



BCPS LSW Action Plan 2026-2027



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> Caprice Thomas (School Counseling Director)	School: Miramar High School Zone: South Region
	Administrator: <i>who is the administrator that oversees the LSW plan of the school</i> Example: John Murray (10th Grade Assistant Principal)	Date Plan Completed: September 8, 2026
	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> Example: Betty Jean Pierre (School Counselor), Gabrielle Prospere (School Counselor), Netty Varela (School Counselor)	

ACTIVITY	STANDARD	DESCRIPTION
Example: School-wide Emotion Charades	Students will recognize, identify, and appropriately express basic emotions in themselves and others.	Example: In this school-wide activity, students across grade levels participate in "Emotion Charades" by acting out basic emotions using facial expressions and body language while peers guess the emotion. Class discussions follow, helping students better understand and express emotions in themselves and others.
Recognizing and Reducing Mental Health Stigma	LSW A. Students will recognize, identify, and appropriately express basic emotions in themselves and others.	Students will participate in a lesson and guided discussion examining common misconceptions and stigma associated with mental health. Through scenarios, reflection questions, and class discussion, students will learn how stigma may prevent individuals from seeking help and identify respectful, supportive ways to respond when they or someone else may be experiencing an emotional or mental health concern.
State of Mind: Thoughts, Feelings, and Actions	LSW B. Students will demonstrate the ability to manage emotions and behaviors to achieve personal and academic goals.	Students will explore how thoughts can influence feelings, decisions, and behaviors. Using age-appropriate school, peer, and academic scenarios, students will practice identifying unhelpful thought patterns, reframing negative thoughts, and selecting healthy responses that support their personal and academic goals.
Seeking Help: Trusted Adult or Peer Initiative	LSW C. Students will engage in positive social interactions and demonstrate respectful and cooperative behaviors.	Students will learn how to recognize when they or a peer may need additional support. Through various activities, they



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		will identify which adults/peer they trust to provide support and guidance.
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Elementary