

Student Well-Being Support and Programs

Tier I

All Students

Examples of programs

- Middle school Intramural sports and K-8 PE with social emotional skill building
- College & Career Advantage courses
- Social emotional and and cultural proficiency lessons
- Wellness & Prevention Center (WPC) and counselor support
- PBIS interventions below

PBIS Interventions Examples

- Frequent breaks, deep breathing, engage student, individual work space, reassurance, speak in calm and neutral tones, stress ball or fidget, etc.

Tier II

Some Students

Examples of programs

- Sensory Rooms (Elem)
- Wellness Rooms (MS/HS)
- WPC and counselor support
- PBIS interventions below
- Targeted group counseling

PBIS Interventions Examples

- Structured breaks, counselor referral, self monitoring, coping skills, relaxation techniques, praise, etc.

Tier III

Few/Individual Students

Examples of programs

- Individual 1:1 counseling
- Referral to county mental health (parent consent)
- Support from District social emotional leads
- Partnership with family, health provider and school site team
- PBIS interventions below

PBIS Interventions Examples

- Structured breaks, mental health provider, counselor referral, sensory tools