

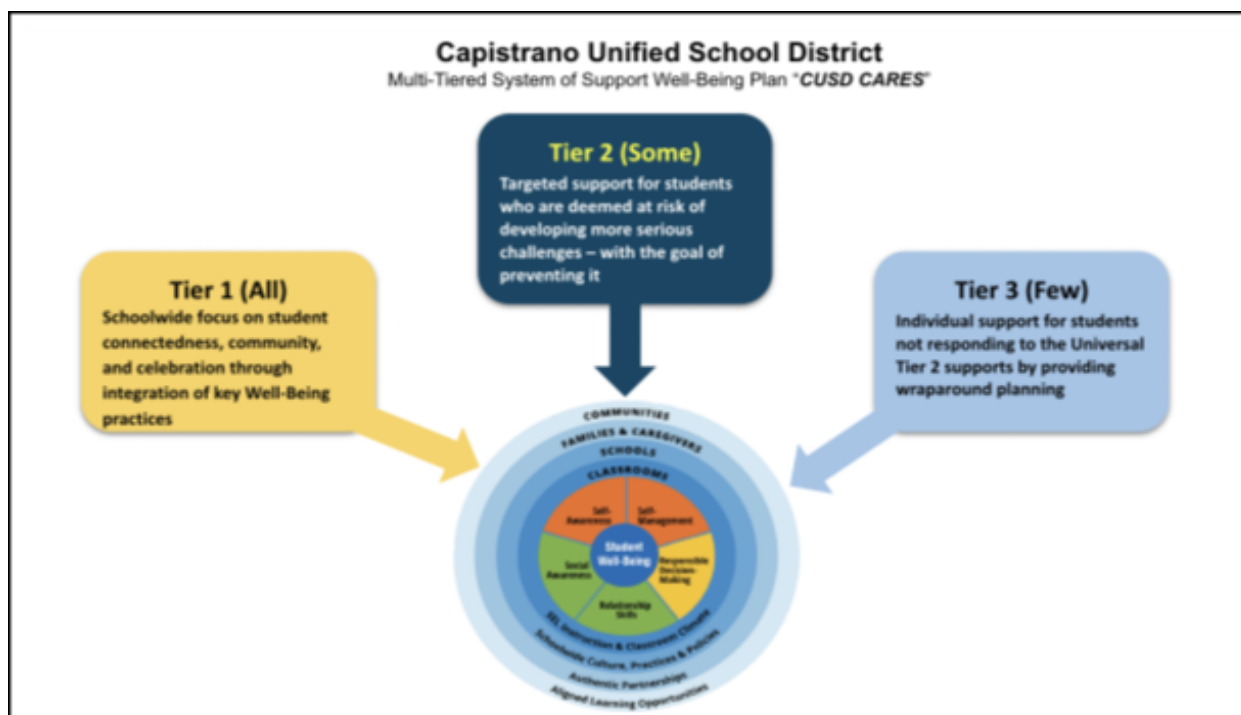
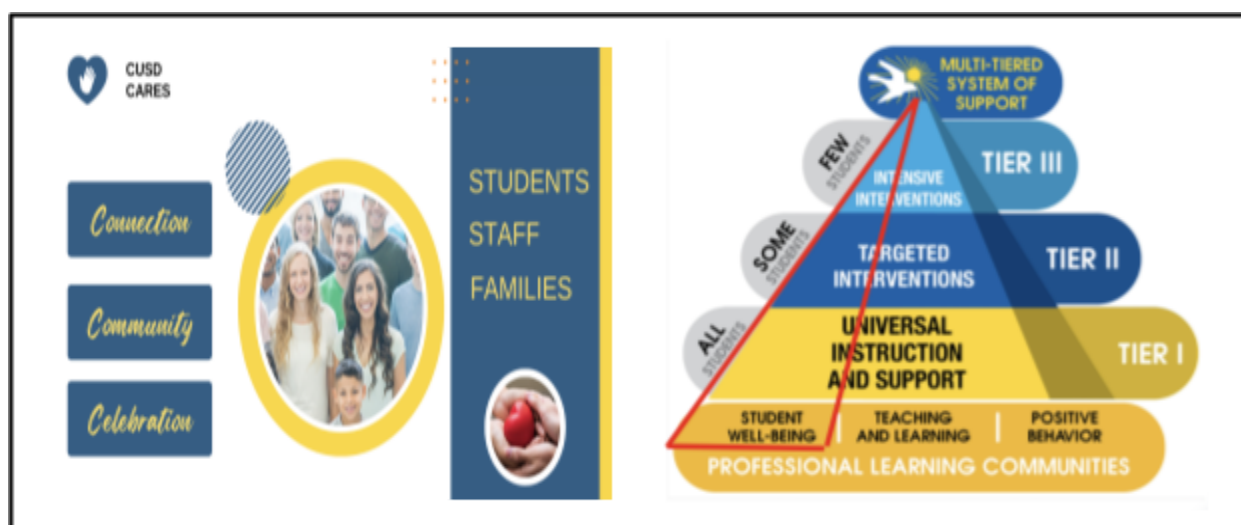
CUSD CARES (Bergeson ES)

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 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

Tier 1 - Universal (All Students): 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
 - 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: ([LINK to District Sample Form](#))
 - Counselor led Mindfulness moments with teacher and students
 - Greeting students as they enter school and knowing their “name, face, and story”
 - Intentional welcome for new students and staff
 - Staff and students participate in spirit activities and other school events
 - 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)

Tier 2 - Targeted (Some Students): Targeted support for students who are at risk of developing 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)
 - Student-Family-Site-District collaboration

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