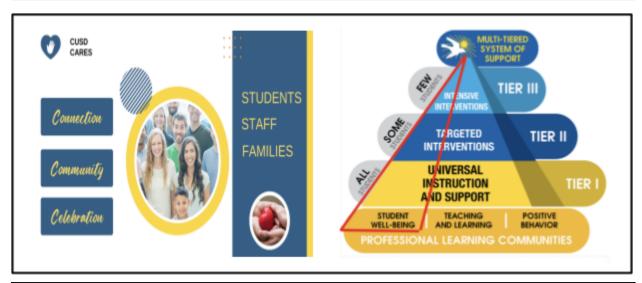
## CUSD CARES (Bergeson ES)

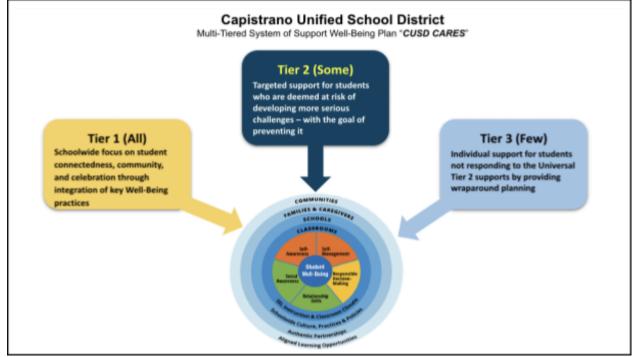
#### Multi-tiered System of Support (MTSS): Well-Being

#### <u>Purpose</u>

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 the adults on campus through meaningful, daily interactions
- 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





#### CUSD (Bergeson ES)

### Multi-tiered System of Support (MTSS): Well-Being

# <u>Tier 1 - Universal (All Students)</u>: Schoolwide focus on student connectedness, community, and celebration through integration of key "Well-Being" practices:

- "Be a Friend" kindness campaign (elementary schools)
- "You Belong Here" attendance campaign
  - o Incentives from improved attendance IN CLASS ON TIME
- Counselor support through Second Step and Cultural Proficiency Lessons
- Positive Behavior Support Tier 1 Strategies and Interventions
- Bergeson ES examples: (<u>LINK to District Sample Form</u>)
  - o Counselor led Mindfulness moments with teacher and students
  - Greeting students as they enter school and knowing their "name, face, and story"
  - o Intentional welcome for new students and staff
  - o Staff and students participate in spirit activities and other school events
  - o PBIS, academic, and extracurricular student recognitions
    - PBIS assembly
    - PBIS student of the month
    - PBIS incentives (Bergeson's Best) = access to Bergle's Market
    - The Bulldog Way Respect, Responsibility and Ready to Learn
    - After-school enrichment classes through Saddleback College
    - Bulldog Academy (Intervention/Extension)

## <u>Tier 2 - Targeted (Some Students)</u>: <u>Targeted support for students who are at risk of developing</u> more significant challenges

- Staff Mentor
- Sensory Rooms (elementary schools)
- Targeted group counseling (Counselors & Intervention Specialists)
- Referral to counselor
- Restorative Practices
- Positive Behavior Support Tier 2 strategies and interventions
- Bergeson ES examples:
  - Daily check-ins with mentor/counselor
  - Group discussions (Counselor)
  - Lunch bunch groups
  - Student-Family-Site collaboration
  - Bulldog Academy (Intervention/Extension)

## 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
- District Support Team (counselors, psychologists, High School Family Lead Administrators, and District Staff)
- County and outside mental health referral (with parent consent)
- Partnership with family, health provider, and school site team
- Bergeson ES examples:
  - Frequent, calendared Individual meetings with mentor, counselor, or administrator
  - Home visits
  - Individual discussions (Counselor)
  - o Student-Family-Site-District collaboration

# CUSD (Bergeson ES) Multi-tiered System of Support (MTSS): Well-Being