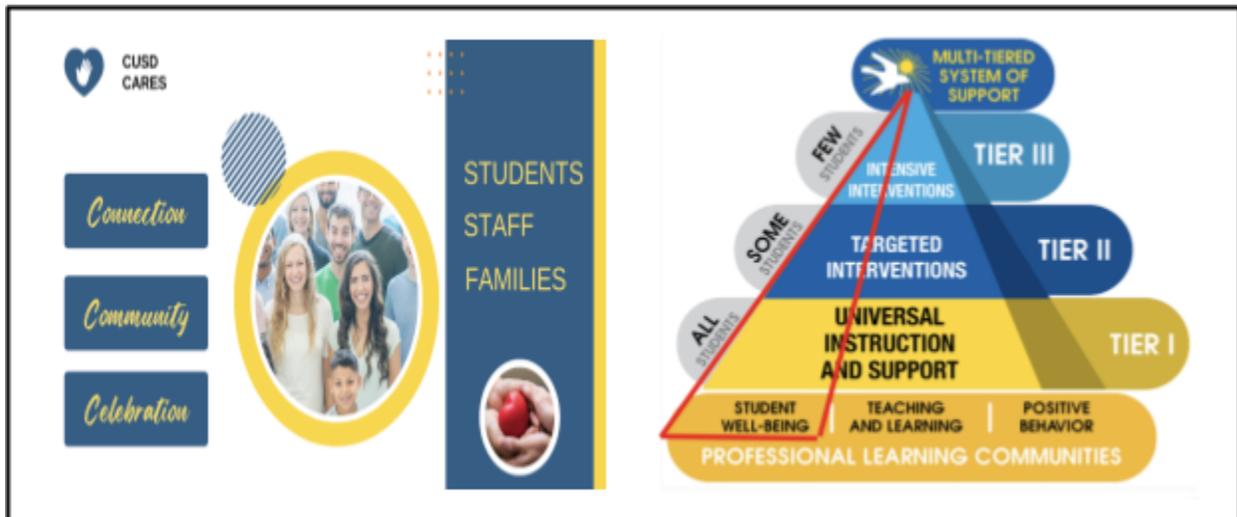


CUSD CARES Arroyo Vista K-8

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



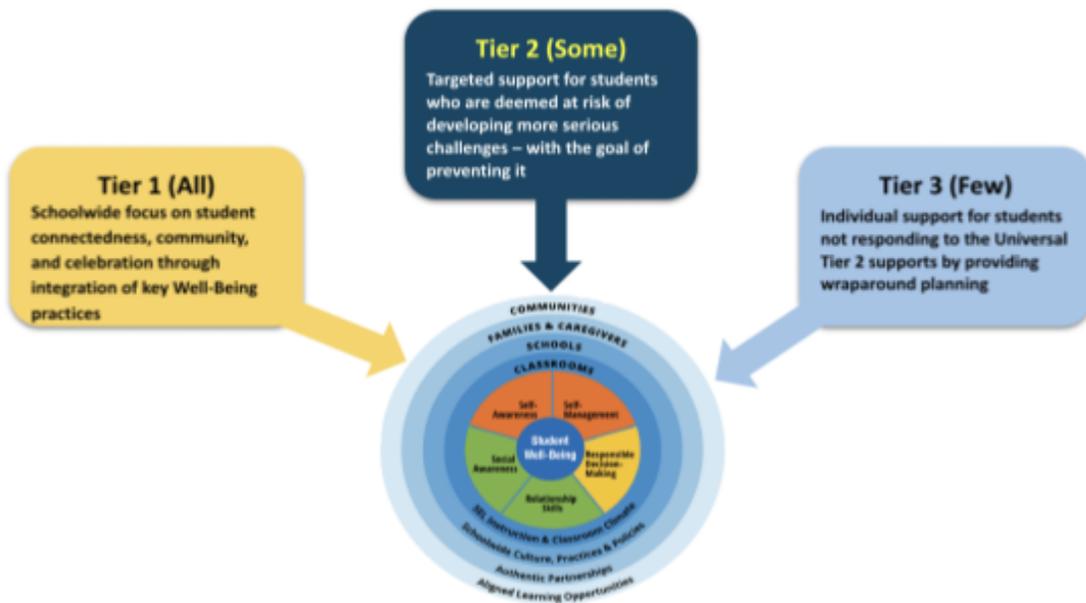
Purpose

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

Capistrano Unified School District

Multi-Tiered System of Support Well-Being Plan "CUSD CARES"



CUSD Cares Arroyo Vista K-8

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:

- Middle school intramural sports and activities during school day
 - I.e. basketball, volleyball, flag football, soccer
- "Be a Friend" kindness campaign (elementary schools)
- "You Belong Here" attendance campaign
- Increased opportunities for middle students to take CCA courses that align with their interests
- Five Star system for encouraging student participation in activities
- Counselor support through Second Step and Cultural Proficiency Lessons
- Positive Behavior Support Tier 1 Strategies and Interventions
- Arroyo Vista K-8 examples:
 - Greeting students as they enter the classroom
 - Intentional welcome for all new students and staff
 - Partner new students with ASB/Counselor to welcome them to the site (ambassador for the day)
 - Staff and students participate in spirit activities and other school events
 - Wildcat Wednesdays (spirit wear)
 - Student Dress Up Day (spirit theme)
 - PBIS, academic, and extracurricular student recognitions
 - PBIS assemblies (Wildcat Week)
 - PBIS Gotcha/PRIDE tickets
 - PBIS Store (ES: Store/MS: incentives)
 - PBIS recognitions (ES: Wildcat way weekly recognition/MS: ROAR awards every quarter)

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
- Arroyo Vista K-8 examples:
 - Daily check-ins with mentor
 - Group discussions (Counselor)
 - Student-Family-Site collaboration

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
- Arroyo Vista K-8 examples:
 - Frequent, calendared Individual meetings with mentor, counselor, or administrator
 - Home visits
 - Individual discussions (Counselor)
 - Student-Family-Site-District collaboration