



BCPS LSW Action Plan 2025-2026



LSW TEAM Members	LWS Liaison: David Beckford(School Counselor)	School: McArthur High School Zone: McArthur Zone 0241
	Administrator: Jasmah Joseph(10 th Grade Assistant Principal)	Date Plan Completed: 9/12/2025
	Other Team Members: Example: Sarah Lazarre(LCSW) Berlinda Pierre(School Counselor) Betty Amman(School Counselor), Cleon Beckford(School Counselor)	



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ACTIVITY	STANDARD	DESCRIPTION
Mindfulness Meditation	To help students develop mindfulness techniques to reduce stress and improve focus	Each session will last 30 minutes and include breathing exercises, visualization techniques, and discussions on the benefits of mindfulness. Students will learn to incorporate mindfulness practices into their daily lives to manage stress and enhance emotional well-being.
Community Service Projects	To foster a sense of community responsibility and enhance social skills.	Students will participate in various community service projects throughout the school year, such as volunteering at local shelters, organizing food drives, or participating in environmental clean-up days. These activities will help students develop teamwork and leadership skills while giving back to their community. Reflection sessions will follow each project to discuss the impact of their service and the importance of civic engagement.
Physical Fitness Challenge	To promote physical health and encourage students to adopt an active lifestyle.	Students will engage in a month-long fitness challenge that includes various physical activities such as running, yoga, team sports, and dance. They will set personal fitness goals and track their progress throughout the challenge. Weekly group workouts and fitness education sessions will be held to discuss the benefits of physical activity for mental and emotional well-being. At the end of the challenge, students will celebrate their achievements.



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Resiliency Education	Targeted supplemental school wide instruction that addresses attendance and behavior	Monthly scope and sequence lessons using Rethink ED designed to align Florida's Character Education and Physical Education Standards.
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Elementary