

Student Wellness and Success Plan

2020-2021

Develop and Advise a Student Wellness Committee:

Getting students involved with planning and implementation of student wellness and success is important. Student's perspectives and ideas are valuable and will provide a wealth of information for activities and plans.

Mentoring plan:

Create a folder of information to give to Mentors, including ideas of activities to do with their mentee, goal setting, conversation starters/ice breakers, reporting abuse informational document, and a spreadsheet to briefly document the mentoring session, including the activity, any progress, and any concerns regarding the student. Can keep folders in a designated location at the school.

*Remind mentors to ask if students are doing well in their classes or if they need help with any of their classwork. (Could use mentor time to assist students with work as needed)

Have a training session for Mentors. Organize a "Meet and Greet" at the beginning of the year and have a Christmas Pizza Party for all Mentors/Mentees.

Track mentees progress, behavior/discipline referrals, grades, etc. to document progress made. Encourage mentors to "check in" with mentees throughout high school.

Design a "Risks of Social Media" Presentation for all students: Students need to be made aware of the risks associated with social media use. Topic ideas include negative effects of too much screen time, how predators use social media and even how employers check social media pages before hiring employees.

Coordinate a Health Fair (after COVID restrictions are lifted)

Great event for Student Wellness Committee to assist with.

Hold at Whiteoak High School (old or new gym). Invite many different Health Professionals to set up a booth and provide wellness resources. Invite community members and all students and staff to attend. Booths might include: screenings for cholesterol and blood pressure, chair massage, nutrition/healthy recipes (possibly with samples), fitness center owners, smoking/vaping cessation information, drug abuse (local law enforcement), fire safety (local fire dept), county health department, American Red Cross, CPR demonstration, First Aid, Self Defense demonstration, Stress Management, etc. *Have students complete a Scavenger Hunt where they collect a sticker or stamp at each booth. (possibly for a grade for Health class). Could offer door prizes, ask each booth to donate an item and attendees can put their name in for a chance to win. *Some booths may have items to pass out to each person.

Social Emotional Learning:

Add more books at the Elementary Library related to Social Emotional Issues such as anger management, anxiety, dealing with bullying, depression, friendships, feelings, grief and loss, kindness, empathy, etc.

Provide worksheets, activities, resources to teachers to incorporate into their classroom/lesson plans such as games, journal writing prompts, worksheets, etc.

Develop a presentation to further educate teachers regarding Social Emotional Learning and its importance.

Work with students, individually, as needed to assist with Social Emotional issues.

All buildings could give awards to students who are seen helping another student or demonstrating a Random Act of Kindness. Anyone receiving this award gets their name in a drawing for a prize at the end of the year.

Red Ribbon Week: Organize and promote Red Ribbon Week at both buildings using displays, videos, theme days and other activities to encourage students to be Drug Free.

“Awareness Month” Theme Ideas:

“Awareness Months” are a great way to promote a variety of important topics at the Elementary and Junior/Senior High School. Monthly activities such as, bulletin boards, videos and presentations, can all be used to promote awareness. Could occasionally bring in a speaker to go along with the theme.

September – Suicide Prevention Month (Jr/Sr High)

*This would be a great opportunity to introduce the **SOS (Signs of Suicide) program**, showing the video and even evaluate students using the SOS student survey to identify “at risk” students.

Bullying Prevention Month (at the Elem)

October – Drug Awareness, (Red Ribbon Week)

November – Smoking/Vaping Cessation Month (Jr/Sr High). November 13th is National Kindness Day (Promote in both buildings) *Speak to students about Helping Others/ Random Acts of Kindness. (Elem)

December – Drinking/Driving Awareness (Jr/Sr High) SADD could help with planning an activity, choosing a video and designing a bulletin board.

(Elem) Giving Project – possibly Operation Christmas Child

January – Human Trafficking Awareness (Jr/Sr High) *Possibly bring in Self Defense instructor.

Good Hygiene Month (Elem)

February – Dental Health Month, Give a Kid a Smile Day is February 7th (Elem)

Teen Dating Violence Awareness (Jr/Sr High)

March – National Nutrition Month (All Buildings) Eating Disorder Awareness (H.S.)

Would be a great month to present the “Nutrition for Athletes” Program.

April – World Health Day April 7th, Every Child Healthy Week (April 20-25) STD Awareness (High School)

May – Teacher Appreciation, Mental Health Awareness/Stress Management (All Buildings)

Nutrition for Athletes Presentation:

Design a nutrition presentation tailored to athletes, teaching the importance of proper nutrition and hydration. Meet with sports teams separately (possibly during intervention) to educate/ inform on proper nutrition and hydration for athletes, including pre-game meals, do’s and don’ts before competitions and practice.

Wildcat Giving Closet: (Both Buildings)

Organize these closets and seek out donations for clothes and hygiene products, keeping closets stocked. Assist with distribution as needed.

Student Wellness Committee could assist with the closets as well.

Promote health and wellness for faculty and staff:

Provide resources and information to faculty and staff on topics such as stress relief, nutrition, fitness, etc. Organize and lead wellness activities such as a Poker Walk for staff to participate in.

If funding allows, have massage therapists come in and set up a day, doing chair massages for faculty and staff for relaxation and stress reduction.

Could possibly offer yoga or other fitness classes for faculty and staff.

Occasionally offer healthy snacks in the staff workrooms at both buildings.

Establish and Advise a SADD group (Students Against Drunk Driving) at the H.S.

This group would encourage their peers to make good choices regarding drugs and alcohol, specifically, drinking and driving. They could help with Red Ribbon Week activities, Drinking and Driving Awareness Month activities (December) and help plan and participate in a Mock Crash demonstration around Prom time.

Attend Seminars:

I will attend Seminars and Workshops to learn more about Social Emotional Learning and other various wellness and success related topics to obtain information and get useful ideas to share with the district.

Organize Scheduling for Volunteers at the Elementary:

Present volunteers with information and activities they can do with students, incorporating Social Emotional Learning. Recruit volunteers as needed.

Other Ideas and ways I could be involved with Student Wellness and Success for Bright Local Schools:

Adapt presentations for special needs students, as needed.

Assist with bringing the School Dental Sealant Program to Bright Elementary.

Mentor students as needed.

Utilize Community Resources: Hopewell, SOPC, Health Department, etc.

Add a monthly wellness tip or link to the school's website.

Assist with Freestore Foodbank and distribution of Free Meal Program.

Assist with helping families in need. Also assist with distribution of gifts to needy families in the district at Christmas time.

Create a bulletin board at the high school with current job openings at local businesses to assist teenagers searching for employment.

Communicate with parents/guardians to "check in" on remote learning students. Ask how things are going for their student(s) and see if there's anything we can do to help with their student's success.

Presented to Board Meeting - May 2021