

Contributions to Saigon South International School (SSIS)

Organized by my Positive Psychology [Character Strengths](#) and [CliftonStrengths](#)

Creativity and Ideation>

Co-Curricular After-School Program Review: Offered the idea of auditing current after-school classes to align them with our school mission and the wellness program. Initiated discussion with the learning support teachers to teach classes targeted for specific learning needs and general study skills as one theme of the program. I wrote blog posts to support this ideation: [How Might An Educational Services Company Support International Schools](#) | [Co-Curricular After-School Programming](#)

Curriculum Design and Creation: Created the **Child Safety** curriculum. Sample lessons: [Grade 1](#) | [Grade 3](#) | [Grade 5](#) Developed a series of lessons during virtual school on the topic of **personalizing learning** to help students better understand their individual approaches to learning. Created a [website](#) adapted from my larger [PLS site](#) as well as lessons. Sample lessons: [Lesson 1](#) | [Lesson 6](#) Designed a series of lessons to be taught face to face or virtually for the transition from Grade 5 to Grade 6. Sample Lessons: [Lesson 1](#) | [Lesson 3](#)

Field Trip Explorer Program: Shared the idea of designing a field trip request form that would incorporate criteria to include the school mission and core values, current unit of study enduring understandings, learning activities, assessments, etc. The programming idea included the development of a **field trip handbook**.

Information and Communication Literacies (ICL): The curriculum director was starting the process of adopting standards and designing curriculum for our separate library and technology programs. I shared the idea of combining them into one program as we did at HKIS into what we called our [Information and Communication Literacies](#) (ICL) program. This [blog post](#) gives background information to our efforts at HKIS.

Making Thinking Visible: Offered to bring the thinking routines into the unit plan curriculum review process in partnership with the instructional coaches. Shared the [technology supported thinking routine strategies](#) with instructional coaches for virtual school implementation. Integrated many of the routines into the [Wellness@ES](#) website (e.g., [Social Intelligence](#)) including a dedicated [Thinking Routines](#) section.

Office Design: My office is intentionally designed with posted learning strategies, student artwork, plants, games, fidget toys and personal items to welcome students and staff to be comfortable and open to share. Here is a [video tour](#).

Orientation Services as Part of a Parent Portal: I created orientation websites for new staff at a couple of my previous schools. I included this with my idea of SSIS having a **parent portal**. Here are a couple blog posts on this topic: [Learning Opportunities for All Community Members](#) | [Orientation Services](#)

Parent Section of Learning Support Portal: Proposed and created a prototype of a parent portal for the parents of our elementary students. The portal would provide articles on parenting,

wellness and access to our parent workshops and lots more. Here is a [blog post](#) that outlines some of my ideas while connecting to the idea of also having a **student support services portal**. I researched and developed a [list of home support strategies](#) and resources for teachers to pull from to share with parents. See the section below on “Parent Outreach and Support” for more information.

Sharing of Ideas With Administrators: I am a real believer that when a staff member meets with an administrator over a difficulty that one should bring possible solutions to the meeting. This led me over the years to keep “sandbox” documents where I recorded problem-solving ideas. I created a sandbox my first year at SSIS with ideas around after-school programming, virtual school and a [wellness/counseling](#) program. I shared the wellness/counseling sandbox with my principal and the [whole school sandbox](#) with our head of school.

Achiever, Social Intelligence and Teamwork>

Diffusion of Learning Support Team Instructional Expertise: Initiated learning support team discussions to review our team’s mission and how to diffuse our knowledge out to grade level teams **to support all learners**. I researched multiple resources and collaborated with team members to compile a listing of strategies and accommodations for various categories of learning needs. I shared the Middle School student support model that we created at the American International School - Riyadh (AIS-R) where the grade level teams regularly set aside meeting times for student discussion time. Our focus at AIS-R was not just on struggling students but all students. The counselors, learning support and EAL teachers regularly met with grade level teams to help all students grow and thrive. This approach came before the advent of Positive Psychology.

Tier 1 & 2 Learning Support: Initiated and led effort with our learning support specialists to write up support strategies for academic and behavior growth needs. I added a new strategies section to our learning support website that listed multiple strategies and accommodations for various categories of learning needs. I created a new [behavior intervention plan](#) to bring a character strengths approach to the support strategies. Our website is behind our school domain log in but [here is a copy](#) of the strategies (access menu to the left for each category of support) that I put on my personal [Web Resources](#) website.

Virtual School: I offered ideas for the running of virtual school in the early spring of 2020 including ways to support the wellness of our community members. I wrote many blog posts for our school wellness and my personal blog under the category/tag of [virtual school](#).

- Shared insights to administration from my experiences at HKIS during SARS as we ramped up for virtual school: [Virtual Elementary School - Looking Back To SARS in Hong Kong](#)
- Created the [Remote Learner Wellness Support](#) website for students and families.
- Provided the idea of creating a [virtual school design team](#).
- Reached out to grade level teams to gather a listing of wellness activities they offered their students. Offered the option of having **team leads for wellness** to lead out on all things wellness.
- Authored and shared blog posts with administration for supporting [children](#) and [families](#) during virtual school.

- Designed a [wellness plan](#) for students during virtual and regular school. It doesn't use the language of PERMAH to keep it simpler. In time, once PERMAH would be embedded in the culture of the school, one could shift to the personal wellness plan using PERMAH ([simpler version](#) to adapt for students | more [intricate plan](#) for adults to adapt).

Input and Purpose (Making Connections)>

Parent Outreach and Support: Parent outreach and education engages my purposeful and connection building character strengths as I work to support families. As part of my Positive Psychology approach to counseling, I believe my work should not just be in response to immediate needs but should be an active outreach to all families in helping them with their wellness. Engaging the input strength led me to build learning resources for parents. One of my hopes was to use my [podcast platform](#) to provide episodes on parenting. I hope to try this idea at my next school. The same goes for running a **family wellness blog** as part of a parent portal to be shared with the community. My work included the design of parent workshops (not presentations) to engage parents in conversation and ideation with concrete strategies to apply in their homes. Here are examples of a few workshops and parenting learning artifacts.

- [Family Mission Statement Creation](#) guidelines
- [Home Support Strategies](#) guidelines (listed in previous section)
- [Parenting in the Digital Age Workshop](#)
- [Raising Independent Children Workshop](#)
- [Strength-Based Parenting Workshop and Book Club](#) including a [website](#) dedicated to the running of the book club.

Wellness: I was hired at SSIS to help develop a wellness program. The job engaged my instructional technology and counseling skill sets. Going forward, I am using the title for my position as **Instructional Coach for Wellness** and **Life Coach**. I find great purpose and meaning in collaborating to design and implement wellness within the community. An important part of my work has been in researching, curating and communicating information about Positive Psychology and wellness to our stakeholders. My strength of input played a major part in this process. Here are some resources that demonstrate follow through on my job assignment.

- Adapted PERMAH and Character Strengths into a "[pivot plan](#)" to help staff pivot to new jobs/countries.
- Author of the [Wellness@SSIS blog](#)
- Author of the [Wellness@ES](#) resource website designed for the integration of wellness practices into the units of study and class cultures.
- Author of many posts under the category of [wellness](#) at my personal [Lessons Learned](#) blog
- Authored and co-authored Wellness PD offerings: [How Is Your PERMAH Today? What Are Your Wellness Goals?](#) | [Strength Spotting](#) | [Teambuilding with Wellness](#) | [Workspace Wellness](#) | [Wellness with Character Strengths](#)
- Collaborated with a high school student to design and create a prototype [Wellness@SSIS](#) app (video of the app)

- Initiated discussion of how to support team wellness. Developed the [Team Wellness](#) section at the [Wellness@ES website](#).
- Led our divisional WELL Team efforts
- Member of schoolwide WELL Team committee
- Piloted the teaching of lessons using the language of character strengths: [Kindergarten Intro](#) | [Grade 2 - Creativity](#) | [Grade 4 - EI & Gratitude](#)
- [Remote Learner Wellness Support](#) - I created this website at the start of the 2020 school year to support our families who could not return to the host country of my school. This is a personal copy of the original site. (Also mentioned under Virtual School)
- [Team Wellness Big Five Personality Inventory Presentation](#) - Offered the idea of all staff taking the [Big Five Aspect Inventory](#) to better understand what traits they bring to their teams. This connects to the idea of developing a teacher [profile system](#) to help teams better understand each other and to heighten their efficiency, productivity and wellness. The [All About Me Profile](#) template was offered as a starting place to design the teacher profile cards.