

The Reset Room at NSH: Supporting Student Well-Being

What Is the Reset Room?

The Reset Room is a dedicated space at North Shuswap Elementary designed to support students in developing emotional regulation and self-awareness. It provides a calm, supervised environment where learners can take a short break from the classroom to **reset, reflect, and return** ready to learn.

Purpose and Goals

- **Emotional Regulation:** Helps students manage big feelings in a safe and respectful way.
- **Skill Building:** Teaches strategies for calming down, problem-solving, and re-engaging with learning. Students are working on bridging the skills and techniques practiced in the reset room to the classroom and then to their daily lives.
- **Inclusive Access:** Available to all students, with tailored goals for those with ministry designations (CB-IEPs).

How It Works

- Students typically access the room with a **teacher-issued pass**.
- **Occasional use** is tracked internally by staff but not routinely reported to families.
- **Scheduled use** is generally reserved for students with Individual Education Plans (IEPs) and is discussed during IEP goal-setting meetings.
- **Usage Limits:** For students using the room excessively, limits have been introduced to encourage classroom engagement.

What you would see if you were to visit the reset room

If a visitor were to stop by the Reset Room at North Shuswap Elementary, they would find a thoughtfully arranged space designed to help students regulate their emotions and refocus. The room features a variety of calming



and engaging stations: a cozy tent for quiet reflection, a balance board for physical grounding, a drawing area for creative expression, a reading nook with soft lighting, a movement zone for gentle stretching or activity, and a sand table that offers tactile sensory play. Each station is intended to support different self-regulation needs, allowing students to choose what works best for them in the moment. **The atmosphere is peaceful, supportive, and geared toward helping learners return to class feeling more centered and ready to engage.** Students follow a process, including a timer of usually 5 minutes or less, which they use to work through the zones and back to class.

Communication and Transparency

The school always aims for clear communication with families about their learning, and Reset Room use is of course an important part of that communication. Most students do not regularly use the Reset Room. Given the newness of this support, we are still working out the best ways to share with families so that parents have the information they need. As always, please reach out to your classroom teacher as the first point of contact for specific information about your child and how they are doing in class. Carlie Pellet, our Learning Resource Teacher, can also give you clear information about your child and the Reset Room.

Why The Reset Room Matters

The Reset Room is part of a broader effort to foster a respectful, inclusive, and emotionally safe school environment. It helps reduce hallway disruptions and supports students in learning how to manage their emotions constructively.

Looking Ahead

The ultimate goal is to **minimize the need** for the Reset Room by **equipping students** with the tools they need to thrive in the classroom. As we continue to refine this resource, your feedback and partnership are essential. If you have further questions, we invite you to come for a tour and have a discussion with Mrs. Pellett.

