



Town of Littleton School Committee

33 Shattuck St. * P.O. Box 1486 * Littleton, MA 01460-4486 *
Phone: (978) 540-2500 * Fax: (978) 486-9581 * Website: www.littletonps.org



JEN GOLD, Vice Chair
STACY DESMARAIS, Member

JUSTIN MCCARTHY, Chair

BRAD AUSTIN, Clerk
BINAL PATEL, Member

School Committee Meeting Littleton Police Station Community Room 500 Great Road In-person and Hybrid February 9, 2023 7:00 PM

You are invited to a Zoom webinar.

When: Feb 9, 2023 07:00 PM Eastern Time (US and Canada)

Topic: SchCmte hybrid meeting of Feb 9th, 7p, 2023

Please click the link below to join the webinar:

<https://littletonma.zoom.us/j/81442996686?pwd=M09reGpzRG0rS3pRSdhReEhJODFzd09>

Webinar ID: 814 4299 6686

Passcode: 121737

Or One tap mobile :

US: +13017158592,,81442996686# or +13052241968,,81442996686#

Or Telephone:

Dial(for higher quality, dial a number based on your current location):

US: +1 301 715 8592 or +1 305 224 1968 or +1 309 205 3325 or +1 312 626 6799 or +1 646 931 3860 or +1 929 205 6099 or +1 386 347 5053 or +1 507 473 4847 or +1 564 217 2000 or +1 669 444 9171 or +1 669 900 6833 or +1 689 278 1000 or +1 719 359 4580 or +1 253 205 0468 or +1 253 215 8782 or +1 346 248 7799 or +1 360 209 5623

Webinar ID: 814 4299 6686

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VIDEO OR CALL WILL BE MUTED UPON JOINING MEETING.

Please use the "RAISE YOUR HAND" feature in the zoom meeting to ask to speak.

PARTICIPANTS/ATTENDEES ARE REMINDED THAT BY JOINING THIS MEETING THAT YOU CONSENT TO YOUR LIKENESS AND AUDIO BEING USED AND REBROADCAST BY LCTV

This Rebroadcast meeting can be viewed online at LCTV On-Demand at <https://littleton.vod.castus.tv/vod>

AGENDA

Our mission is to foster a community of learners who strive for excellence and prepare each student to be a successful, contributing citizen in a global society.

7:00 I. ORGANIZATION

1. Call to Order
2. Pledge of Allegiance
3. Consent Agenda
 - Minutes – January 26, 2023
 - Oath to Bills and Payroll

7:05 II. INTERESTED CITIZENS

It is the policy of the Littleton Public Schools not to discriminate on the basis of race, gender, religion, national origin, color, homelessness, sexual orientation, gender identity, age or disability in its educational programs, services, activities or employment practices. Further information may be obtained by contacting Lyn Snow, District Equity Coordinator at 978-540-2500, lsnow@littletonps.org or 33 Shattuck Street, P.O. Box 1486, Littleton, MA 01460.

Our mission is to foster a community of learners who strive for excellence and prepare each student to be a successful, contributing citizen in a global society.

7:10 III. RECOGNITION

- 1. Student Representative(s) Report:** *Student Representative(s), will give a report of events for each school.*
- 2. Other**

7:15 IV. PRESENTATIONS

- 1. School-based wellness update (Schools/District):** *(Clinical Team, Wellness Committee, and APs (Academic and Behavioral Wellness) 30 Min*
- 2. Review of Strategic Plan (School Principals,) Standard 4:** *Climate/Culture- Schools will discuss SIPs specific to goals for the 2022/2023 school year, discuss major accomplishments, challenges, and any suggested revisions or addition to Goals that should be taken into consideration as we review Standard 4 as part of the process for creating an updated Strategic Plan, 2023- 2028. 25 Min*
- 3. School Handbook Updates:** *Ms. Snow, Director of Student Services will discuss recent updates based on revised student discipline statutes as well as the need to align with our updated civil rights policies. 10 Min*

Anticipated Motion: Motion to adopt school handbooks with the recommended updates

8:20 V. INTERESTED CITIZENS

8:25 VI. SUBCOMMITTEE REPORTS

- 1. PMBC**
- 2. Budget Subcommittee**
- 3. Policy Subcommittee: (see LPS website to view all policies)**
<http://www.littletonps.org/school-committee/school-committee-policies>

8:30 VII. ADJOURNMENT

NEXT MEETING DATE

March 2, 2023

Littleton Police Department Community Room

7:00 PM

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SCHOOL COMMITTEE

MINUTES

January 26, 2023

7:00PM

PRESENT: Justin McCarthy
Jen Gold
Brad Austin
Stacy Desmarais
Binal Patel

ALSO PRESENT: Kelly Clenchy (7:05)
Steve Mark
Bettina Corrow (7:09)
Dorothy Mulone

NOT PRESENT:

CALL TO ORDER

Justin McCarthy called the meeting to order at 7:00p.m.

On a motion by Brad Austin and seconded by Jen Gold it was voted to approve the Jan. 12, 2023, agenda as presented. (AYE: Unanimous).

INTERESTED CITIZENS

None

RECOGNITION

1. Student Representative(s) Report: School Committee Representative, Jen Gold, gave an update of the events happening at each school.

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PRESENTATIONS

1. Superintendent's Update:

1. Colds, Flu and COVID. We are doing ok, we are not Covid free, but we do not have any concerns.
2. Upcoming Vaccination Clinics (Flu, COVID) February 2, 2023, 3:30 -7:00 PM @ LHS Cafeteria.
3. MTSS Needs Assessment Survey was emailed out today, Thursday Jan. 26, 2023. Due date is Feb. 3rd
4. Decodable Readers, recently purchased for our reading specialists to use with their students (aligned with our phonics program). More purchases of decodable books will be happening in the future.
5. Indian Hill Building Update – The Town is thinking of purchasing the building and having the District's central office and Park & Rec move into that building.
6. Update on SL Building Project. We have reached out to MSBA. They are hosting a board meeting in April which we haven't been invited to yet. We need to determine the number of enrollments.
7. ChatGPT- is a chatbot launched by OpenAI in November 2022. It is built on top of Open AI's GPT-3 family of large language models and is fine-tuned with both supervised and reinforced learning techniques. A letter created and shared with staff is part of the packet..

2. Financial Update: Business Manager, Steve Mark presented the financial update. The overview was included in the packet.

3. Review of Strategic Plan (4 Schools) Standard 5: Technology - Schools discussed SIPs specific to goals for the 2022/2023 school year, discuss major accomplishments, challenges, and any suggested revisions or addition of Goals that should be taken into consideration as we review Standard 5 as part of the process for creating an updated Strategic Plan, 2023- 2028.

Goals

1. Align school and district-based technology planning with current state, national, and international technology standards.
2. Continue to improve staff/administrative utilization and integration of technology.
3. Continue to improve student utilization and integration of technology for college and career readiness.
4. Provide all staff and students with appropriate access to technology.

Shaker Lane - Accomplishments

- Technology Teacher Leader
- Year 2 of Trimester Based K-5 Stem Projects
- Digital Citizenship Program
- Three Touch View TVs
- Online Library System—getting there

Shaker Lane - Challenges

- Expansion of 1:1 iPad's in Kindergarten
- Balance between paper/class v. technology

Shaker Lane - Revisions / Goals to Consider

- Increase the number of Touch View TVs
- 1:1 iPad's in Kindergarten

Russell Street - Accomplishments

Tech Staff

Tech Teacher Leader

Think Tank

Digital Citizenship program

Technology integration

Family STEM Nights / Events

1:1 Chromebooks

Touch screen TVs

Document cameras

Russell Street - Challenges

What is the right amount of technology use for each grade post-pandemic?

Chromebook use for homework.

Readiness to transition to grades 3 to 5 and to middle school.

How to stay current

Russell Street - Revisions / Goals to Consider

Technology changes fast. Regularly evaluate if we are keeping up with current trends.

Littleton Middle School: Accomplishments

- Integration of Touch View screens in all classrooms.
- Maker Space Mondays
 - Dedicated time in our library makerspace during flex block every Monday morning.
 - Open to all students and provides opportunities to pursue interests.
- Introduction of Wacom pen tablets for website and PDF annotation.

Littleton Middle School: Challenges

- Getting comfortable with change.
- Consistent training to increase quality of use.
- Taking risks with technology.

Littleton Middle School: Revisions/Goals to Consider

- How to make the library a technology hub in our building.
- Implementation of Wacom pen tablets.
- Enhance instructional strategies to increase student use of Touch View screens.

Brad Austin – Are there any chances for peer observations during the day?

Jason Everhart – We have both newer and veteran staff that are willing to try this.

Brad Austin – Would love to hear more about the structure around cell phones.

Jason Everhart – It is a difficult balance for us, when families have given their child a cell phone and are sending them to school with it. But we are trying a new approach with our 6th grade team and having cell phone free lunch. For 22 minutes, you as a student would be able to just talk to someone. We have purchased jump ropes, basketballs, and other fun toys for the kids to interact with instead of being on their phones. The 6th grade team is inside the cafeteria during lunch talking to the kids and interacting with them, which is such a wonderful thing to see.

Littleton High School - Accomplishments

- Integration of Touch View screens in most classrooms
- Professional Development Offerings focused on instructional technology
- MassCUE Professional Development
- Cyber Safety Presentations for parents and students
- Video Editing, Graphics, Fashion Design, Industrial Design courses using Adobe Creative Cloud Software

- AP Computer Science Principles & AP Computer Science A courses
- Technology Department's skillful support of Cross-District PD in November at LHS
- Student-led Tiger Tech team support for Council on Aging and repair of LHS Chromebooks
- Online course offerings via VHS and other providers
- Extensive use of online AP Classroom and Google Classroom

Littleton High School - Challenges

- ChatGPT & other future AI driven Language Models
- Enhance provision of relevant and innovative Computer Science & Technology/Engineering coursework and experiences

Littleton High School - Revisions / Goals to Consider

- Embedding more technology tools, skills, and applications into student projects and assessments e.g. coding & simulations
- Provide in-person Cyber Safety presentations for parents and students
- Enhance instructional strategies to increase student use of Touch View screens.
- Continue to review and evaluate our Program of Studies to ensure LHS offerings support student skill development and preparation for post-secondary experiences, education, & future employment

Stacy Desmarais – Maybe we could find a section at the high school for use of your cell phone only?

- 4. Tiered Focused Monitoring System:** Director of Student Services, Ms. Snow provided an overview of DESE's Tiered Focused Monitoring System process overview.

Tiered Focused Monitoring

Topics we will cover:

1. Role of Public-School Monitoring (PSM)
2. Tiered Focused Monitoring (TFM) Process Overview
3. Monitoring Timeline

Tiered Focused Monitoring: The role of PSM

Public School Monitoring (PSM), a unit of the Department of Elementary & Secondary Education:

- Monitors school districts for compliance with special education and civil rights laws and regulations that impact student outcomes
- Provides technical assistance to help districts:
- Understand and comply with regulations
- Develop supports and resources for students

Tiered Focused Monitoring: Group B

Components of a Universal Standard Group B Review

Equal Opportunity and Access

School Facilities

Licensure

Professional Development

IEP Implementation

Time and Learning

Parent and Community Engagement

Tiered Focused Monitoring – TFM

- Method for determining compliance with regulations
- Districts undergo a TFM review every 3 years
- Five major review components help identify opportunities for improved practices

183 **Tiered Focused Monitoring: District Self-Assessment**

- 184 - Review of special education and civil rights policies and procedures
185 - Examination of the licensure of special education staff
186 - Observation of school facilities - Focused questions relating to special education and civil rights laws
187 and regulations under review

188
189 **Tiered Focused Monitoring: PSM Onsite Visit**

190 Onsite monitoring can include building tours & interviews.
191 Survey responses are used to enhance onsite monitoring.

192
193 **Tiered Focused Monitoring: Analysis & Results**

194 **Compliance Ratings**

- 195 - Commendable
196 - Implemented
197 - Partially Implemented
198 - Not Implemented

199 **Final Report**

- 200 - The report includes actions for the district to implement in response to the ratings
201 - Reports are available on the DESE website

202
203 **Tiered Focused Monitoring: Timelines**

204 **Year 1**

205 Prep: Self- Assessment

206 Group A or B

207 **Year 2 Onsite:**

208 Supports, Action Plans,
209 Monitoring & Progress Reporting

210 **Year 3**

211 Follow-up: Internal Monitoring

212
213 **Tiered Focused Monitoring Review: Group A Review**

214 Group A – Focus on Special Education
215 Special Education identification process

216 Parent involvement

217 IEP Development

218 Programming & Support Services

219 Equal Opportunity

220 **Review Includes:**

221 Student Record Review

222 Data Review

223 Policy & Procedure Review

224 Interviews

225 Parent Surveys

226
227 Brad Austin – Self Assessments report – is it available to the public. Currently there is nothing for the
228 public to read.

229 Lyn Snow – It is a document of evidence. DESE will be conducting an on-site visit for one day sometime
230 in February. DESE will complete a final report after their on-site visit.

NEW BUSINESS

1. Discussion regarding the potential removal of Religious Holidays from the School Calendar:

Justin McCarthy – I have heard both sides. I am probably in favor of removing the holidays. I believe everyone's rights are protected in the policies.

Jen Gold – I have some concerns about removing Diwali so soon after we just added it to the calendar. I do think we might get to a point where we could possibly remove the three holidays, but I am not sure we are there.

Brad Austin – I think it is the right time to discuss this. We took a vote just months ago to add Diwali as a holiday and it was to celebrate diversity. If we move forward with this, we need to hear from the community. We need to reach out proactively to the community.

Stacey Desmarais – I think it is hard for parents and for students when we don't have a consistent calendar. I am not sure how we would pull it off to get this information to the community. Maybe we could try it out for a year without the holidays and then get feedback from the community.

Brad Austin – We need to survey the community before deciding. Let's give the community an opportunity to voice their opinion before we decide. I think it would be either keep all three or take all three. It is about equity.

Binal Patel – Community input is really important and helpful. We get a chance to hear from everyone.

Kelly Clenchy – I see both sides to this. But it is tough to justify why we would change the holidays so quickly. Maybe we want to re-evaluate it later?

Justin McCarthy – I am not willing to take away just one holiday. I would take away all three. We are a diverse community, which is a good thing.

Stacey Desmarais – Do we know the percentage of students that did not attend school on these holidays?

Kelly Clenchy – We do not have those numbers.

Binal Patel – I appreciate that this community acknowledges this holiday.

Brad Austin – I see Kelly's point. Maybe we should pause it for now. But if this is a change we want to make, maybe it does not make sense to wait 3 years. If we want to make this change, we need to inform the community before we take a vote on this.

Stacey Desmarais – Would it be possible to make these holidays a half school day? Then students who celebrate these holidays would get half a day to celebrate.

2. Summary of time on learning for each of our schools: Director of Teaching and Learning, Mrs. Steele discussed the current time on learning requirements as compared to DESE minimum requirements

Structured Learning Time

Required

Kindergarten 425 Hours (based on half day program)

Elementary 900 Hours

Secondary 990 Hours

Littleton Public Schools

Shaker Lane School K = 858 Hours (based on full day program)

T-2 = 913 Hours

Russell Street School 933 Hours

Littleton Middle School 992 Hours

Littleton High School 1,014 Hours

Brad Austin – At Middle School is flex time considered structured learning time.

Elizabeth Steele – Yes, that is structured learning time.

Justin McCarthy – So lunch, recess and passing is not considered structured learning time, but sitting at chill time is considered learning time? Is this comparable to other districts?

Elizabeth Steele – I think we are comparable. We do have more half days than other districts and we are still meeting the required structured hours of instruction.

Kelly Clenchy – We do not have much wiggle room in our schedule.

Stacey Desmarais – Is there room to add time to the lunch break?

Michelle Kane – A 30 min lunch is too long for the students. A 20 min lunch period is sufficient.

Cheryl Temple – A 22 min lunch break is sufficient. We make sure that our students have time to eat.

INTERESTED CITIZENS

None

SUBCOMMITTEE REPORTS

1. PMBC: None

2. Budget Subcommittee: We had a meeting on Tuesday morning.

3. SEPAC: None

4. Policy: Second Reading of the following policy: JF School Admissions

On a motion by Brad Austin, and seconded by Stacey Desmarais, it was voted to accept the second reading of the following policy JF as reviewed and presented. (AYE: Unanimous). Motion carried.

ADJOURNMENT

On a motion by Brad Austin and seconded by Stacy Desmarais it was voted to adjourn at 9:14PM. Roll Call Vote: Brad Austin, AYE; Justin McCarthy, AYE; Jen Gold, AYE; Binal Patel, AYE; and Stacy Desmarais, AYE.

NEXT MEETING DATE

February 9, 2023

7:00PM

DOCUMENTS AS PART OF MEETING

Strategic Plan Standard 5: Technology

Tiered Focused Monitoring System

Structured Learning Time

Policy:

JF: School Admissions



Michael Lynn, District 3

January 27, 2023

*On behalf of the (MSSADA) Massachusetts Secondary Schools Athletic Directors Association Executive Board, I congratulate you on being selected as your Districts Recipient of the **District Award of Merit**. This award is presented annually to one or more athletic directors currently serving or retired from our organization who have dedicated their efforts to the profession for many years having made significant contributions within the field of athletic administration at the local and state levels.*

The District Award of Merit will be presented to you at the MSSADA Annual Awards Banquet on Thursday, March 30th, 2023, at the Hyannis Resort and Conference Center in Hyannis, MA. A reception prior to the banquet (held in Bogies) will begin at 4 pm and we would appreciate you and your guests arriving no later than 4:30 pm for pictures. You and your guests will be escorted to reserved seating in the Banquet Hall (Bass River Room) at approximately 5:00 pm. Dinner will begin at 5 pm and be followed by a social at the conclusion of the awards program downstairs in Bogey's.

You and one guest will receive complimentary tickets (a total of 2). Please call or e-mail the exact number of seats including you and your guest by Friday, March 10th to Terry at (508-561-5447) or (triley1367@gmail.com)

*If you need to purchase additional tickets go to **Gofan.co**. click tickets, search schools, and type MSSADA (cost of \$50 adult, \$20 child 12 & under).*

Congratulations again for this most deserving and prestigious honor. You are to be commended for your years of service and dedication to youth in athletics. Please call me if you have any questions.

Sincerely,

A handwritten signature in black ink, appearing to read "Terry Riley".

*Terry Riley
MSSADA Awards Chair*

CC - John Harrington, Principal

Our mission

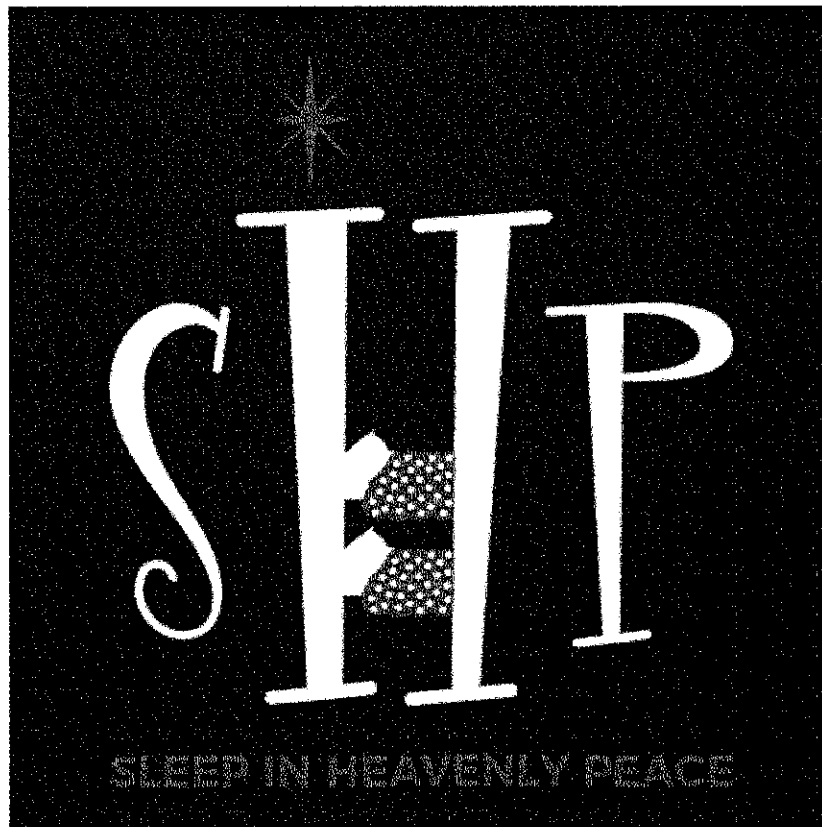
We are trying to raise at least \$2500 to hold a bed build, which will be on March 12th, 2023. This will provide 10 children in our area with a bed to sleep on!

What you can do to help

Donating to this cause is the main help we need right now! However, if you are unable to donate you can also attend the bed build and help us make the beds!

For more information on how to get involved please email almorana4@gmail.com

For more information on the organization please visit <https://shpbeds.org/>



Help Provide Local Children in Need with Beds!

The National Honor Society at Littleton High school is hosting a bed build at Sleep In Heavenly Peace to provide local children with beds! We need your help to fund this project!

Donate Now!



If you donate please make sure to dedicate your donation to the NHS bed build, or else we won't get the money!

Questions? Contact us at almorana4@gmail.com or call 978-501-4875

Rise[®] AGAINST HUNGER

JOIN US ON MARCH 18!



REGISTER AND DONATE HERE

<https://qrco.de/bdfc4B>

OPEN HOUSE

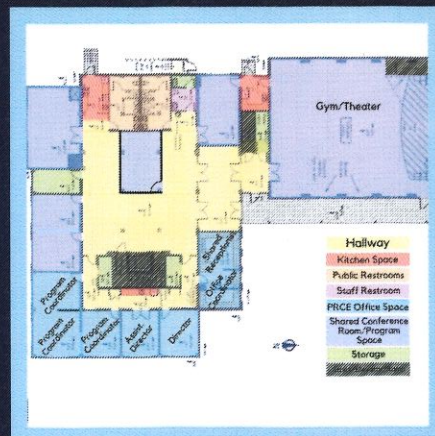
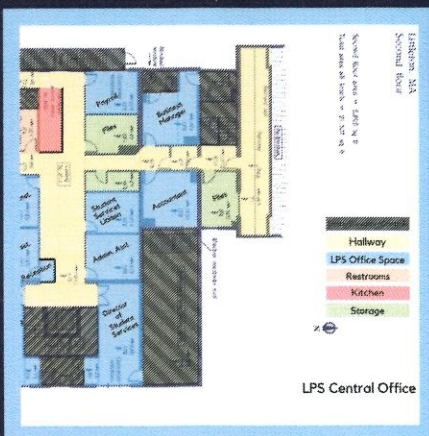
SATURDAY,
FEBRUARY 11, 2023
10AM - 12 PM

36 King Street
Littleton, MA 01460

SPECIAL TOWN MEETING ARTICLE 7: PURCHASE OF INDIAN HILL MUSIC SCHOOL

The doors of 36 King Street will be open on Saturday, Feb. 11th, 2023 from 10AM to 12PM for Littleton residents to walk through the former Indian Hill Music School, which the Town is proposing to purchase at the Wednesday, Feb. 15th, 2023 Special Town Meeting. Town staff will be onsite to answer questions. We look forward to seeing you there!

VISIT THE SPECIAL
TOWN MEETING
REPORT FOR MORE
INFORMATION





Mental Health & Wellness Update

2/9/2023

A vibrant yellow background with various abstract shapes and patterns. At the top center, the word "NATIONAL" is in white on an orange pill-shaped background. Below it, "SCHOOL" is in yellow on a blue pill-shaped background. Further down, "COUNSELING" is in yellow on a larger blue pill-shaped background. At the bottom center, "FEB. 6-10, 2023" is in black, and "WEEK" is in white on an orange pill-shaped background. To the right of the main title, the text "School Counselors: Helping Students Dream Big" is displayed. The background is decorated with wavy lines, dots, and stylized human figures in blue and black.

NATIONAL

SCHOOL

COUNSELING

FEB. 6-10, 2023

WEEK

**School
Counselors:**
Helping Students
Dream Big

Presenters:

Heads of Clinical Team:

Sarah Dorfman
Teresa Fiori

Assistant Principals:

Keith Comeau
Matt Levangie
Andrea Romano
Rebecca Deacon

Wellness Committee:

Natalie Croteau



Plan for Presentation



- **Update on Care Solace Utilization**
- **Establishment of CBHCs**
- **District Initiatives**
 - Director of Student Services
- **Wellness Committee Update**
 - Wellness Committee
- **Mental Health & Wellness Update**
- **Universal Mental Health Screener Update**
 - Heads of Clinical Team
- **Social Emotional Learning Update**
 - Assistant Principals

Care Solace

April 2022 - January 2023	Total
inbound interactions	1039
communications saved	7005
warm handoffs	66
family-initiated cases	30
total appointments into care	42
anonymous searches	147



Community Behavioral Health Centers (CBHCs)

Services (in person and via telehealth)

- Same-day evaluation and access to treatment, with timely follow-up appointments
- Evening and weekend hours
- Behavioral health urgent care
- Evidence-based treatment for mental health conditions and substance use disorders, including clinical services and peer support services
- 24/7 community-based locations for crisis intervention, and mobile crisis teams
- Crisis stabilization beds
- These centers serve all ages and all communities across the Commonwealth.

Behavioral Health Help Line 24/7, 365 days a year.

Call or Text: 833-773-2445

Web Chat: [masshelpline.com](https://www.mass.gov/info-details/community-behavioral-health-centers)

<https://www.mass.gov/info-details/community-behavioral-health-centers>



District Initiatives

Through the offices of
Teaching & Learning and Student Services

- Wellness Workshops
 - Mindfulness
- Family Engagement & Education
 - Parent Connections
 - Anxiety & Behavior (LPS/SEPAC)
- Staff Professional Development
 - Consultation
 - Training

WORKSHOP

Practical Strategies to Alleviate Anxiety & Reduce Challenging Behavior

DATE:
January 10th, 2023

TIME:
6:30-8:00pm

LOCATION:
NOTE NEW LOCATION!
Littleton Town Hall - Room 102

Workshop Presenters:
LPS School Psychologist:
Danyia Siskin
Jacelyn Gussard
Melissa Barason

LPS Behavior Analysts:
Teresa Furr
Kathryn Gage

PLEASE JOIN US!

Co-Hosted by
Littleton Public Schools
Special Education Parent Advisory Council
&
Department of Student Services

www.littletonps.org
www.littletonps.org



LPS
Wellness Workshop Info!

What to expect?

- Movement
- Strategies
- Mindfulness
- Relaxation
- Creativity
- FUN!

What to wear?
Anything you want!
This workshop will not be overly
so whatever is comfortable

Who should attend?
Anyone looking to bring some
mindfulness, relaxation,
creativity, and strategies to
their own lives

Who to reach out to?
osteele@littletonps.org
mopen@littletonps.org

Where to go!
Room 110 at Shaker Lane

February Theme: Love Yourself!
Date: Wednesday, February 15, 2023
Time: 3:45-4:30
Location: Shaker Lane Room 110



Connections

Evening Workshops for All LPS Parents & Guardians
October 26, 2022 at Littleton Middle School

5:30-6:30 Workshop 1
6:45-7:45 Workshop 2

Free childcare available! Register [here](#) for childcare.


Meet and join LPS educators as they offer the following workshops:

Workshop 1 Options: (5:30-6:30)

1. Jump into Math
2. Overview of School Safety Protocols
3. Connecting Parents And Teachers: Let's Collaborate To Address Anxiety And Social Emotional Learning In Our Children
4. Buildable Life Goals and Roles: Parents and Students at Littleton Middle School
5. Goals and Roles: Parents and Students

Workshop 2 Options: (6:45-7:45)

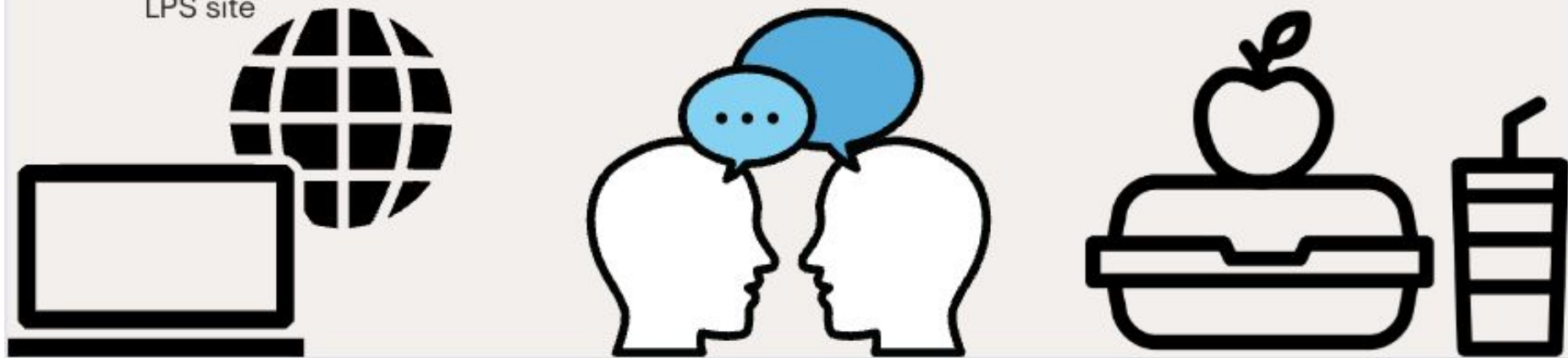
1. Social and Emotional Wellbeing: The use of social thinking and second step programs at our elementary schools
2. Addressing Anxiety Behaviors
3. Cultivating a Mindful Connection Between Home and School
4. Cell Phone and Social Media Use



Wellness Committee Update

STUDENT & FAMILY WELLNESS

- Middlesex Partnership for Youth (MPY) - community presentation - "Just talk about it "
- Nutrition updates
- Amazing SEL events happening at all schools
- Affordable Connectivity Program - Available for our families and information can be found on our LPS site



Wellness Committee Update

STAFF WELLNESS

- Monthly Mindfulness Workshops
- MIIA (MA Interlocal Insurance Association) has brought back in-person monthly sessions for staff to take part in.
- Headspace library



Mental Health & Wellness – Shaker Lane

Tier 2

- Friendship Lunch Bunch
- Social Skills Group
- Get Ready Groups
- Exercise Group
- Targeting ADHD and Sensory Needs
- Parent and Teacher Consultations
- Collaboration with Outside Providers

Tier 3

- Individual Counseling Services
- Direct & Related Services
- (individual & small group)
- Consultation
- Individualized Behavior Support Plans



Mental Health & Wellness – Russell Street

Tier 2:

- Anxiety strategies and understanding the effects it has on your body
- Emotional regulation activities and Zones of Regulation
- Individualized and group counseling focusing on positive growth mindset, resilience, stress regulation, and emotional regulation.

Tier 3:

- Individualized and Targeted Behavior Support Plans and Mental Health Services



change your
mindset
and the results will
follow

Universal Mental Health Screening – Middle School

Overview

- Mental health screenings are integrated through health curriculum
- Referrals made to Care Solace

Grade 6

- Students participated in a 90-minute presentation about depression and suicide
- School adjustment counselor, psychologist and student resource officer helped to facilitate discussion
- 6th graders screened for depression/suicide

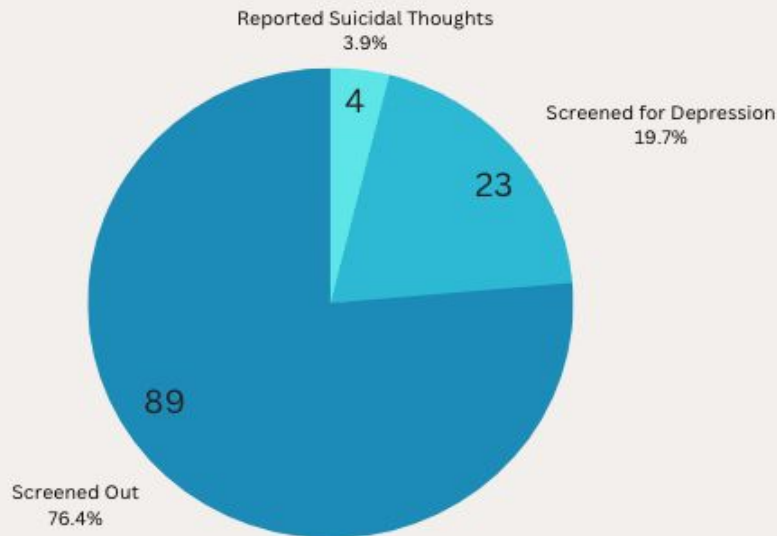
Grade 7

- Anxiety screening being given in March
- SBIRT (substance abuse screening) in June

Grade 8

- SOS refresher and screening for depression and suicide
- Refresher will happen in May.

Signs of Suicide Screener (SOS)
6th Grade Results - 116 Total Respondents



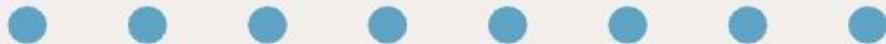
Mental Health & Wellness – Middle School

Tier 2:

- Consultation/presentations by clinical staff to classrooms
- Universal screenings
- Collaboration between clinical staff and administration regarding discipline
- Mediation and de-escalation strategies
- Team meetings
- Student Support Team
- New student orientation/intros as well as 6th grade introductions
- Individual counseling services

Tier 3:

- Individualized and Targeted Behavior Support Plans and Mental Health Services

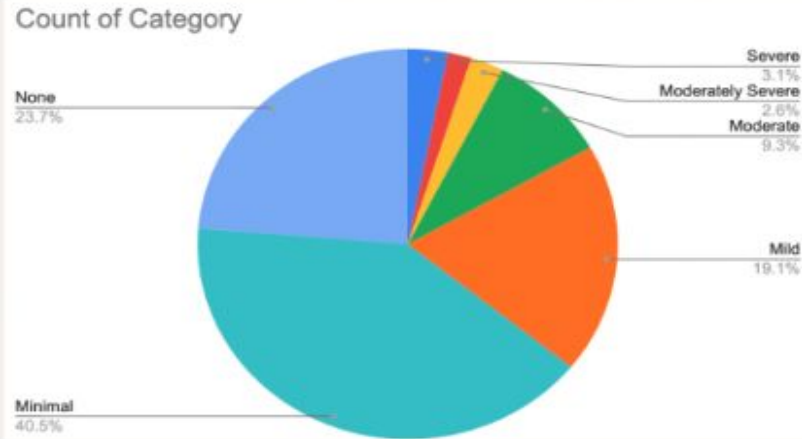


Universal Mental Health Screening – High School

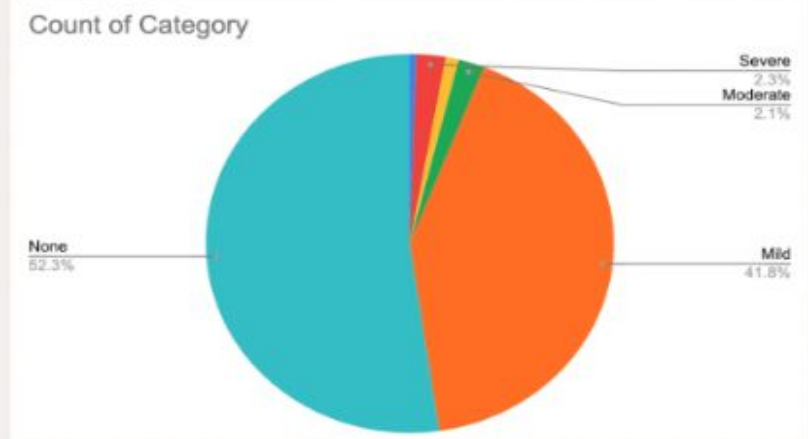
Overview

Students in grades 9-12 were screened for depression using the Personal Health Questionnaire-9, and anxiety using the Severity Measure for Generalized Anxiety Disorder. Data for the school is as follows:

Depression



Anxiety



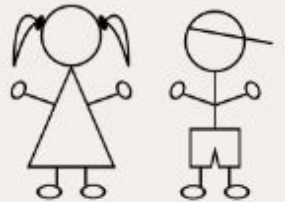
Mental Health & Wellness - High School

	Academic	SEL	Mental Health
Tier 3 (Core + More + More)	Learning Center (IEP) PACE Program Transition program (18-22) C-grid academic offerings Co-taught classes	Bridge Program PACE Program Transition Program Direct & Related Services	Psychological Testing IEP-based Individual counseling
Tier 2 (Core + More)	Home & Hospital Tutoring 504s MCAS Support Academic Support Center Peer Tutoring	Young Men's Group Transition Program Group	Care Solace (MH referral services) CBT/DBT Groups Individual counseling Re-entry Meetings MH screening for students with IEP goals
Tier 1 (Core)	Flex BlockDCAPStandards-based curriculumDirected StudyPost-grad planningGuidance SeminarTeacher drop-ins	CASEL Advisory and assigned advisor Access to a school counselor (School Adjustment Counselor & School Psych as needed) School Nursing Administrator support Screening - Universal (anxiety/depression), SBIRT, Emerson YRBS Presentations/speakersWellness day (Spring) Parent connections evening, SEPAC workshops Teacher professional development Social media presence, weekly newsletter Therapy dogs	

Social Emotional Learning – Shaker Lane



LITTLE FRIENDS, BIG FEELINGS



Social Emotional Learning – Shaker Lane

ALL staff is present at arrival and dismissal to greet students and send them off. **Every** classroom teacher greets **every** student at the door and asks them how they would like to be greeted. Students choose from a menu.



**It's all about building relationships, making sure students know we care and are there for them!*

**Opportunities to get a pulse on emotional state and well-being of students.*

Social Emotional Learning – Shaker Lane



Types of tools used in classrooms...

glitter jars, zones of regulation gel jars and visuals, timers, positive self talk phrases, stuffies, weighted blankets, soft comfy chairs/pillows, soft lights, breathing exercises, read alouds on feelings



Social Emotional Learning – Shaker Lane



Calm Corners

Calm corners are in every classroom. This is where students can take a break, practice breathing strategies and use tools.



Social Emotional Learning – Shaker Lane

Daily Positive Affirmations



Each week SL has a new positive affirmation during morning announcements.

Classroom teachers reiterate it in class and carry it into daily learning with movement breaks.

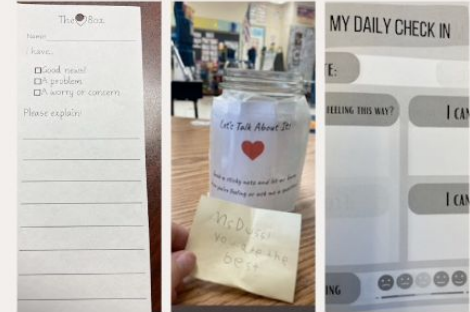
'I' Messages



I Messages...helping students to use these messages to describe their feelings to a friend or adult..



Feelings Journals & Class Check Ins



Let's Talk About It Jar & The Heart Box
Students can drop the teacher a note if they need to talk about something.

Some teachers do "feelings check ins" to gauge mental health & wellness

Social Emotional Learning - Shaker Lane



celebrate

CELEBRATIONS FOR FILLING H.E.A.R.T. JARS

Builds excitement and self-esteem, being proud of accomplishments for being honest, showing effort, accepting others, being respectful, and taking responsibility.

Camp Shaker Lane
Transformed a grade 2 classroom for the day



Social Emotional Learning – Shaker Lane

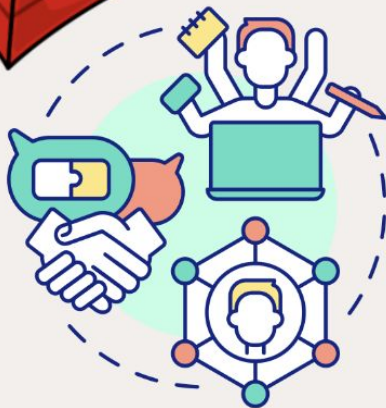


**SHOWING
H.E.A.R.T.
IN ART!**

Art class is a place for students to express themselves through creativity and a calming environment for students to learn.



Social Emotional Learning – Russell Street



- **SEL is built into the daily schedule**
 - Morning & Afternoon meetings
- **Grade Level Classrooms have a scheduled SEL instructional block.**
 - Grade level specific focus
 - Learn & practice using tools to add to our own wellness tool box.
- **Wednesday WIN Elective Block~ full-day Wednesdays**
 - Activities have a mix of students from multiple grade level classrooms
 - Teachers pair together to co-teach (S.H.O.P. & Kindness Crew)
 - Builds connection throughout the building
- **Guidance Counselor & School Psychologist**
 - provide additional support as well as opportunity to learn and practice social skills in small group settings.

Shout out to our AMAZING RSS PTA!

Thank you for supporting the mental health and wellness of our staff throughout the year!



Social Emotional Learning – Middle School

Advisory

- Tuesdays & Thursdays mornings
- 12 students per Advisory group
- Opportunity for teachers to build positive, supportive relationships that foster a culture of belonging and community for all students through authentic & personalized connections.
- Advisories are organized by providing teachers and students with a monthly focus/subject.



Tech Breaks

- Provides for a technology break
- Promotes students to engage in face to face conversations.
- Taking a break tech helps bring balance to your digital and real-world lives.
- Soaking up real-time instead of screen time will ease anxiety, increase happiness, reduce multitasking and reduce those technology cravings.



Brain Breaks

- Time for kids to socialize (without technology)
- Game day: we play cards & board games
- Journaling
- Quiet moment before class
- yoga/mindfulness
- Coloring
- Students can get up and walk or stretch in the back of the room



Mindfulness

- Yoga and mindfulness offer psychological benefits for children.
- Yoga can improve focus, memory, self-esteem, academic performance, and classroom behavior, and can even reduce anxiety and stress in children.
- Mindfulness experiences in health class to teaching students a variety of strategies to handle moments of stress



Journaling

- The process of writing down your thoughts as honestly and with as little judgment as possible allows for self-discovery.
- Can help improve your mood
- Helps you prioritize problems, fears, and concerns.
- Provides an opportunity for positive self-talk and identifying negative thoughts and behaviors.



Social Emotional Learning – High School

- Advisory
 - Small groups with consistent students and staff for 4 years
 - Emphasis on building relationships
 - Periodic Advisory topics
 - Great Kindness Challenge
 - Activities to promote collaboration and random acts of kindness
 - Kindness Certified School
 - No Name Calling Week (GLSEN))
- Flex Block
- Wellness Day in the Spring
- Therapy Dogs (Now we have 2!)
- Weekly Drop-in Times
 - for students to meet with counselors
- Guidance Seminar
 - Junior Seminar and Senior Seminar
- Restorative Justice Model
- SEL Instructional Strategies PD for teachers



**NO
NAME-
CALLING
WEEK**

GLSEN

References & Resources



mass.gov/info-details/community-behavioral-health-centers

namicentramiddlesex.org/

caresolace.com/site/littleton

masshelpline.com

988lifeline.org

Standard 4: Climate and Culture

February 9, 2023

Goals

1. Review, maintain, and modify protocols and procedures that provide all students and staff with a safe and secure learning and work environment.
2. Ensure the district and school are free from discrimination and harassment and support student wellness.
3. Review and revise the District Maintenance Plan.
4. Continue to support the district's energy and environmental conservation initiatives.

Shaker Lane - Accomplishments

- School Safety Drills (2 x year)
- Door signage
 - Internal “Do not prop doors open”
 - External for visitors
- Lights off, Shades Drawn, Devices unplugged/shut down
- All staff on duty greeting students
- Second Step SEL Curriculum
- Social Thinking 6 week lessons
- Monthly Classroom Diversity Readings
- Monthly Community Meetings
- Weekly Positive Affirmations
- Spirit Days
- Family invitations for cultural celebrations
- School Vision
 - We are building a safe, caring, and ready to learn community

Shaker Lane - Challenges

- Support students and staff with continued challenges

Shaker Lane - Revisions / Goals to Consider

- Provide additional structures for supporting students
- Provide continued opportunities for social interactions amongst students

Russell Street - Accomplishments

Fire Drills and Safety Drills

Signage on doors

SEL classes (Anti-bullying, anxiety/stress reduction strategies, executive functioning...)

Health units in PE

Addition of a school psychologist at RSS

UDL

WIN Elective

Outdoor spaces - picnic tables, outdoor classroom, gates

Russell Street - Challenges

Continue to update safety protocols

Continue to support student wellness

Continue to monitor and support staff wellness

Russell Street - Revisions / Goals to Consider

Consider post-pandemic concerns regarding stress, anxiety, wellness for students and staff

Littleton Middle School: Accomplishments

- Building Safety
 - Fire drills, signage, etc.
 - New locks on exterior doors and offices
 - Enhanced security camera coverage
 - Scheduled lunch and hallway duties for teachers
- Creation of behavior response guidelines for all staff
- Adoption of Universal Mental Health Screening for 7th and 8th grade, SOS for 6th grade

Littleton Middle School: Challenges

- Responding to post-pandemic social and emotional issues

Littleton Middle School: Revisions/Goals to Consider

- Provide increased opportunities for student socialization
- Assess current mental health supports and recommend changes if necessary
- Continue to promote anti-racist and non-discriminatory practices, revise as needed.

Littleton High School - Accomplishments

- Adoption of Universal Mental Health Screening
- Great Kindness Challenge and No Name-calling week
- Great Kindness Recognition Breakfast
- DEI Club
- Fun events for students: Homecoming Dance and Semi-formal
- Unified Basketball and Bowling
- Tiger Pride Awards
- New Clubs: DECA, Film, Book
- Second annual Student Wellness Day planned for May

Littleton High School - Accomplishments

- Additional Cameras to enhance school safety
- Flex block activities each day: for socializing, playing games, providing extra help and counseling support, convening clubs
- Strengthened Advisory connections
- Wellness Day, and College Fair
- Festive Fridays
- Spirit Weeks in October, January, March
- Two Therapy dogs

Littleton High School - Challenges

- Responding to post-pandemic social and emotional issues
- Continue to effectively balance challenging student school work while monitoring and supporting student stress

Littleton High School - Revisions / Goals to Consider

- Follow up Fall 2022 meaningful connections activity for staff with a survey of students in Winter 2023
- Financial Literacy Fair in May 2023
- Career Fair in 2024
- Creation of School Culture Team made up of students and staff in Fall 2023

Littleton Public Schools

Student & Parent Handbooks 2022-2023

[Littleton High School Student & Parent Handbook 2022-2023](#)

[Littleton Middle School Student & Parent Handbook 2022-2023](#)

[Russell Street Elementary School Student & Parent Handbook 2022-2023](#)

[Shaker Lane Elementary School Student & Parent Handbook 2022-2023](#)