



MIDDLE/HIGH SCHOOL

Choices Learning Academy



Middle School

01

Mental
Health

02

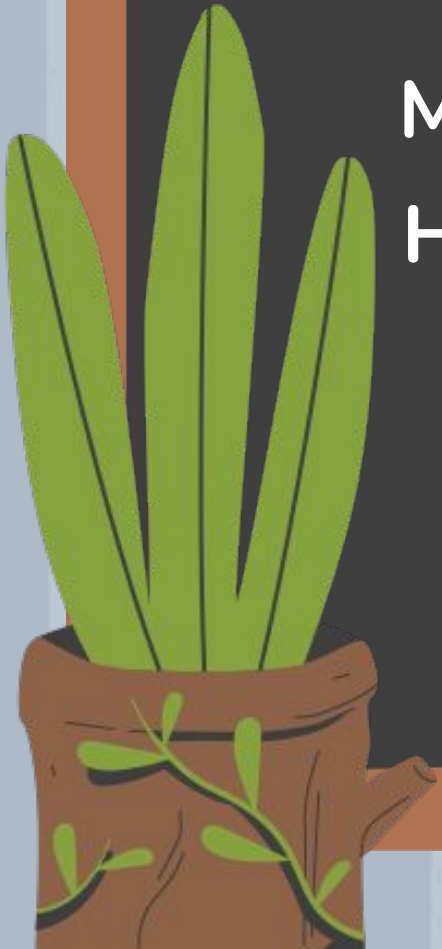
Teacher Wellness/
Skill Development

03

Student Empowerment

04

Data-Driven
Personalized Support



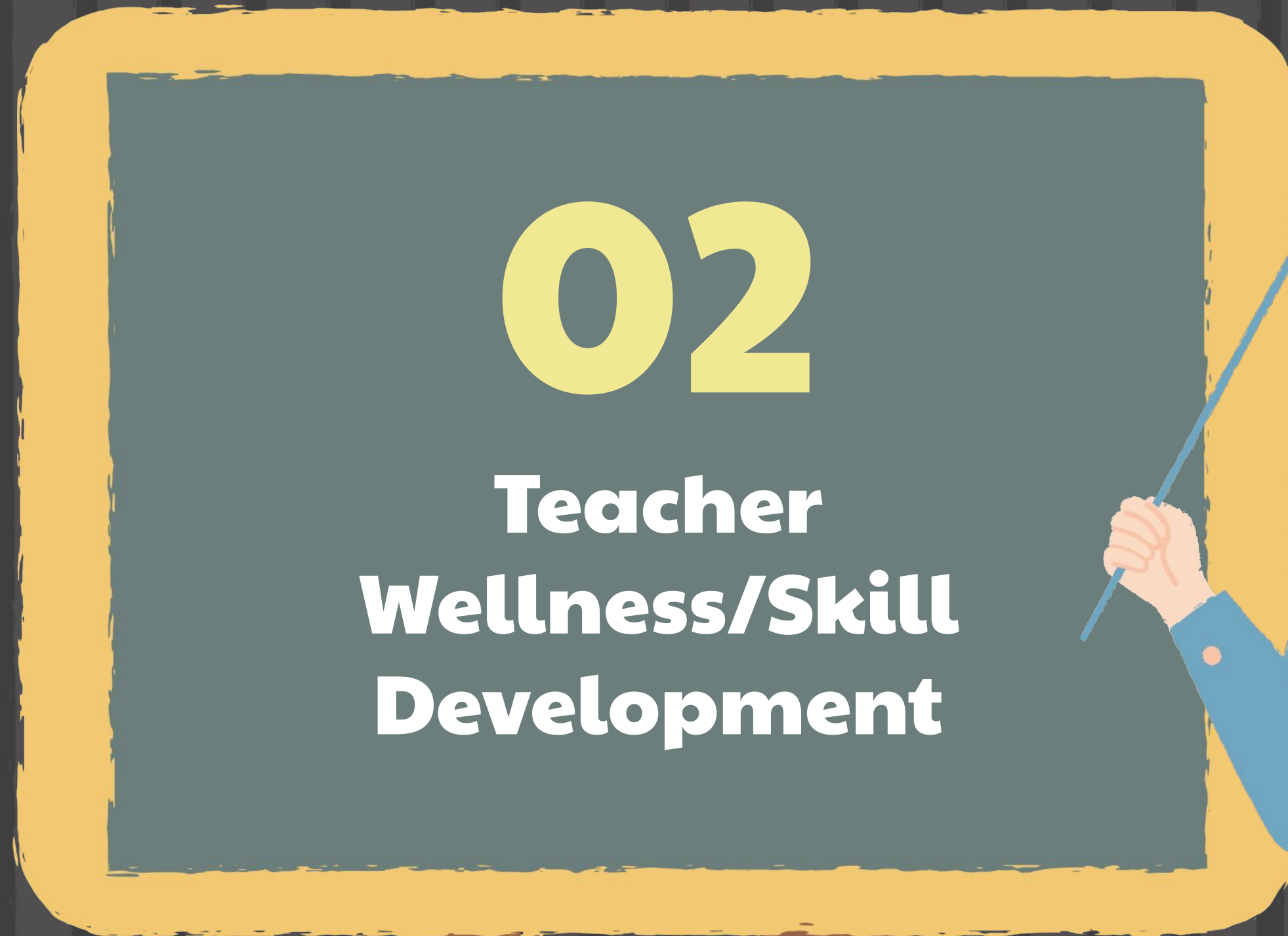




Implement daily 5-minute mindfulness or breathing exercises led by teachers to help students regulate emotions and improve focus.

Use classroom tools like mood check-ins or emotion journals to encourage self-awareness and reflection.

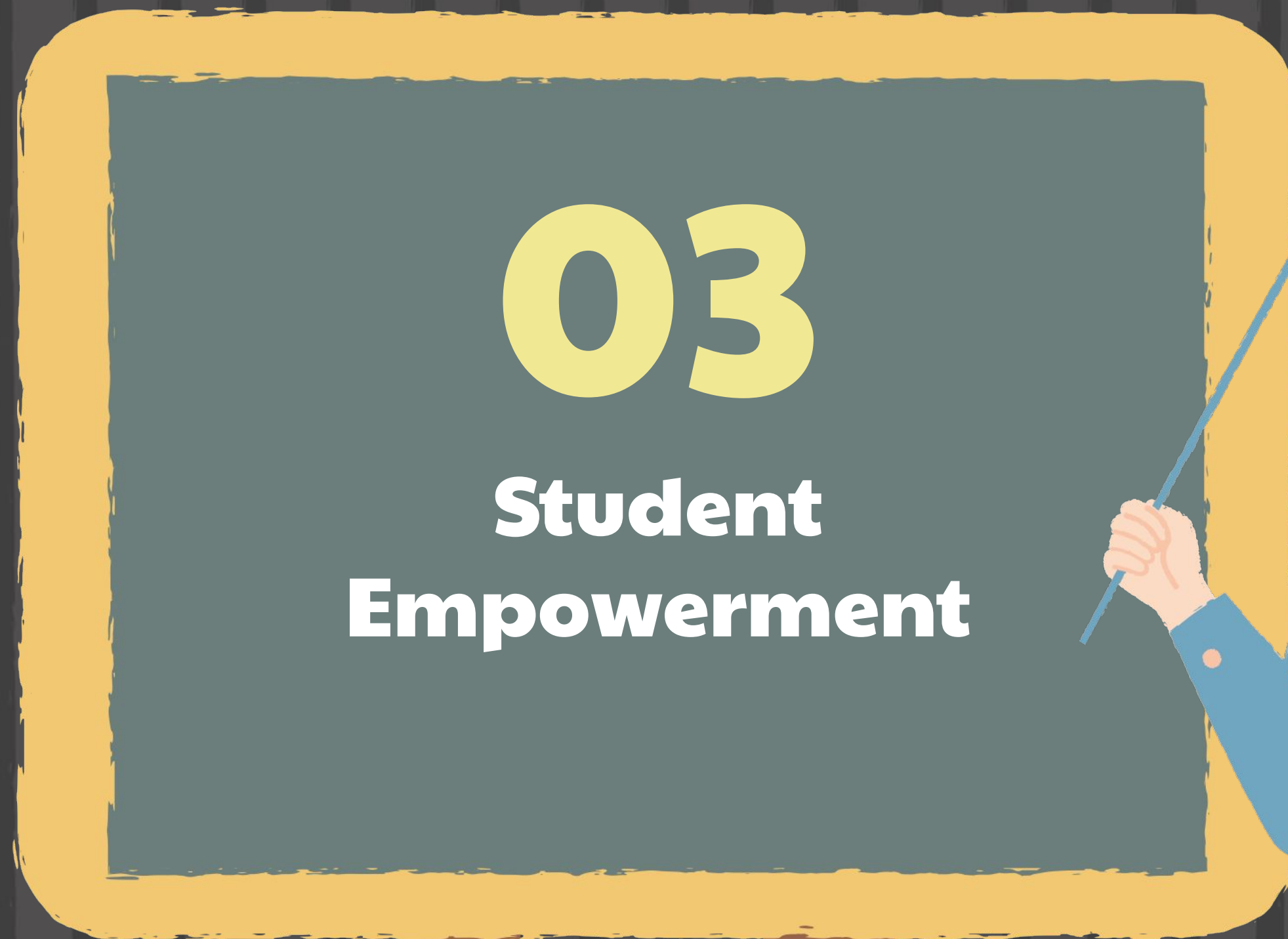




Monthly professional development sessions focused on trauma-informed practices, restorative justice, and innovative classroom management strategies.

Create a peer support network for teachers to share challenges, successes, and strategies to boost morale and instructional effectiveness.





03 Student Empowerment



Establish weekly student-led circles that encourage peer support, conflict resolution, and goal setting related to behavior, academics, and attendance.

Incorporate creative outlets such as art, music, or writing to allow students to express themselves and build confidence.





04

Data-Driven Personalized Support



Use attendance, behavior, and academic data to tailor mental health resources and interventions for at-risk students, ensuring timely and individualized support.

Coordinate with counselors and community partners for wrap-around services.





Expected Outcomes:



- Increased student engagement and self-regulation skills
- Improved attendance rates and academic performance
- Strengthened teacher resilience and instructional innovation
- A positive, supportive school culture centered on wellness and growth



Goals

**Measurable at
that!**



1. Mindful Moments Integration

- 100% of classrooms implement daily 5-minute mindfulness exercises by Day 15.
- By Day 30, 85% of students report increased focus and reduced stress in weekly self-assessments.

2. Teacher Wellness & Skill Expansion Workshops

- Conduct at least 4 professional development sessions by Day 45, with 90% teacher attendance.
- 80% of teachers report increased confidence in trauma-informed and restorative practices via post-workshop surveys.

3. Student Empowerment Circles

- Establish student-led circles in 100% of grade-level cohorts by Day 20.
- Achieve a 75% student participation rate in circles by Day 40.
- Document at least 3 student-led projects or initiatives resulting from circle discussions by Day 45.

4. Data-Driven Personalized Support

- Identify and provide tailored support plans for 100% of students flagged for behavior, attendance, or academic concerns by Day 25.
- Achieve a 10% reduction in unexcused absences and behavior incidents among supported students by Day 45.
- Track and report improvements in academic performance for 80% of supported students by Day 45.

High School

01

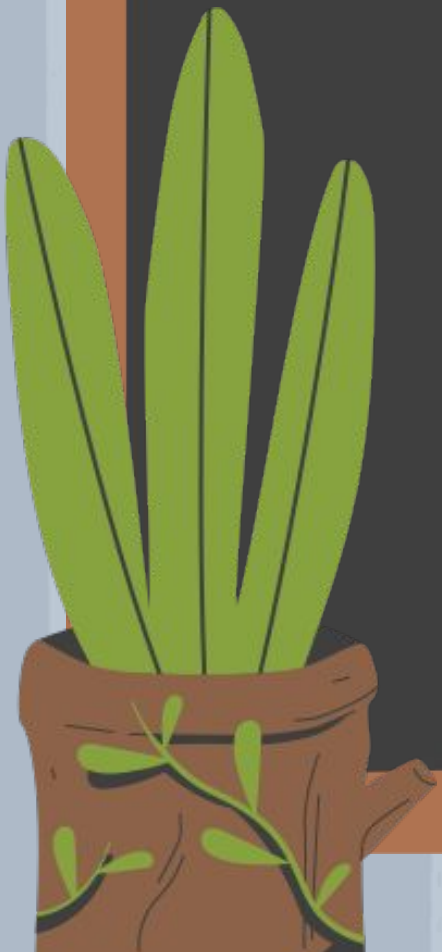
Course Development

02

Student Empowerment

03

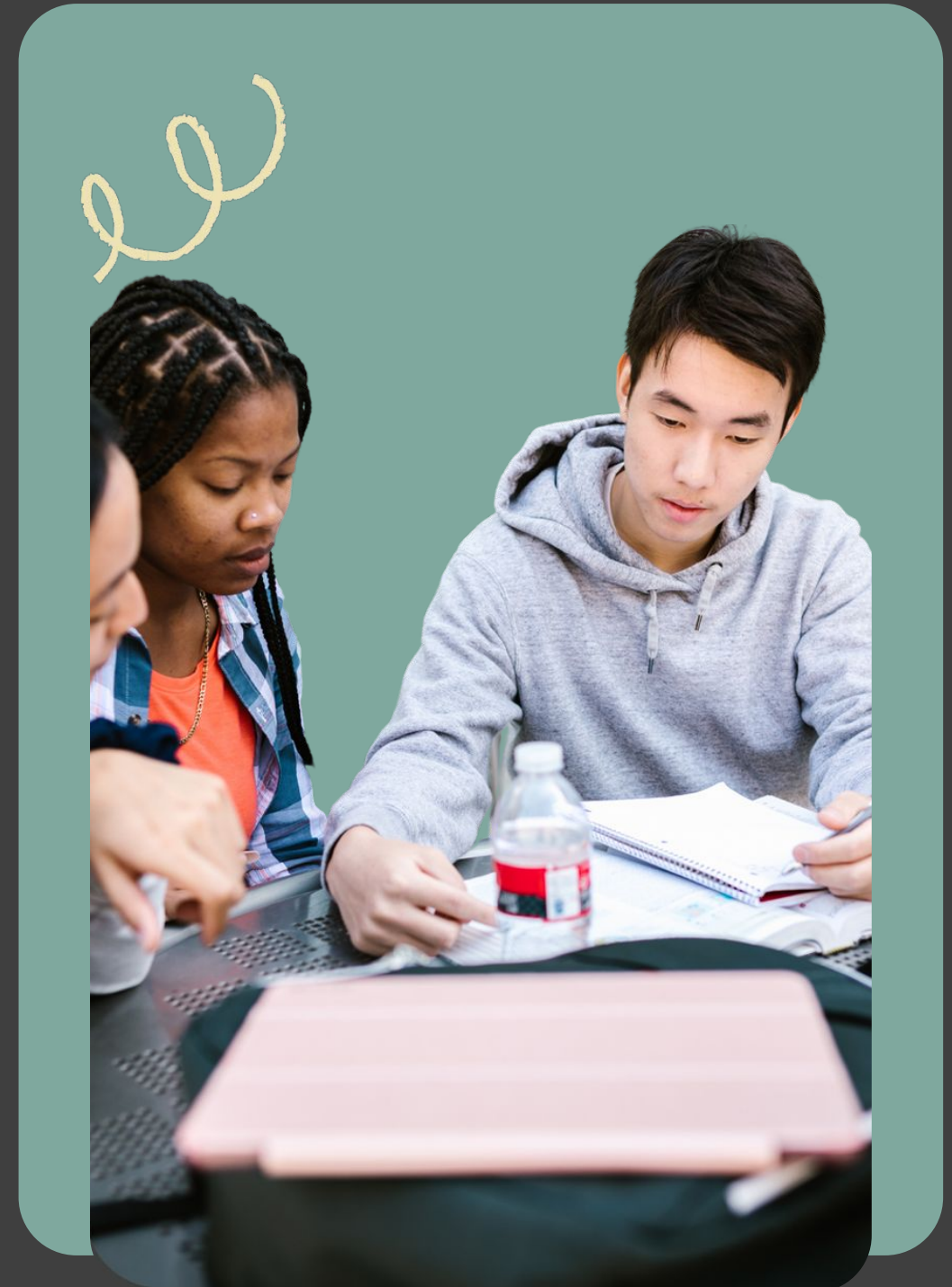
Mentor Program

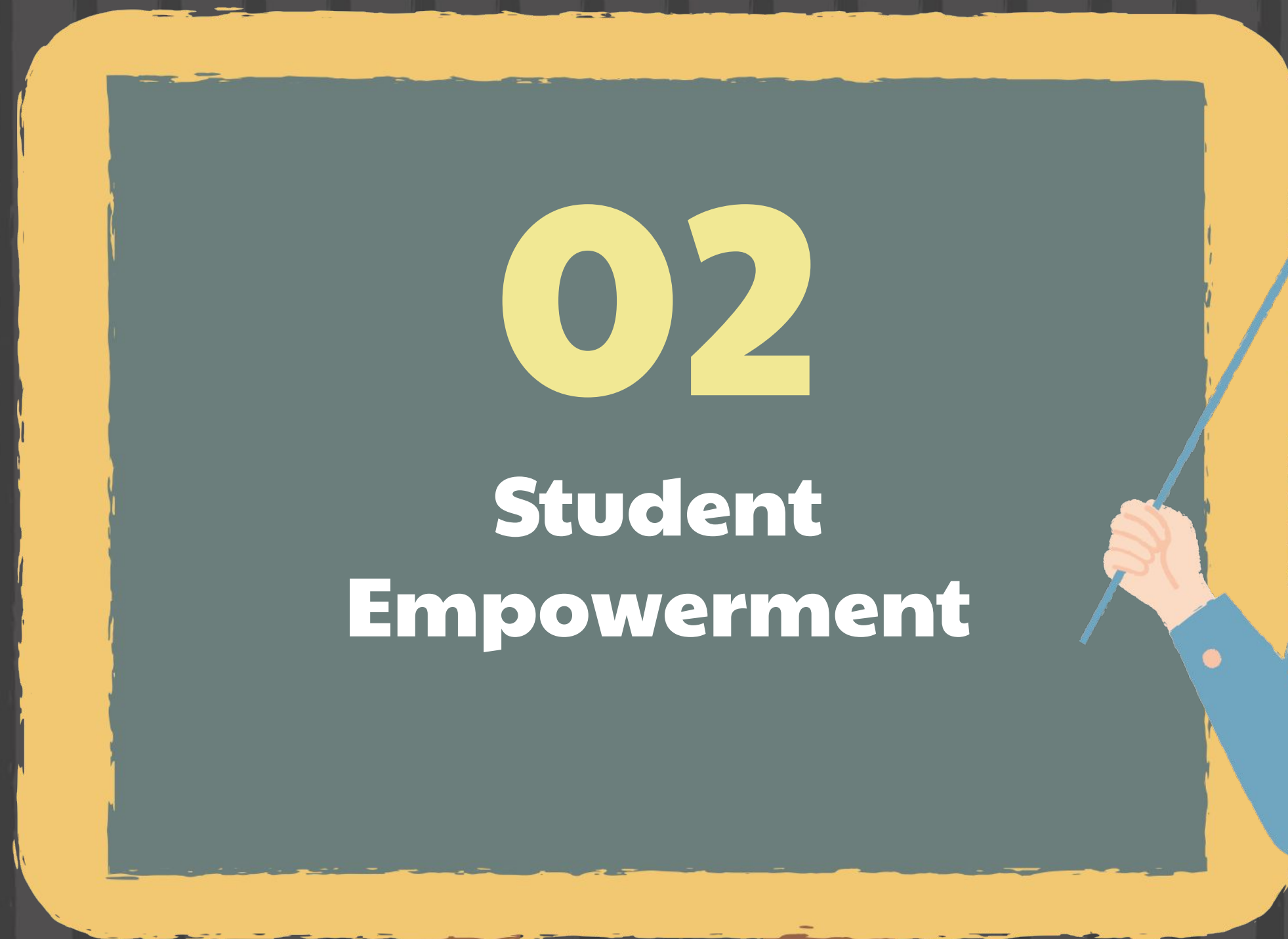




Evaluating the test prep programs for the EOC courses, to determine how to integrate effective support materials.

Looking at creating classes to meet the new opportunities for students to follow the CTAE+ route.





02 Student Empowerment



Letting students develop some incentives to gain throughout the semester.

**Implementing the Money Train.
Allowing students to “select” the lessons they feel will best suit their needs/interests.**





03

Mentor Program



**Looking at the high school students.
The teachers are selecting some
students that would benefit from a
mentor type program. We are
working on developing the guidelines
for this program. We feel some of our
students need an outside person to
pour into them along and along.**





"When we keep our students first and we keep their goals in front of us, I think we can do nothing but be successful" -

Fareeda, Chicago-Northwest Indiana Corps



**Thank
you!**

