



To: Board of Education

From: Adam Schilt

Re: Board Report

Date: June 5th, 2026

TRAILS

TRAILS CBT and Mindfulness sessions provide students with skills for managing common mental health concerns. Grounded in cognitive behavioral therapy (CBT) and mindfulness – the gold-standard practices for which the program is named – TRAILS CBT and Mindfulness is designed to be delivered by school mental health professionals, such as school counselors, social workers, or psychologists.

Below is our spring session results compared the pre survey scores and post survey scores:

- 11/12 students reported a decrease in symptoms of anxiety (92%) (100% decrease or no change)
- 10/12 students reported a decrease in symptoms of depression (83%)

Congratulations to Austin Elam and Kristen Chandler on a successful year of providing support for our students!

End of the Year Highlights

- Moving Up Day is such a treat for us. Not only do we get to meet and get to know our upcoming 6th graders, but we also get to have a trial run with our new WEB leaders! The 8th graders started their days at the high school and got a taste of what it's like to be a freshman.
- 8th graders went to Greenfield Village for their annual field trip. Students get to dive into experiences that encapsulates portions of our US History curriculum.
- Field Day was an unmitigated success! Thanks to Jessica DeLand and student council for throwing an end-of-year bash (including a bounce house) with extended lunches for all of our kids.
- The 8th Grade Farewell and Celebration are bittersweet moments for everyone. It's so nice to formally say goodbye and good luck to our 8th graders, but we will miss them dearly. The celebration is a fantastic party, and we always have a blast (especially with the addition of the Kona Ice Truck and free snow cones for students)!



CHELSEA
SCHOOL DISTRICT

BEACH MIDDLE SCHOOL

445 Mayer Drive
Chelsea, MI 48118
P: 734.433.2202
F: 734.433.2212
www.chelsea.k12.mi.us

Important Dates:

June 5 - Last day of school!

June 19 - Beach office closes for the Summer

August 20 - 6th Grade Orientation

August 24 - First Day Back for Staff

August 31 - First Day Back for Students

Respectfully,

Adam Schilt, Beach Middle School Principal

Kaitlyn Gasparovich, Beach Middle School Assistant Principal