

Goal Setting

Overall Goal: There will be an increase in staff and student involvement in wellness activities.

Needs Assessment / Where Are We Now?

- Perceived by staff that there is a general lack of enthusiasm during spirit days etc.
- Not every student participates
- Communication of events sometimes last minute
- Not all families are able to support participation
- Not every staff member participates to the best of their ability
- Teachers feel time constraints of meeting curriculum expectations /loss of instructional time
- Students get excited and over stimulated and have self- regulation difficulties which effects staff pleasure in participation or limits their participation

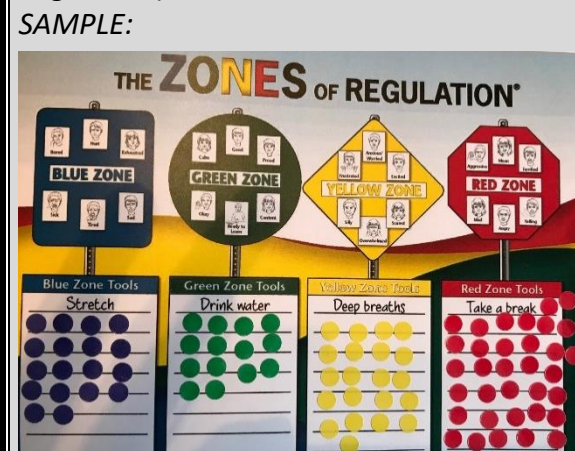
1st CYCLE OF INQUIRY

Theory of Action: Due October 12, 2018

If/then statement: If the teachers with the assistance of Student Government plan one spirit activity a month, then student and staff participation will increase and improve overall wellness.

DATA:
Monitoring the IF:
Based on the *co-constructed success criteria for educator learning. (e.g. criteria for providing effective descriptive feedback)*

Monitoring the THEN:
Based on the *co-constructed success criteria for the pre, mid and post assessments of student learning (e.g success criteria for use of Zones of Regulation)*



PRE: QUANTITATIVE EVIDENCE – DUE: October 12, 2018

Data from Wellness Survey pertaining to Spirit Activities
Participants were from grade 3-6 and all staff members.

1. How often do you participate in Spirit Activities? (102 responses)

Always	Sometimes	Never
68/102 67%	33/102 32%	1/102 1%

2. What determines if you participate? (99 responses)

Easy to do- no special clothes etc	Remembering it is a particular day	Help from family to get ready	Encouragement from teachers	Other
22/99 22%	41/99 41%	22/99 22%	9/99 9%	5/99 5%

Other comments-If they fun activities (3), If they are on the announcements (1), I don't like wearing my pjs on the bus and I hate hats (1)

3. How do you feel when you participate? (100 responses)

Happy	Okay	Sad
77/100 77%	22/100 22%	1/100 1%

4. Would you participate more if you knew you were helping your team? (104 responses)

Yes	Maybe	No
82/104 78%	20/104 19%	2/104 2%

5. How do you feel when you see teachers and other staff members participating?(103 responses)

Happy	Sad	Neither happy or sad
86/103 83%	2/103 2%	15/103 15%

MID: QUANTITATIVE EVIDENCE – DUE: November 16, 2018

School Participation in Spirit Days by Colour House

Colour House	Students and staff arrived from home prepared	Students and staff received support from school staff to participate
Red	28	9
Orange	29	7
Yellow	29	5
Blue	32	6
Green	29	8

182 participated total
206 total students
11 students absent
Therefore 182 out of a possible 195 students and staff participated

POST: QUANTITATIVE EVIDENCE – DUE: February 8, 2019

Student and Staff participation in Spirit Days

Colour House	Students and staff arrived from home prepared	Students and staff received support from school staff to participate
Red	41	0
Orange	40	0
Yellow	39	0
Blue	42	0
Green	43	0

All staff and students participated in the last Spirit activity. All managed to come to school prepared.

	<p>QUALITATIVE ANECDOTES – DUE: October 12, 2018</p> <ul style="list-style-type: none"> • Students and staff often do not participate because they forget about it • Communication is not always adequate and timely • Students enjoy when teachers participate • Student/staff participation is likely to increase knowing it helps their team. • From data, if we offer a choice of more than one option on any given spirit day, will participation increase 	<p>QUALITATIVE ANECDOTES – DUE: November 16, 2018</p> <ul style="list-style-type: none"> • All staff participated • Communication to home was made early and often in a variety of ways- newsletter, facebook, agendas, teacher reminders. • Allowing them to show their “Panther Pride” in a variety of ways not just purple shirts 	<p>QUALITATIVE ANECDOTES – DUE: February 8, 2019</p> <ul style="list-style-type: none"> • Improved excitement by staff and students around spirit days • Disappointment when spirit days disrupted like PJ day before Christmas due to inclement weather
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<p>PLAN – DUE: October 12, 2018</p> <p>Staff and students participated in a survey to get data on participation of staff and students grade 3-6 in Spirit Activities. From the data, a plan will be developed to increase participation and therefore wellness.</p>	<p>ACT – DUE: October 12, 2018</p> <ul style="list-style-type: none"> • Develop Colour House System of which all students and staff belong • With assistance of Student Government develop a plan for Colour Houses and pre-determined monthly Spirit Days • Ensure that all spirit activities are doable and inclusive and provide options • Staff to do an informal survey of students at least 2 days prior to the day to see who may require support to participate (i.e. a phone call reminder, note in agenda, gathering and providing what is needed-within reason) • Staff to encourage all to participate including staff • Communication will be early to families and repeated in a variety of ways (newsletters, FB, agendas, announcements) • Staff to determine collectively house team goal/reward. 	<p>ASSESS – DUE: November 16, 2018 & February 8, 2019</p> <ul style="list-style-type: none"> • Continue with the actions described in Acts • Determine why some students chose not to participate even though support offered • Redo the survey in early February after the January Spirit day 	<p>REFLECT – DUE: November 16, 2018 & February 8, 2019</p> <p>November</p> <ul style="list-style-type: none"> • More effort by staff to check if students are going to participate • Fewer students not participating due to staff involvement <p>February</p> <ul style="list-style-type: none"> • Competition of the House Colour teams is intensifying and encouraging participation • Teachers are having a huge impact on encouraging student participation and brewing the excitement • Teachers are having as much if not more fun than the students • Helping staff morale during the dreary winter
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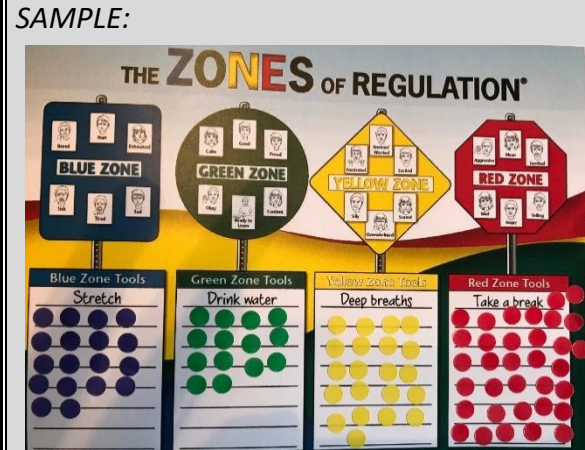
2nd CYCLE OF INQUIRY

Theory of Action: Due February 15, 2019

If/then statement: If teachers/principal incorporate a Friday Happy Dance weekly as well as the spirit activities then staff and student wellness will increase.

DATA:
Monitoring the IF:
 Based on the *co-constructed success criteria* for educator learning. (e.g. criteria for providing effective descriptive feedback)

Monitoring the THEN:
 Based on the *co-constructed success criteria* for the pre, mid and post assessments of student learning (e.g success criteria for use of Zones of Regulation)



PRE: QUANTITATIVE EVIDENCE – DUE: February 15, 2019

Data from Wellness Survey pertaining to Spirit Activities
 Participants were from grade 3-6 and all staff members.

1. How often do you participate in Spirit Activities? (92 responses)

Always	Sometimes	Never
66/92 72%	25/92 27%	1/92 1%

2. What determines if you participate? (96 responses)

Easy to do- no special clothes etc	Remembering it is a particular day	Help from family to get ready	Encouragement from teachers	Other
22/96 23%	37/96 39%	14/96 15%	11/96 11%	12/96 12%

Other comments-If they fun activities (9), If they help with house points (3)

3. How do you feel when you participate? (89 responses)

Happy	Okay	Sad
72/89 81%	16/89 18%	1/89 1%

4. Would you participate more if you knew you were helping your team? (89 responses)

Yes	Maybe	No
74/89 84%	12/89 13%	3/89 3%

5. How do you feel when you see teachers and other staff members participating?(89 responses)

Happy	Sad	Neither happy or sad
76/89 85%	0/89 0%	13/89 15%

QUALITATIVE ANECDOTES – DUE: February 15, 2019

- According to the survey there has been an increase in the participation
- Students and staff are very conscious of helping their Colour House gain points
- More staff participation and friendly rivalries developing among staff that has added to the fun
- The staff rivalries are observed by students and teachers are modeling healthy relationships.

MID: QUANTITATIVE EVIDENCE – DUE: April 12, 2019

School Participation in Spirit Days by Colour House

- **Average participation over 6 Spirit days**

Colour House	Students and staff arrived from home prepared	Students and staff received support from school staff to participate
Red	34	0
Orange	35	0
Yellow	37	0
Blue	32	0
Green	33	0

QUALITATIVE ANECDOTES – DUE: April 12, 2019

- Spirit week prior to March Break saw a reduction in student participation
- Staff continue to be invested in the Spirit Days
- Parent unofficial feedback about the evening event about Anxiety was favourable

POST: QUANTITATIVE EVIDENCE – DUE: May 31, 2019

QUALITATIVE ANECDOTES – DUE: May 31, 2019

PLAN – DUE: February 15, 2019

Staff will continue to encourage participation in Spirit activities as well as introduce a Friday Happy Dance that will be whole school participation.

ACT – DUE: October 12, 2018

- With assistance of Student Government, continue with pre-determined monthly Spirit Days and track participation through colour house data
- Continue to ensure that all spirit activities are doable and inclusive and provide options
- Staff to do an informal survey of students at least 2 days prior to the day to see who may require support to participate (i.e. a phone call reminder, note in agenda, gathering and providing what is needed-within reason)
- Staff to continue to encourage all to participate including staff

ASSESS – DUE: April 12, 2019 & May 31, 2019 April 12, 2019

- Continue to track the student and staff participation in Spirit activities
- Collect feedback from parents that attended the Reducing Anxiety: Building Resilience evening
- Redo the Participation survey by March 31
- Collect some informal data from conversation with Student Council

REFLECT – DUE: April 12, 2019 & May 31, 2019 April 12, 2019

- Why reduction prior to March Break?- Too much for one week? Everyone tired? Twin day too much effort?
- Instead of a Spirit Week in March, go to several sprinkled throughout the year
- Staff moral continues to be high
- Excitement over the friendly competition

	<ul style="list-style-type: none">• Continue to communicate to families repeatedly in a variety of ways (newsletters, FB, agendas, announcements)• Every Friday at 11:35- Happy Dance will play and all will move and have fun prior to recess.• School Council to host an evening for parents and students using a Pro grant to partially fund pertaining to Reducing Anxiety : Building Resilience		
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