

**School Improvement Plan
Acton-Boxborough Regional High School
2008-2009**

The timeline for each of these goals is the 2008-2009 school year. We expect to revisit and revise these goals in spring 2009. The School Council will oversee progress towards the goals.

Goal 1: We will take steps to understand and address issues of stress among members of the high school community.

Rationale: Over the past decade, stress among suburban adolescents has become an increasingly prevalent problem. Evidence suggests that we are experiencing a similar increase among Acton-Boxborough's adolescents.

Strategies:

- The faculty stress committee (formed in spring 2008) will continue to research the issue of adolescent stress. After looking at data derived locally, in combination with more far-reaching research, they will propose changes to the school's practices and policies that will help students to build strong stress management skills and to live balanced, healthy lives.
- A study group will be formed for interested parents to research and discuss the issue of adolescent stress.
- The Student Council will form a working committee to study the issue of stress.
- Information regarding effective stress management will be provided to students and their parents throughout the year via a variety of sources (forums, Back-to-School-Night, the PTSO newsletter, etc.).
- The physical education department will offer students opportunities to enroll in courses that emphasize stress management practices (e.g. yoga and meditation).
- The nurse's office will provide students with a stress relief room where students may come to practice relaxation techniques.
- We will convene a "Stress Summit," bringing together the various working groups to discuss proposals and ideas.
- We will evaluate our efforts before, during and after interventions are employed.

Goal 2: At this time of transition, we will spend time as a community discussing the core values and mission of the school, ultimately revising the school's mission statement (as necessary).

Rationale: Our accrediting agency (the New England Association of Schools and Colleges – NEASC) requires that we revisit our school's mission prior to our self-study and accrediting visit (scheduled for October 2010). Given the turn-over in staff and leadership since the last mission statement review and revision, it is appropriate that we approach this process thoughtfully and thoroughly. Furthermore, the changing demographics of the school community in combination with the changes in society, render this an opportune moment to reconsider our purpose and beliefs.

Strategies:

- The NEASC co-chairs (in collaboration with the principal) will convene a number of meetings to gather input from the school community's various stakeholders.
- The mission development committee will synthesize the input from the various constituencies and will draft a mission statement, which they will then share broadly, gather feedback, and revise accordingly.
- Once a mission statement is adopted, the various constituencies will discuss what adaptations of the school's practices and policies are necessary in order to fully enact the mission.