

Providence High School SLT
January 19, 2019

Mr. Sahd called the meeting to order at 2:32pm. Visitors were present and welcomed to the meeting. Bylaws regarding open meetings were explained. Visitors may attend, but participation limited to observation only. Any comments should be addressed to Mr. Sahd or Dr. Harrill after the meeting. School safety discussions are closed and must be carried out with only the SLT board in attendance.

Sources of Strength

Ms. Thurman (coordinator for Sources of Strength) and Peer Leaders discussed the program.

Sources of Strength exists to spread hope and strength. Peer leaders act as connectors to help students and strengthen the community.

A goal is to help prevent suicide. Peer Leaders design campaigns to reduce stress and help students relax by remembering positive sources in their lives. Teachers make sure these campaigns are carried out within school and CMS guidelines.

Everyday Peer Leader responsibilities: Lead friends in finding hope and strength. Connect struggling peers to those who can help.

Monthly Peer Leader responsibilities: Attend regular meetings. Plan big and small campaigns throughout the school. Participate and help with campaigns (sign up for different days of the week during lunches).

2018-19 Campaigns

September: Sources of Strength Week with friendship bracelets.

October: Trusted Adult Campaign. Passed out paw prints and asked students to put names of trusted adults. Paw prints were made into a collage for display.

November: Thankfulness Campaign. Passed out cutouts of hands and asked students to list things they were thankful for. Provided classroom activities to teachers. Some classes did the "21 Day Thankfulness Challenge" where the students reflected on 3 things they are thankful for each day.

February: Connect Campaign. Show that we can all find different people and things to connect with.

March: We Belong Campaign. Remind people that we all belong at Providence— #OneProv. All students fit here.

May: What Helps Me Campaign. Mental health focus to reduce stress of exams, senior projects, etc. May is National Mental Health month and this campaign will connect with that.

Freshmen Peer Leader Training—Group talked to teachers and chose freshmen to become peer leaders. Taught them about Sources of Strength through games and other activities. National trainer was hired to return to train the 9th grade Peer Leaders. That occurred on January 22. They hope to ultimately have 200 students as peer leaders (approximately 10%) of the student body.

April: Group will reflect on this year and will ask staff for recommendations for peer leader recruitment.

Panther Pause

Silent study hall program will be put into effect in February / March on an experimental basis.

Dr. Harrill first vetted the idea with the student leadership class and department chairs. The full faculty is on board and student leaders felt the time would be useful.

Schedule:

Every Wednesday in February and March. School will run on Bell Schedule C, giving students 35 minutes of study hall.

“Panther Pause” has been publicized in *The Mews* and students have been informed that they will need to plan and bring study materials.

Some classrooms may need extra reinforcements for disruptive students. The administrative team will supervise and make sure the time is being used for study hall and not for social hour.

Teachers can use the time to plan.

The first day will be February 6. Panther Pause will be evaluated at the end of March and a determination will be made on continuing the study hall.

Guidance Department Needs Assessment

The top three topics in a student survey were academic, college career, social (stress and anxiety). More than 1,600 students responded.

Full survey results are available through the counseling department. Some highlights:

77% of students know their counselor's name.

58% know how to make an appointment with a counselor.

Less than 18% visit counseling website.

The counseling department is partnering with Sources of Strength. We will have an on-site mental health therapist. Once there is a referral, parents will have to follow through with insurance and other information.

The Trusted Adults campaign has made an impact. 57% say they know they can get help at school.

The counseling department is also partnering with Kindermourn to form a grief group for second semester. There were 30 referrals, but only three were returned. More participation will be required before the group can be formed.

Counselors are looking at additional workshops on stress and anxiety reduction for both students and parents.

Workshops are coming up for 9th and 10th graders.

May is Mental Health Awareness month. Some counselors will be off campus in May to administer AP exams.

Seniors submitted a proposal for a grant to create a mental health awareness week.

Feedback from students on how they balance school and life:

81% spend less than 4 hours per weekday on homework.

75.9% less than 4 hours on weekends on homework.

12% are enrolled in 3 or more AP classes.

53.4% are enrolled in 3 or more Honors classes.

Registration—make sure students have a balanced schedule and one that best for them. There are lots of course choices and students can go to college without taking AP or Honors classes. The goal is to encourage students to keep school and outside activities balanced.

Dr. Harrill pointed out that most high schools have cut out counselors meeting individually with students for course registration but at Providence, it's still a valuable part of what our counselors do. Counselors spend six weeks on individual guidance, helping students make the best class choices.

Environment at Providence:

80% said teachers care about them and 6 in 10 said there is at least one adult who knows them well and shows interest in their education. It's important for students to connect with at least one teacher.

76% are doing well in school.

50% enjoy attending school.

Students appreciate things like Sources of Strength corn hole games in the mall, hot chocolate from the PTSO, the band playing songs at lunch, etc. Sources of Strength is trying to do small things in between the larger campaigns.

Getting feedback from students and teachers on what is working well in class helps and counselors are looking at manpower resources to determine what they can do.

Allison Tressler is a new counselor at Providence. Her background is in mental health (private practice) with person centered counseling. Sources of Strength ties in with her experience and expertise.

Title IX

As required, we held our quarterly Title IX discussion. Jodie Whittington is our Title IX representative. There has been one reported incident. All reports are turned in to CMS.

Visitors left the room for the remainder of the meeting.

Safety Discussion: Held in closed meeting format.

New Business

The updated School Improvement Plan for next 90 days is due February 8. Any additions, subtractions, or changes to the plan should be sent to Mr. Sahd by Friday.

~~The next SLT meeting is scheduled for Monday, March 25.~~ (Date changed to May 6, 2019).

The meeting was adjourned at 3:38pm

Respectfully submitted,

Mitzi Lynch for Betsy Kaperonis