



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> JILL MARTINEZ	School: <i>School Name</i> Zone: <i>Provide your school's zone</i> SOUTH AREA
	Administrator: <i>who is the administrator that oversees the LSW plan of the school</i> SARA PIERCE	Date Plan Completed: <i>Indicate the date of completion and upload to SIP database.</i>
	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>	



BCPS LSW Action Plan 2025-2026



Elementary

ACTIVITY	STANDARD	DESCRIPTION
Stress Management Workshops	LSW B – Students will demonstrate the ability to manage emotions and behaviors to achieve personal and academic goals.	Students participate in monthly workshops covering mindfulness, time management, and healthy coping strategies for academic and personal stress. Techniques include guided meditation, journaling, and breathing exercises. Peer leaders and counselors co-facilitate, making the strategies relatable.
Conflict Resolution Role-Play	LSW C – Students will engage in positive social interactions and demonstrate respectful and cooperative behaviors.	Using real-world scenarios (friendship disagreements, group project conflicts, peer pressure situations), students role-play solutions emphasizing respect, empathy, and problem-solving. Debrief discussions highlight different strategies and their outcomes.
Digital Citizenship & Wellness Week	LSW A – Students will recognize, identify, and appropriately express emotions in themselves and others.	A school-wide campaign focused on the emotional and social impacts of technology and social media. Activities include assemblies, classroom discussions, and a student-led 'Unplug Challenge,' where students track screen-free time and reflect on their well-being.
Peer Mentorship Program	LSW C – Students will engage in positive social interactions and demonstrate respectful and cooperative behaviors.	Juniors and seniors serve as peer mentors to freshmen, meeting monthly to discuss topics such as adjusting to high school, goal setting, and healthy friendships. The program builds leadership in upperclassmen and provides guidance for younger students.