

Family Partnership

- Ongoing communication between home and school
- Collaborative consultation with school-based team members
- Coordination with outside therapists, agencies, and treatment providers
- Families as active partners in the IEP process

A Connected Pathway

Strides support is available at every level in our district. As students move between buildings, our teams plan and support transitions so that familiar structures, strategies, and expectations travel with them.

Contact

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Your Child's Team

Each Strides classroom is supported by a multidisciplinary team working together around your child:

- **Special Education Teacher** — Collaborates with content-area teachers to adapt and scaffold grade-level curriculum and instructional materials to meet the individual needs of students
- **Paraprofessionals** — provide in-the-moment support and coaching throughout the day
- **School Counselor** — delivers individual and group counseling in social skills, emotional regulation, perspective taking, resilience, and self-esteem
- **Board Certified Behavior Analyst (BCBA)** — develops individualized behavior support plans, coaches staff in the classroom, and partners with families so strategies work at school and at home
- **Related Service Providers** — Speech-Language Pathologist, Occupational Therapist, and Physical Therapist as determined by the IEP
- **Consulting Psychiatrist** — provides clinical consultation to the team
- **School Nurse, Team Chair, and General Education Teachers** — round out a coordinated circle of support

Wachusett Regional School District

Strides

Structured
Therapeutic strategies for
Resilience and
Interventions focused on
Developing
Emotional regulation and personal
Success.

*K–8 therapeutic support program helping
capable learners build the skills to thrive*

Dawson Elementary • Grades K–2

Davis Hill Elementary • Grades 3–5

Mountview Middle School • Grades 6–8



About Strides

The Strides program is an in-district special education program for students whose social-emotional needs are the primary barrier to accessing their education. Students in Strides are capable of grade-level learning; they benefit from a smaller, structured setting and direct teaching of the regulation and social skills that make classroom success possible.

Who Is Strides For?

Students in Strides:

- Experience substantial social-emotional challenges that impact learning
- Benefit from in-the-moment support to regulate and re-engage
- Are working to close learning gaps that grew out of those challenges — not out of ability
- Are building social skills for positive peer relationships

Most students in Strides spend part or all of their day in general education classrooms with support, staying connected to their peers and school community.

The Strides Advantage

- **Small, structured classrooms:** lower student-to-staff ratios
- **Social-emotional learning:** social and regulation skills woven into instruction
- **Trauma-informed approach:** staff build safety, predictability, and trusting relationships first, and work to understand each student's triggers — responding to what's behind a behavior, not just the behavior itself
- **Flexible, individualized pacing:** students can move through curriculum and revisit skills as needed
- **A dedicated calm space:** where students can de-escalate and practice their strategies with support
- **In-the-moment coaching:** from staff trained in therapeutic and behavioral supports
- **Progress you can see:** individualized communication methods
- **Built-in breaks and incentives:** to keep motivation and momentum high
- **Inclusion opportunities:** planned time in general education, specials, and school activities
- **Student voice:** older students are active participants in their own IEP meetings

Our Mission

To provide a safe, structured, and therapeutic learning environment where every student develops the skills to succeed. Students in Strides work toward:

- Successful integration in their least restrictive environment
- Independence with coping skills and self-regulation
- Strong self-advocacy
- Positive, appropriate peer relationships

Our Vision

Every student in Strides returns to their fullest school experience — confident, connected, and equipped with the skills to manage life's challenges, in school and beyond.

***Building skills. Building confidence.
Building futures.***

