

Supporting Students In Times of Change



Understanding the Educator Guide

SUPPORTED BY:

Ministry of Education and Child Care, BC

PRESENTED BY:

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SUPPORTING STUDENTS IN TIMES OF CHANGE



Overview

- Who **created** the Guide?
- What is the **purpose** of the Guide?
- How can the Guide be **used**?
- Extras (*checklist and appendices*)

Optional Notes:

Creators and Advisors

Open Parachute

- Bridget Kamp (*long-time BC educator*)
- Dr Hayley Watson (*clinical psychologist*)

Working Group

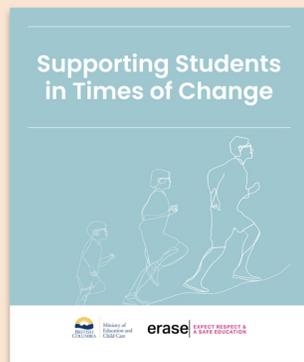
- BC Confederation of Parent Advisory Councils (*BCCPAC*)
- British Columbia School Trustees Association (*BCSTA*)
- British Columbia School Counsellors Association (*BCSCA*)
- Ministry of Children and Family Development
- Ministry of Mental Health and Addictions (*MMHA*)
- Federation of Independent Schools (*FISA BC*)



Optional Notes:

Purpose

- Support educators and school staff in guiding students through major **life transitions** (*K-12*)
- Better equip educators to support students **in the classroom**
- Helps to **embed** core competencies
- Reduce **educator stress**



Optional Notes:

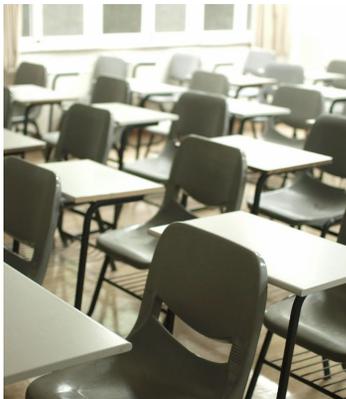
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How to use this Resource

- Divided into five sections
- Each section: **Information, tools, & strategies**
- Can be used **concurrently** or in **isolation**
- Linked appendices provide accompanying **prepared exercises**

Optional Notes:



Section #1

- **Supporting Students**
- Noticing Risk (*signs/symptoms*)
- Making referrals (*pathways & open conversations*)
- Help-seeking (*role modelling, peer support networks*)
- **Why:** Early Intervention is key!

Optional Notes:



Section #2

- **Positive Behaviour**
- Awareness & self-reflection
- Teaching accountability (*collaborative problem-solving*)
- Classroom routines
- **Why:** Long-term changes

Optional Notes:

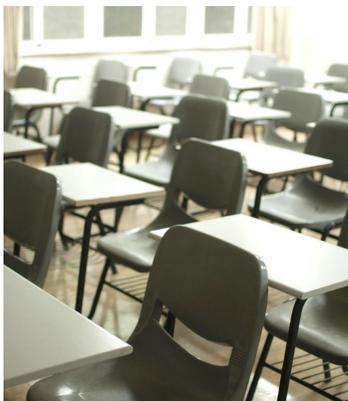
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Section #3

- **Communication & Emotional Support**
- Active Listening Skills
- Open Dialogue
- Empathy Exercises
- **Why:** Connection = Engagement

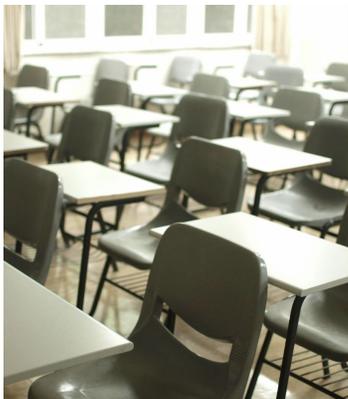
Optional Notes:



Section #4

- **Healthy Peer Relationships**
- Peer mentorship
- Collaborative/teamwork projects
- Conflict Resolution Skills
- **Why:** Belonging is the strongest teenage motivator!

Optional Notes:



Section #5

- **Healthy Habits & Coping Strategies**
- Self-soothing
- Emotional reflection & expression
- Leveraging strengths (*& seeking guidance*)
- Accepting & choosing thoughts
- **Why:** Mental health agency

Optional Notes:

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Extras

- **Checklist:** At a glance tool for reinforcing strategies in class
- **Appendix:** One-page strategies for easy application of suggestions in the Guide



Optional Notes:



Next Steps

- OP Lesson connection?
- In-Depth Pro-D?

Optional Notes:
