



BCPS LSW Action Plan 2025-2026



LSW TEAM Members	LWS Liaison: <i>The designated staff member head-steering the Life Skills & Wellness Plan of the school/please include their name and position</i> Esther Dawkins – Counselling Director	School: Stranahan High School
	Administrator: <i>who is the administrator that oversees the LSW plan of the school</i> Brooke Smith – 12 th Grade Assistant Principal	Date Plan Completed: 6/1/26
	Other Team Members: <i>team members can include one or more adults from each sub department/grade level of the school/please include their names and the department they represent</i> Davida Montgomery (12 th Grade Counselor), Lillia Francois (School Social Worker), Ewana Anderson (BRACE Advisor), William Menzel (9 th Grade Counselor)	

ACTIVITY	STANDARD	DESCRIPTION
Introduction to your school counseling team	LSW A. Students will recognize, identify, and appropriately express basic emotions in themselves and others.	<p>Introduce the school counseling staff and their roles. Build awareness of how to access academic, personal/social, and college/career support.</p> <p>Use team-building games to create a safe, fun space for students to connect with counselors and classmates.</p>
Chew and Chat	LSW A. Students will recognize, identify, and appropriately express basic emotions in themselves and others.	An informal setting where students can bond with their counselor and peers, reflect on strengths, and learn basic self-advocacy skills. Focused on building relationships and student voice through positive dialogue and support-based activities.
Growth & Grit: Strengthening You	LSW B. Students will demonstrate the ability to manage emotions and behaviors to achieve personal and academic goals.	Students will understand the relationship of academics to the world of work and life at home and in the community. Promote grit, perseverance, and reflection on how emotional resilience ties to academic and life success.
Mindful Moment	LSW C. Students will engage in positive social interactions and demonstrate respectful and cooperative behaviors.	Students will acquire the knowledge, attitudes, and interpersonal skills to help them understand and respect self and others.



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		Teaches mindfulness practices that support emotional regulation, attention, and awareness of self and others.
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