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| School District | Inclusive Education Plan |
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| Student Details                                                                   |                        |               |                           |              |
|-----------------------------------------------------------------------------------|------------------------|---------------|---------------------------|--------------|
|  | Student Name           | Shelley Moore | Primary Designation       | ADHD         |
|                                                                                   | Age                    | 44            | Additional Designation(s) | LD           |
|                                                                                   | Student Number         |               | IEP Review Date           | Aug 21, 2024 |
|                                                                                   | Date of Birth          | July 23, 1979 | Case Manager              | Myself!      |
|                                                                                   | Student Support Team   |               | Role                      |              |
|                                                                                   | Jessica Moore (JM)     |               | Wife                      |              |
|                                                                                   | Joan Moore (mom)       |               | Mom                       |              |
|                                                                                   | Kate Campbell          |               | Friend                    |              |
|                                                                                   | Leyton Schnellert (LS) |               | Friend/Colleague          |              |
|                                                                                   | Ed Pimley (Ed)         |               | Trainer                   |              |
| Parent/Guardian Consultation Date                                                 |                        |               | Aug 21, 2023              |              |

| My Personal Profile |                                                                                                      | Thoughts from my team                                                                                                                                                                                                                                                                                                                                                                                                                                |
|---------------------|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| My Identities       | Danish, Queer, She/her, Bowen Islander, Teacher, Wife, Sister, Daughter, Friend                      | Speaker, Educator, Advocate, Dog Mom (JM), Daughter, Tenacious, Ambitious, Beautiful, Generous, Change maker, Daughter, Wonderful (mom), Exuberant, Passionate, Impulsive, Loyal, Creative (LS)                                                                                                                                                                                                                                                      |
| My Interests        | My family, Inclusion, social justice, being outside, the ocean, sports, food, Irish Terriers         | Adventures, wandering, travelling, playing, fun, Instagram (JM), my family, disability, anyone outside of the box, supporter, advocate (mom), sewing costumes (dinosaurs), travel, talking, designing and creativity, learning, challenging yourself and learning new things, being a mom, inclusion, sports – field hockey, sporting events, important cultural events, new shiny things, social issues/justice (LS)                                |
| My Needs            | Medication, anxiety, depression, need purpose, sleep, frustration, understand the “why” or rationale | Rest, affirmation, intellectually stimulated, time with family (JM), balance, reassurance (mom), needs to be seen and recognized for what you offer, don’t dismiss ideas and contributions, affirmations, recognition, to feel respected and cared for, routine, something to help you wake up, organizational support, visuals, schedules, reminders, check lists, need possessions/concrete artifacts that represent who I am, collect things (LS) |

| My Learning Profile   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                       |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                       | Personal                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Social                                                                                                                                                                                                                                                                                                                  | Intellectual/ Learning                                                                                                                                                                                                                                                                                                                                                |
| My Strengths          | Super focused on things that are interesting, entrepreneur, confident, speaking skills                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Socially just, inclusive, close friends, storyteller                                                                                                                                                                                                                                                                    | I keep learning, connecting learning to real life scenarios                                                                                                                                                                                                                                                                                                           |
| Thoughts from my team | telling stories, routines, advocacy (JM), generous, reliable, loyal, positive, always looking for new ideas, perseverance (Mom), strong, good form lots of background knowledge (Ed), getting what I want, you see a goal and you achieve it (LS)                                                                                                                                                                                                                                                                                                                 | Bringing people together, caring (JM), very sociable, make people feel at ease, comfortable, easy to be around, friendly, like to support people with words, friendly, inspiring (mom), funny (Ed), storytelling, getting people to care, emotionally provoking, giving gifts, empathy, socially capable, engaging (LS) | Metaphors to help people understand complex ideas (JM), also know current and appropriate language to use and help others, open to learning more all the time, you do your research (mom), understanding big ideas/ metaphors, creating own task (LS)                                                                                                                 |
| My Stretches          | Chores, remembering, getting going, physical health, procrastination, giving up, feel overwhelmed, shut down, avoidance, sensory management, managing anger/ frustration, triggered by injustice, poor design, lack of accessibility, blanket rules, power imbalances                                                                                                                                                                                                                                                                                             | One on one conversations, social anxiety, social exhaustion, avoidance, going to other peoples’ houses,                                                                                                                                                                                                                 | Memory, writing, linear thinking, focusing, finishing tasks, reading fiction                                                                                                                                                                                                                                                                                          |
| Thoughts from my team | walking up, focusing on things that aren’t interesting (JM), overwork, staying focused, hard to finish because too many things on the go, say yes too much (mom), think you can’t do it, but you can (Ed), executive functioning, organization, letting go, seeing ahead the impact of something you do or say, meeting a need sometimes trumps long term consequences (feels right in the moment), spend time on what we are good at but avoid the things that are more difficult, procrastination, task completion, thinking a met a goal before I meet it (LS) | Anxiety, small talk, parties (JM), emotional regulation when I feel attacked, dealing with rejection, dealing with people who are prejudice, blurting out thoughts, fighting on twitter, listening to and accepting constructive feedback, saying no, setting boundaries (LS)                                           | Writing, getting distracted (JM), getting distracted/ sidetracked, time management taking on too much , too much going on in your head (mom), overthink (Ed), executive functioning, confidence – do well at what we are good at, avoid the things that are more difficult for us, refining tasks – editing, task interpretation, completing other peoples’ task (LS) |

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The area(s) that I  
want to focus on:



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| <b>Competencies that<br/>can help me target<br/>this/these area(s):</b> | <ul style="list-style-type: none"><li>• Personal Awareness &amp; Responsibility</li><li>• Positive Personal &amp; Cultural Identity</li></ul> | <ul style="list-style-type: none"><li>• Communicating</li><li>• Collaborating</li><li>• Social Awareness &amp; Responsibility</li></ul> | <ul style="list-style-type: none"><li>• Creative Thinking</li><li>• Critical Thinking &amp; Reflective Thinking</li></ul> |
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