

Social Emotional Wellness Activities at LBMS

Advisory Programming:

- *Mindful Monday: Habits of Mind instruction and development
- *Topic Tuesday: Social Emotional Learning (SEL) state standards instruction and development
- *Wacky Wednesday: Cross-grade activities based on student interest
- *Thoughtful Thursday: Student-skills support and development

PBIS Programming (Positive Behavioral Interventions and Supports):

- *BAM cards for students and teachers (Be Respectful, Act with Integrity, Make Good Choices)
- *Incorporated into Topic Tuesday lessons
- *Monthly all-school assemblies with student videos and prizes

Leadership Programming:

- *Bluffer Buddies: 8th grade leadership training and cross-grade activity facilitation
- *Peer Assistance and Leadership (PAL): leadership training for 6th and 7th graders

Awareness Weeks:

- *Red Ribbon Week (October): Drug and alcohol prevention (daily themes and activities)
- *One Life, Live Well (May): Physical, mental, and emotional health (daily themes and activities)

Bullying Prevention:

- *Life Skills curriculum
- *Two months of Topic Tuesday lessons (September and April)
- *All-school audit and survey
- *BAM Booster (6th grade)
- *Individual and group counseling
- *Creation of online reporting system (Fall 2012)

Depression and Suicide Prevention:

- *Life Skills curriculum
- *Incorporated into Topic Tuesday lessons
- *Erika's Lighthouse (7th grade)
- *Individual and group counseling

Drug and Alcohol Prevention:

- *Life Skills curriculum
- *Incorporated into Topic Tuesday lessons
- *Recovery Panel (8th grade)
- *Individual and group counseling

Staff Programming:

- *Staff development (wellness workshops, depression and suicide prevention)
- *Monthly discussions and flyers regarding social/emotional topics
- *Social gatherings: Bagel Fridays, holiday/year-end parties, potlucks, district basketball game.

Parent Programming:

- *Emotional Wellness brochures and handouts at parent-teacher conferences
- *Three-part parent series on social/emotional topics
- *Collaboration with local agencies on community programming