the importance of labeling and processing their emotions.

[SAMPLE Lesson Plan](#)

UNIT 3: Emotion Management

Students learn how to recognize kindness and act kindly toward others, and how to develop empathy by learning strategies to take others' perspectives.

[SAMPLE Lesson Plan](#)

**UNIT 4:
Problem Solving**

Students learn how to process strong emotions, which helps them ask, listen, and empathize with all parties involved during problem-solving.

[SAMPLE Lesson Plan](#)

SCOPE & SEQUENCE:
Social-Emotional Learning for K-5

GRADES 6-8

**UNIT 1:
Mindsets & Goals**

Students set and achieve collective and personal goals, learn from challenges, recognize their personal strengths, and explore the unique aspects of their identities.

UNIT 3: Thoughts, Emotions & Decisions

Recognize strong emotions and unhelpful thoughts, students learn to apply strategies for managing their emotions and reducing stress.

[SAMPLE Lesson Plan](#)

SCOPE & SEQUENCE:
Second Step Middle School (6-8)

**UNIT 2:
Recognizing Bullying & Harassment**

Students learn how to recognize bullying and harassment, stand up safely to bullying, and respond appropriately to harassment, as well as identify solutions for preventing those behaviors.

[SAMPLE Lesson Plan](#)

**UNIT 4:
Managing Relationships & Social Conflict**

Students learn strategies for developing and maintaining healthy relationships, perspective-taking, and dealing with conflict.

[SAMPLE Lesson Plan](#)

MEET THE CONNECTION TEAM



Fort Vermilion School Division Connection Team
provides *Mental Health and Wellness* services to any students and families enrolled in studies within the **Fort Vermilion School Division**, which encompasses *In School Learning, At Home Learning* and the *Learning Stores*. The Connection Team provides therapeutic services throughout the schools in the region in the form of *universal (whole class)* and *targeted (small group)* programming which is completed by the **Student Wellness Coaches (SWC)**. Students requiring one on one support can receive confidential therapeutic interventions by the **Mental Health Therapist (MHT)**. Individual referrals can now be made using the **online referral form** which can be found on the FVSD website. Classroom teachers wanting programming for their class or a group of students can contact the **Student Wellness Coordinator** via e-mail or phone call.

Our Success & Engagement Coaches work with indigenous students and families to encourage school attendance, support positive behaviors and promote an inclusive environment in our schools.



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Student Wellness Coordinator
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HOME OFFICE: RLNS

Our Student Wellness Coaches provide universal and targeted programs throughout the division based on student needs. Programs provided all promote mental wellness, healthy relationship, emotional and social learning and much more.

FVSD Connectivity Team Members



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Community Helpers Coordinator
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Our Mental Health Therapists provide *confidential* individual counseling for students during school hours upon receiving parental consent. For more information on how and when to refer a student please read the center circle.



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Community Helpers Program is a *suicide prevention program* for youth. The objective is to build community capacity for mental health promotion, reducing stigma of mental health and suicide and ultimately to provide prevention and early intervention for young people who may be at risk of poor mental health and suicide.

Supervisor of Connectivity
nataliem@fvsd.ab.ca
CENTRAL OFFICE

Connection Team Referral Form is on the FVSD website.

The following is a guideline of possible areas of concern that the Connection Team can support students and families with:

<p>Classroom & Small Group (SWC)</p> <ul style="list-style-type: none"> • Emotional regulation • Anxiety • Social Skills • Self Confidence • Healthy Relationships • Child Protection 	<p>Individual Therapy Sessions (MHT)</p> <ul style="list-style-type: none"> • Anxiety & Depression • Diagnosis of a Mental Health Disorder • Grief & Loss • Trauma & Abuse • Suicidal Thoughts 	<p>Success & Engagement Coaches</p> <ul style="list-style-type: none"> • Provide support and advocacy for those students as they pursue their studies • Support students to develop a sense of identity • Assist schools in promoting cultural awareness.
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Download this handy **FVSD Connection Team Reference Guide!**

A brief description of each team and individual contact information is included as well as a direct link to our online referral form.

Click the image at left to view/download a copy.

STUDENT WELLNESS COACHES (SWC) – TIER 1



Student Wellness Coordinator
 lindseyb@fvsd.ab.ca
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 780-928-3913



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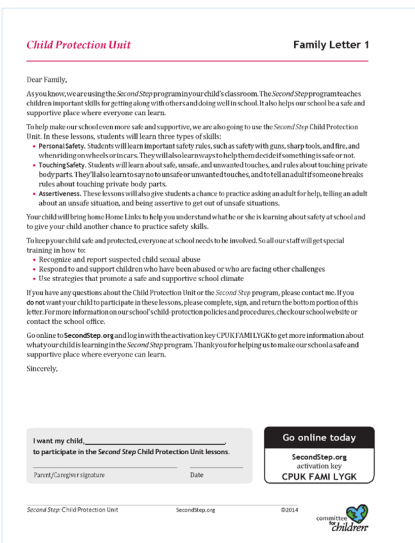


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FVSD **Student Wellness Coaches** provide universal and targeted programs throughout the division based on student needs. Programs provided all promote mental wellness, healthy relationship, emotional and social learning and much more.



**Child Protection Unit
 Family Letter 1**

K - 5	Child Protection Units	K - 6	Theraplay/Sunshine Circles
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- | | |
|--|--|
| <ul style="list-style-type: none"> • <i>research-based child abuse prevention program</i> • <i>safe and unsafe touches</i> • <i>never, never rules</i> • <i>consent and boundariest</i> • 6 lessons <p style="text-align: center;">SAMPLE Lesson Plan</p> | <ul style="list-style-type: none"> • <i>building relationships from the 'inside out'</i> • <i>build on four essential qualities found in healthy relationships: structure, engagement, nurture and challenge.</i> • <i>promotes classroom connectivity and relationships</i> • 6 lessons <p style="text-align: center;">Theraplay Institute</p> |
|--|--|

K - 8	Roots of Empathy	9-12	Healthy Youth Relationships
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- | | |
|---|---|
| <p><i>Taught by SWC, classroom teacher, and mom with baby:</i></p> <ul style="list-style-type: none"> • <i>evidence based experiential learning program</i> • <i>promotes the ability to recognize and connect with vulnerability and humanity.</i> <p style="text-align: center;">Roots of Empathy Programs</p> | <p><i>This is a Red Cross program that program equips grade 9-12 students with the knowledge and skills to be safe, recognize vulnerable situations, develop personal safety plans, and define where to get help. (6 lessons)</i></p> <p style="text-align: center;">Healthy Youth Relationships
 Fact Sheet</p> |
|---|---|

■ for K-3
 ■ for 4-6
 ■ for 7-9
 ■ for 10-12
 STUDENT WELLNESS COACHES (SWC) – TIERS 1 & 2

<p>Self-esteem and positive self identity:</p> <ul style="list-style-type: none"> • Program goals include helping students become more aware of their self esteem and the role it plays in their overall health and happiness. Lessons include topics such body image, strengths exploration, the power of positive thinking, social skills and coping strategies. 	<p>Healthy social media and tech use:</p> <ul style="list-style-type: none"> • Through a series of presentations high school students will learn to recognize healthy & unhealthy use of technology and social media, how the use of social media can impact mental health, will better understand the addictive qualities of social media, receive education on unsafe internet use (ex. cyberbullying) and finally learn ways that they can use social media and tech in healthy and helpful ways. 	<p>Mind over matter:</p> <ul style="list-style-type: none"> • “Mind Over Matter” is designed to help students increase their own emotional awareness and then teach simple strategies to help students manage feelings and deal with everyday stressors. Students will also receive education on topics such as anxiety & depression and the impact of social media use and technology on mental health.
<p>Superflex-Resiliency:</p> <ul style="list-style-type: none"> • “Superflex” is a social and emotional learning program designed to help students understand flexible thinking and learning strategies to become a flexible thinker and become more adaptable to the thoughts or plans of the social world around them. The program uses a super hero named “Superflex” who defeats the “Team Of Unthinkables” to teach and model how students can develop their own inner Superhero to help defeat thought patterns and behaviors that are unhelpful to flexible and positive thinking. 	<p>Transformers-divorce and separation:</p> <ul style="list-style-type: none"> • The Transformers program will have lessons and activities to help students explore the impact of having different family dynamics. The purpose of the group sessions will help members to explore the impact from a child’s perspective, recognize that children coming from different family dynamics have a variety of feelings, and that such feelings are normal and appropriate, and learn strategies for coping. 	<p>Worry No More:</p> <ul style="list-style-type: none"> • These programs will have lessons and activities focusing on becoming aware of and facing anxious or worried feelings. The goal is to help students build skills for managing worry and gaining control of reactions they may have when feeling worried or anxious. Lessons will focus on the difference between healthy and unhealthy worry, cognitive, physical and behavioral calming strategies, thought processes related to anxiety and our body reactions. (4 lessons)
<p>Relationship Building & Social Skills:</p> <ul style="list-style-type: none"> • Students will recognize the quality of healthy relationships, learn and practice friendship skills such as empathy and communication, and learn how to make new friends as well as learn other social skills on an as needed basis. 	<p>Anxiety and/or stress management:</p> <ul style="list-style-type: none"> • Students will recognize worry and anxiety in themselves, understand the function of anxiety, and gain skills to successfully cope with their feelings. 	<p>Sexual minority education/support:</p> <ul style="list-style-type: none"> • <u>GSA’s & QSA’s in Alberta Schools: A Guide for Teachers</u> • <u>Institute for Sexual Minority Studies & Services (Faculty of Education, U of A)</u> • <u>Edmonton 2 Spirit Society</u>
<p>Beyond the Hurt:</p> <ul style="list-style-type: none"> • A Red Cross program that can be delivered in six sessions. Lessons and activities promote healthy relationships and educate around bullying prevention. 	<p>Grief & Loss:</p> <ul style="list-style-type: none"> • Students will learn about the grief cycle and learn that feelings around grief and loss are normal, learning strategies for coping. This program is available for students who have experienced any sort of grief/loss for example, the loss of a friendship, the loss of a loved one, the loss of a home, etc. 	<p>Anger Management:</p> <ul style="list-style-type: none"> • Students will learn how to recognize anger, as well as other big emotions in themselves. They will practice emotional regulation skills as well as learn other positive relationship skills.

COMMUNITY HELPERS PROGRAM (CHP)



**Community Helpers
Coordinator**
lornad@fvsd.ab.ca
Home Office: LCPS
780-928-3913

The **Community Helpers Program** is funded by *Alberta Health Services* and is a suicide prevention program for youth.

The objective of this project is to enhance mental health among youth and young people by increasing community capacity for mental health promotion as well as reducing stigma of mental health and suicide. **The ultimate goal being to provide prevention and early intervention for young people who may be at risk of poor mental health and suicide.**

This is accomplished by presentations on mental health topics. The focus is primarily on presenting in all grade nine health classrooms across the school division as well as additional classrooms upon request.



Photo by Priscilla Du Preez on Unsplash.com

9-12	Programs
	<ul style="list-style-type: none"> • Bridge formal and informal support for young people • Prevention and early intervention • Stigma reduction • Harm reduction

Local Resource Phone Numbers
provided by Community Helpers Program



Community Helpers class at BHPS showing off their tie-dyed shirts!

INDIGENOUS EDUCATION FRAMEWORK

The **Indigenous Education Coordinator** will work on building a sound understanding of the unique cultures within the *Fort Vermilion School Division*. Respect will be developed through shared experiences while celebrating individual success.

All leadership with the school division will participate in the following:

- **Blanket Exercise;**
- Completion of **Indigenous Canada;**
- History of the Treaties
- History of Treaty 8
- Local History (Four Nations & Metis local)

K-12	Quality Programming
	<ul style="list-style-type: none"> • <i>Learning from the land</i> • <i>Intentional indigenous infused classroom teachings</i> • <i>Connecting schools with community Elders and Knowledge Keepers</i> • <i>Shared cultural experiences, throughout the school division</i> • <i>Building a sense of belonging through ceremony, art, literature, song and dance</i> • <i>Ensuring our school division website reflects the vibrant cultures within our region</i> • <i>Develop a five-credit senior high indigenous studies course that would include locally developed teachings for beading, ribbon skirt making, drum making, tipi teachings, and ceremonies</i> • <i>Working with families to minimize barriers to school success</i>
K-12	Available Resources
	<ul style="list-style-type: none"> • <i>Indigenous Education Lead</i> • <i>Success/Engagement Coaches</i> • <i>TRC School Based Teams (inclusive of school administration)</i> • <i>Quality Professional Development</i> • <i>Grant Funding (covering the cost of honorariums, subsistence, and programming materials)</i>

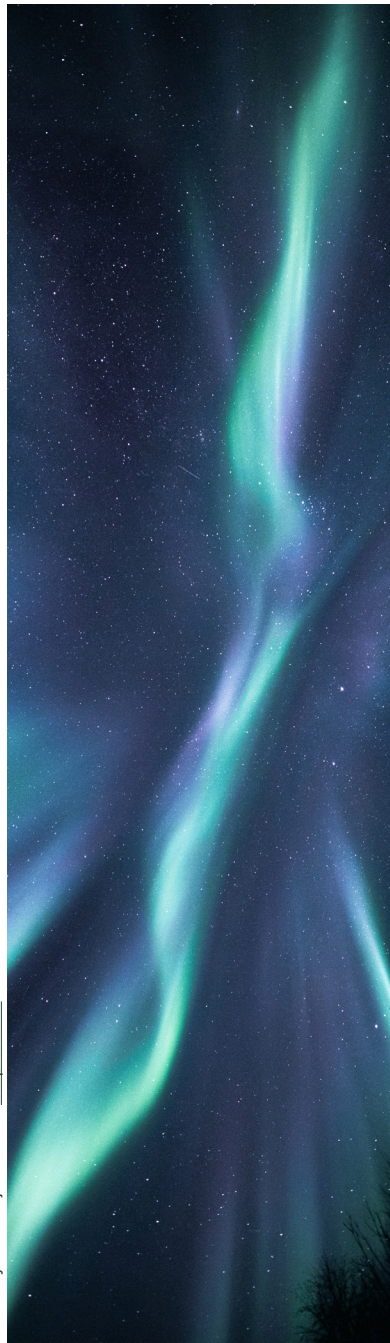


Photo by Maria Vojtovicova on Unsplash.com

INDIGENOUS SUCCESS / ENGAGEMENT COACHES



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The FVSD has three **Success/Engagement Coaches** working in the communities of *High Level, Rocky Lane* and *Fort Vermilion*, with key responsibilities being:

- To facilitate and strengthen school engagement for identified students/families;
- To assist students/families with the identification of barriers to success (attendance), provide support and advocacy for those students as they pursue their studies, and explore options for further education and/or career exploration;
- To support students to develop a sense of identity and assist schools in promoting cultural awareness;
- Assist as a Community Liaison between the Fort Vermilion School Division and partner First Nation communities.

K-12	In-school Support
	<ul style="list-style-type: none"> • <i>meeting with high school students for ongoing support and encouragement (post-secondary funding opportunities)</i> • <i>exposure to local indigenous cultures through oral teachings, literature, song, and art:</i> <ul style="list-style-type: none"> › <i>finger weaving</i> › <i>drum making</i> › <i>sharing circles</i> › <i>beading</i> › <i>smudging</i> › <i>tipi teachings</i> › <i>ribbon skirt making</i>
K-12	Family Support
	<ul style="list-style-type: none"> • <i>working with families to find an educational platform that meets their needs while building connections with their local school</i> • <i>accessing community resources</i> • <i>applying for Jordan's Principal</i> • <i>attaining government issued identification</i>

MENTAL HEALTH TEAM (MHT) – TIER 3



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The FVSD has four **Mental Health Therapists** providing one-on-one support to children and youth who require tier three interventions.

Our Mental Health Therapists provide confidential, individual counseling for students during school hours upon receiving parental consent. Individual referrals can be made by self, caregivers, staff members, and community agencies using the following referral form.

Online Referral Form

K-12	Intervention Assistance
<p><i>Areas of concern that FVSD Mental Health Therapists can assist with, but are not limited to:</i></p> <ul style="list-style-type: none"> • Anxiety and depression • Students who have been previously diagnosed with a mental illness • Complex grief and loss • Trauma and abuse • Suicidal thoughts/self-harm 	



Photo by Mark Fletcher-Brown on Unsplash.com

FVSD STAFF SUPPORTS



Dr. Natasha Egeli, PhD
Registered Psychologist
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Dr. Willard Fewer, M.Sc.
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Registered Marriage
& Family Therapist
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We value the tremendous dedication our staff show to our students and families, and recognize in order to do your best you must take care of yourself.

With that being said, the **FVSD provides full access to two registered psychologists.** Dr. Willard Fewer and Dr. Natasha Egeli provide confidential psychological support to any staff who would like to take advantage of this service.

Staff can contact them directly to schedule an appointment.

The FVSD employee benefits carrier is
**Alberta School Employee
Benefit Plan (ASEBP).**

Click the links below to learn more:

[FVSD Employee Benefits](#)

[Plan Checklist](#)

[The Sandbox](#)

Find a directory of local services and mental health supports for our area through the links below:

[Community & Wellness Page](#) (*FVSD New Teacher Resources Site*)

[High Level & Area Mental Health Supports](#)

