

Health and Wellness Committee

This committee was established to fill a need with staff and students.

What we are doing/have done:

- Social media posts celebrating student success
- Quarterly celebrations for character development
- Activity sponsors send achievements/results to local newspapers
- Teachers write two articles a year for newsletter about classroom happenings
- Took out pop machines and vending machines
- New food program- vegetables, fruits offered
- New water fountains installed - everyone encouraged to drink more water
- Breakfast program
- Digital citizenship- promoting positive self-image; teaching digital citizenship



What we want to do:

- More ways to celebrate academic/extracurricular achievements- plaque of ACT high-scorers; scholarship winners
- How to show off the good things without drawing attention to those students who don't have the good things to show off?
- Adding a zero period (a time before school where students can be active)
- Send a survey to parents, students, and staff- get ideas about what we could do to improve wellness at the school (both physical and mental)
- Mental wellness survey to students- cyber bullying, self-esteem based on social media, etc.
- Communication between teachers and staff about concerns with particular students and possible methods of communication

- Education on sleep habits, stress management

Ideas:

- Mental health facts in newsletter/bulletin- focus on one aspect of mental health each quarter (Sleep, stress, time management, prioritizing, “unplugging”, positive attitude)
- Wellness challenge between teachers and students- tracking sleep, steps, and relax time
- Incentives for students to stay physically active/get involved in extracurricular activities