An Update:

Wellness in Albany Unified School District

April 6, 2010

Presented by Shelly Ball

Wellness Committee

- Represents staff and parents from all schools/levels at the district
- Meets 4 times per year
- Provides opportunity for collaboration across elementary, middle and high school staff, and parents on health and wellness programs across the district
- Make recommendations to the district administration, including district wellness policy

2009-10 Focus - Mental Health

- Harassment/bullying based on body size
- Prevalence survey (let's get real)
- Discussion/planning of interventions
- Staff training, parent ed, curriculum
- District wellness program and policy info collection and dissemination
- Update and feedback for district about Positive Behavioral Supports programs, mental health programming

An Update:

Staff Work on Staff Work On Bullying and Harassment at Albany Middle School

April 6, 2010

Presented by Dori King

What is Bullying?

Bullying is...

 Aggressive behavior or intentional harm-doing

It is carried out repeatedly over time

 It occurs in relationships where an imbalance of power exists

Three Types of Bullying

- Direct Bullying
 - open verbal or physical attacks
- Indirect Bullying
 - relational aggression
- Cyber-bullying
 - using various forms of electronic communication for direct or indirect bullying

Existing Albany Middle School Model

Tier III
Systems
Use of Licensed Clinician and Interns
Individual contact

with Guidance Counselors and Administrators

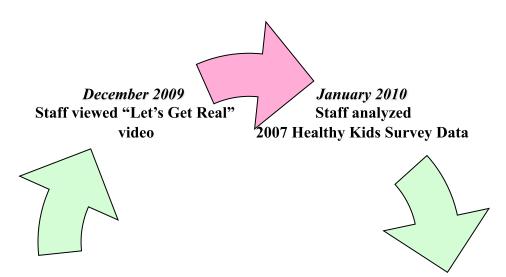
Tier II Systems

Student Study Team
Guidance Counselor Check-Ins
Administrator Check-Ins

Tier I Systems

Planned Social Interactions, Policies, Procedures, and Resources

AMS Staff Work on Bullying/ Harassment



April 2010 – June 2010 Analysis, Planning, and Action

February 2010
Teachers decided to be a presence in the halls during passing periods

