



BCPS LSW Action Plan 2026-2027

Secondary



LSW TEAM Members	LSW Liaison: <i>The designated staff member head-steering the Life Skills & Wellness Plan of the school/please include their name and position</i> Cierra Richardson	School: Cypress Run Education Center Zone: Monarch Zone
	Administrator: <i>who is the administrator that oversees the LSW plan of the school</i> Janet Jackson/Intern Principal	Date Plan Completed: 9/8/2026
	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> Olga Wilson – Middle School Team Leader; Shatereas Dawson – High School Team Leader	

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ACTIVITY	STANDARD	DESCRIPTION
Activity 1: Emotion & Perspective Check-In	LSW A. Students will recognize, identify, and appropriately express basic emotions in themselves and others.	During first period, students complete a brief emotion and perspective check-in using realistic secondary-school situations such as academic pressure, peer conflict, social media, family responsibilities, or preparing for a major transition. Students identify the emotion, describe how it may appear in themselves or others, and practice expressing the feeling appropriately. Teachers facilitate a short discussion connecting emotional awareness to classroom relationships and academic readiness.
Activity 2: Reset, Refocus & Respond	LSW B. Students will demonstrate the ability to manage emotions and behaviors to achieve personal and academic goals.	Students learn and practice a menu of age-appropriate strategies for managing frustration, anger, stress, disappointment, and conflict. Strategies may include a brief pause, controlled breathing, positive self-talk, requesting assistance, taking an appropriate reset, and making a plan before responding. Students create a personal 'Reset Plan' identifying triggers, effective strategies, trusted adults, and the next responsible action they can take to protect their academic and personal goals.

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Activity 3: Respectful Communication & Conflict Resolution	LSW C. Students will engage in positive social interactions and demonstrate respectful and cooperative behaviors.	Students practice communication skills through realistic secondary-school scenarios involving disagreements with peers, group-project challenges, misunderstandings, classroom redirection, and online communication. Students use sentence starters, active listening, perspective-taking, and problem-solving steps to communicate respectfully, identify the issue, consider another person's viewpoint, and work toward a constructive resolution. The activity reinforces that respectful behavior is expected in classrooms, common areas, activities, athletics, and digital spaces.
Activity 4: Postsecondary Readiness Decision Lab	LSW B. Students will demonstrate the ability to manage emotions and behaviors to achieve personal and academic goals.	Students analyze realistic choices connected to attendance, grades, peer pressure, employment, technology use, relationships, and future goals. Working individually or in small groups, students identify the short- and long-term consequences of possible choices, select a responsible response, and explain how self-management supports college, career, technical education, military, and other postsecondary pathways.