

CUSD CARES Hidden Hills Elementary

Multi-Tiered System of Support (MTSS): Well-Being

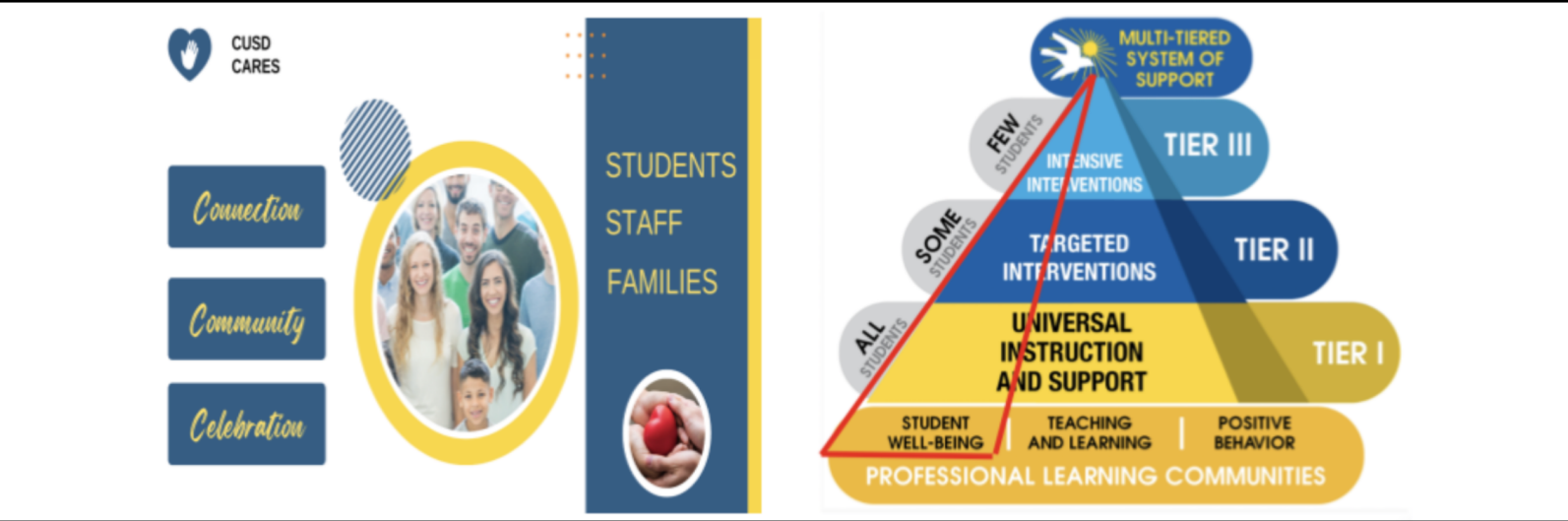
Purpose:

Goal: Effectively support all students' and staff's well-being and have a positive impact on student outcomes by intentionally developing "**connections**, a sense of **community**, and regular opportunities for **celebration**"

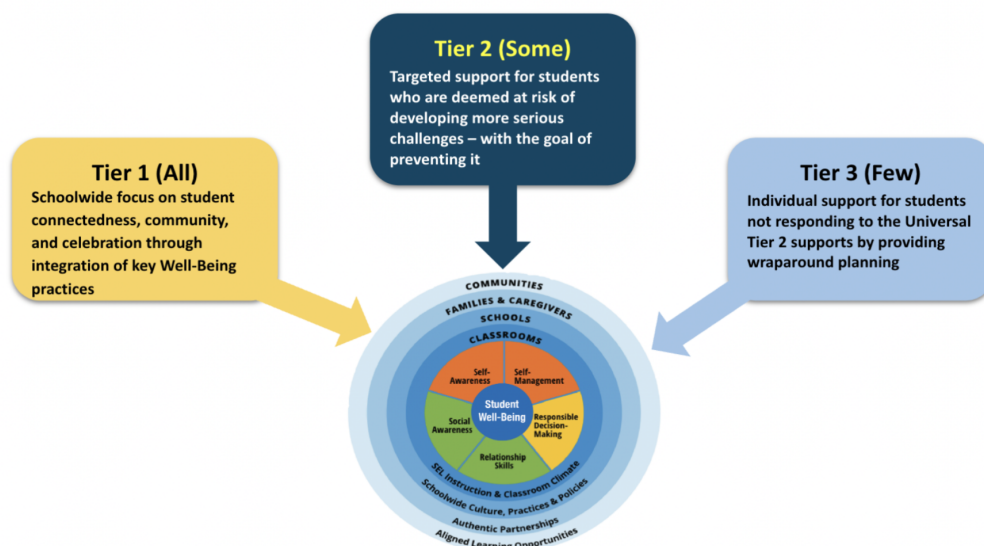
Connection: Creating a school environment where students feel connected to their peers and adults on campus through meaningful, daily interaction

Community: Establishing an inclusive school community by developing a sense of safety and belonging for students, staff, and parents, through events, programs, and organizations

Celebration: Highlighting the uniqueness of students and staff through moments that acknowledge their contributions and achievements



Capistrano Unified School District Multi-Tiered System of Support Well-Being Plan "CUSD CARES"



Tier 1

Universal (All Students): Schoolwide focus on student connectedness, community, and celebration through integration of key “Well-Being” practices

Connection: Creating a school environment where students feel connected to their peers and adults on campus through meaningful, daily interaction

- **Kindness Crew**

- Led monthly by school counselor with students
- Click [HERE](#) for more information
- Available for all 3rd-5th grade students once a month
- Kindness Crew Leadership Team - meets an additional time each month to discuss and vote on the kindness activity to carry out that month
- Examples of previous Kindness Crew activities:
 - Laguna Niguel City parade: Hidden Hills ES Kindness Crew students and parents participate in the parade
 - Kindness messages decorated and put on coffee sleeves at local Starbucks for the community
 - Thanksgiving themed kindness messages created by students and put into Thanksgiving dinner boxes at Family Assistance Ministries in the community

- **Kindness Week** - Held every year during the month of January

- Examples of previous Kindness Week activities:
 - Spirit Week - click [HERE](#) to view 2022-2023 Kindness Spirit Week
 - Great Kindness Challenge Checklist
 - Recess Activities:
 - Kindness themed bracelets
 - Kindness notes written and delivered to staff and other students
 - Poster contest with kindness theme - grade level winners have their picture framed and displayed in front office for the year

- **Attendance**

- You Belong Here Attendance Campaign
 - Attend to Achieve Team
 - Meets monthly to review school attendance data and interventions/supports
 - Incentives for improving school attendance
 - Grade level pizza party each month for grade with highest and/or most improved attendance (monthly)
 - Perfect attendance award recognition (monthly)
 - Backpack Tags
 - Pencils
 - 5 Owl Tickets
 - Family Movie Night for attendance incentive (trimester)
 - Golden Ticket for PBIS Bingo Party
- Parent information on attendance shared on [school website](#)

Multi-Tiered System of Support (MTSS): Well-Being

- **New Student Group**

- Facilitated by school counselor at the beginning of the year
- Created to help students meet and connect to their school and peers
- Click [HERE](#) for more information about this program

- **Lunch Bunch**

- Facilitated by school counselor
- Held every week with K-5th grade students
- 6 students from each grade level eat lunch together with the school counselor
- After eating lunch, students play games and have fun with their peers in the school counselors classroom
- Great way for students to build positive connections with their peers
- Click [HERE](#) for more information about this program

- **Student Council**

- **Weekly Principal Bulletin**

- **Weekly Phone Messages as needed**

- **Weekly Staff Bulletin**

Community: Establishing an inclusive school community by developing a sense of safety and belonging for students, staff, and parents, through events, programs, and organizations

- **Coffee With the Principal and Counselor**

- Held once a month
- Click [HERE](#) to view dates and topics for 2023-2024

- **Celebrating Cultural Diversity** - led by the School Counselor

- Recess activities during the year that celebrate various cultures

- **ELAC Meetings**

- Held four times a year for parents of English Language Learners

- **Tears and Cheers**

- First day of school welcoming breakfast for parents/guardians
- Booths with resources on school counseling program, attendance resources, and PTA

- **School Site Council**

- Held four times a month

- **Kindergarten Early Foundational Skills Club**

- Created for TK - Kindergarten parents
- Held once a month

- **Second Step and Cultural Proficiency Lessons** - led by the School Counselor

- **Positive Behavior and Intervention Support (PBIS) Tier 1 Support**

- School-wide PBIS Rotations at beginning of the year to teach school-wide expectations
- School-wide PBIS Assembly held twice a year to review school-wide expectations
- PBIS OWLS tickets when students exhibit expected behaviors
- PBIS Store (Online OWL Store) - can shop once a month with OWL tickets
- Caught you being "OWL-mazing" positive notes sent home to students that exhibit exceptional behavior

Multi-Tiered System of Support (MTSS): Well-Being

- **Bullying Prevention Month** – held during the entire month of October. Examples of previous Bullying Prevention Month activities:
 - Spirit day every Friday of the month – click [HERE](#) to see example from 2022-2023
 - Bully Prevention picture contest – one picture selected per grade level, picture framed and displayed in the front office for the year
 - Bully Prevention counselor lessons to all students
 - Pledge to be an upstander signed by students
 - Bullying Prevention signs posted and displayed around the entire school (new to 2023-2024)
- **Wellness Wednesdays**
 - Led by School Counselor
 - Held every Wednesday morning for K-5th grade and staff
 - Practice mindfulness and other calming techniques
 - End with a positive intention for the day
 - Click [HERE](#) for more information
- **Mental Health Wellness Week**
 - Led by School Counselor
 - Spirit week flyer with daily activities for students to learn and try new coping skills – click [HERE](#) to view 2022-2023 flyer
 - Recess activities for 1st-5th grade students to practice coping skills
 - Sand Tray Activity – students used a sand tray while listening to calming music
 - Gratitude Wall (students wrote down what they were grateful for on a post it note and added it to the school-wide gratitude wall)
 - Be Kind to Your Mind – students wrote down 3 things they liked about themselves
 - Positivity Bracelets – students picked a positive word (breathe, inspire, friend, believe) that they connected with and created a bracelet
 - Test Your Knowledge Contest – students answered a question related to coping skills and then spun a wheel to win a coping skills prize
 - Coping Skills Workshop
 - Provided to all K-5th grade students during lunch recess
 - Led by school counselor
 - Students rotated through various coping skills activities
- **New Student Ambassadors** – Intentional welcome for all new students
 - Two students from each classroom trained by school counselor on how to welcome new students on their first day of school
 - New student ambassadors responsible for: giving new students a tour of the school and introduce to school staff using a Scavenger Hunt form, explain PBIS expectations at each area, eat lunch with them and introduce them to other students in their grade
- **Red Ribbon Week**
 - Facilitated by School Counselor
 - Local sheriff's hand out stickers and develop positive relationships with students
 - Healthy Habits Bingo Game – school-wide event
 - Build and learn healthy ways to take care of ourselves physically and mentally

Celebration: Highlighting the uniqueness of students and staff through moments that acknowledge their contributions and achievements

- **Morning Assemblies**

- Held twice a week
- Two students a week get picked to lead the school in the flag salute and a patriotic song
- ELAC Reclassification Awards
 - Students recognized for reclassifying as fluent English learners
- ST Math Recognitions
- Perfect attendance award recognition (monthly)

- **Trimester Awards**

- Recognizing students in the areas of English Language Arts, Math, Citizenship, and Effort

- **Kindness Week and Bullying Prevention Month Poster Contest Winners**

- Grade level winners are announced at Friday Flag Ceremony and called up on stage
- Pictures are framed and displayed in the front office for the entire school year
- Pictures are featured in the monthly school counselor newsletter

- **Monthly School Counselor Newsletter**

- Kindness Crew students are highlighted for the kindness activities they participated in to spread kindness in school and in our community for each month
- Click [HERE](#) to view an example of a previous newsletter
- Monthly School Counselor Newsletters are sent home every month with students

- **PBIS**

- You were caught being "OWL" mazing notes sent home to families when students exhibit exceptional behavior

Tier 2

Targeted (Some Students): Targeted support for students who are at risk of developing more significant challenges

- **Sensory Rooms** (SAC and State Preschool)
- **Targeted Group Counseling** (Counselors & Intervention Specialists)
 - Click [HERE](#) to view list of small groups and interventions
 - Homework Support
- **Referrals to School Counselor**
- **Restorative Practices**
- **Positive Behavior Interventions and Support (PBIS)**
 - Tier 2 Strategies and Interventions
 - Check-in/Check-out
 - Check & Connect (attendance support)
- **Family Partnership Plan**
- **Student Success Team (Tier 2 & Tier 3)**
- **Operation School Bell**
- **Shoes That Fit Donation**

Tier 3

Intensive: Individual and intentional support for students not responding to the Tier 2 supports by providing comprehensive planning and services

- **Individual 1:1 Counseling**
 - With School Counselor
- **Referral to Family Support Team**
 - Additional counseling services (with parent consent)
- **District Support Team**
- **County and outside mental health referral** (with parent consent)
- **Crisis Counseling**
- **Home visits**
- **Parent Consultations**
- **MTSS Interventions during the school day**
- **After school academic interventions in the area of English Language Arts and Math**