

Student Concern Report

Generated on August 21, 2025

Student Information

Name: Josie R.

Teacher: Noel Roberts

School: Not specified

Concern Details

Type: Social/Emotional

Date Documented: 8/21/2025

Description:

Josie refuses to eat and got sick yesterday while eating shell fish.

AI-Generated Intervention Strategies

1. AI-Generated Tier 2 Recommendations

Of course. Here are Tier 2 intervention recommendations for Josie R., based on the provided information.

1. Assessment Summary

Based on the incident report, Josie is exhibiting signs of significant food-related anxiety, potentially stemming from a negative physical reaction (getting sick). The refusal to eat in a public setting like the cafeteria indicates a moderate level of social-emotional distress. This behavior is impacting her nutritional intake and her ability to participate in a typical school social environment. The primary needs are to reduce anxiety, rebuild a sense of safety and control around food, and provide appropriate accommodations to prevent the behavior from escalating or affecting academic performance.

2. Immediate Interventions (To be implemented within 1-2 weeks)

These strategies are designed to provide immediate support and de-escalate the current anxiety.

* **Strategy: Safe Space Protocol**

* **Implementation:** Coordinate with the school counselor to designate a low-stimulus, safe alternative eating location for Josie (e.g., a quiet office, library corner, or empty classroom) for lunch. This is not a punishment but a supportive measure. Ensure she knows this is an available option without stigma.

* **Expected Outcome:** Reduced anxiety during lunch periods, allowing Josie to eat without the perceived social pressure of the cafeteria.

* **Timeline:** Implement within 24-48 hours. Review weekly.

* **Resources Needed:** Coordination with school counselor/administrator; access to a quiet space.

* **Strategy: Home-School Communication Log**

* **Implementation:** Establish a simple, daily check-in/check-out system between the homeroom teacher and Josie's parent. A quick note or email confirming she ate a snack or lunch, or noting any signs of anxiety, can ensure consistency of support.

* **Expected Outcome:** Improved communication and a team-based approach to supporting Josie's well-being.

* **Timeline:** Begin immediately and continue for at least two weeks.

* **Resources Needed:** Simple communication notebook or email template.

3. Short-term Strategies (To be implemented within 2-6 weeks)

These interventions focus on building skills and systems for managing anxiety.

* **Strategy: Check-In/Check-Out (CICO) with a Trusted Adult**

* **Implementation:** Identify a trusted staff member (e.g., counselor, nurse, another teacher) for Josie to meet with briefly at the start and end of each day. During the morning check-in, they can preview the day's schedule, including lunch, and set a positive goal (e.g., "I will try eating my sandwich"). The afternoon check-out provides a chance to celebrate success or problem-solve challenges.

* **Expected Outcome:** Increased connection to a supportive adult, predictable routine, and development of self-monitoring skills.

* **Timeline:** Implement within one week; continue for a minimum of 4-6 weeks to assess effectiveness.

* **Resources Needed:** CICO point sheet/tracking form; commitment from a staff member.

* **Strategy: Explicit Pre-Teaching and Visual Schedule**

* **Implementation:** Provide Josie with a visual schedule of the day, specifically highlighting transitions into and out of lunch. Before lunch, privately check in with her to review the plan (e.g., "Remember, lunch is in 10 minutes. Your plan is to eat at the quiet table today").

* **Expected Outcome:** Reduced uncertainty and anxiety about the lunch period by making it predictable and manageable.

* **Timeline:** Begin immediately and use consistently.

* **Resources Needed:** Visual schedule (can be a small index card on her desk).

4. Long-term Support (To be implemented and sustained beyond 6 weeks)

These are sustainable practices to foster resilience and independence.

* **Strategy: Graduated Reintegration Plan**

* **Implementation:** In collaboration with the school counselor, develop a very gradual, step-by-step plan to reintegrate Josie into the cafeteria environment at her own pace (e.g., Step 1: Eat in safe space; Step 2: Eat in cafeteria at a quiet table for last 10 minutes; Step 3: Gradually increase time).

* **Expected Outcome:** Systematic desensitization to the cafeteria environment, rebuilding confidence and social comfort.

* **Timeline:** Develop plan within 4 weeks; implementation pace will be dictated by Josie's comfort level.

* **Resources Needed:** Counselor support; a clear, written step-plan.

* **Strategy: Integration of Coping Strategies into IEP/504 Plan**

* **Implementation:** Formalize successful strategies (e.g., access to safe space, CICO) as official accommodations in a 504 Plan. This ensures continuity of support across teachers and school years.

* **Expected Outcome:** Legally mandated support that travels with the student, providing long-term stability and access to necessary accommodations.

* **Timeline:** Initiate a referral for a 504 evaluation immediately.

* **Resources Needed:** 504 team meeting; school 504 coordinator.

5. Progress Monitoring

Data collection is essential to determine if interventions are working.

* **Method:** Use a simple daily rating scale as part of the CICO sheet. Josie and her check-in adult can rate her anxiety level at lunch on a scale of 1-5 (1 = calm, 5 = very anxious).

* **Additional Data:** Track frequency of utilizing the safe space and parent reports on whether Josie is eating her packed lunch.

* **Review:** The teaching team should review this data bi-weekly to determine trends and adjust strategies accordingly.

6. When to Escalate

Immediately initiate a referral to the school's Student Support Team (SST) or equivalent for a 504 evaluation based on this incident. Furthermore, escalate and involve the school psychologist or counselor more directly if you observe:

* **Increased Severity:** Any further physical reactions (vomiting, panic attacks) related to food or eating.

* **Weight Loss or Nutritional Deficiency:** Observable signs that Josie's health is declining due to lack of nutrition.

* **Lack of Progress:** No improvement in anxiety or eating behaviors after 3-4 weeks of consistent Tier 2 intervention implementation.

* **Generalization of Anxiety:** If the anxiety begins to significantly impact other areas of her school day or academic performance.

Implementation Steps:

- Review Assessment Summary

- Implement Immediate Interventions

- Apply Short-term Strategies

- Monitor Progress

Timeline: 2-6 weeks