



WoW - Health and Wellbeing Team

#ASA Opportunity #Service Learning #CAS Opportunity
#WoW experience #Health #Wellbeing #Advocacy
#Innovation #Prevention #Impact

Team Objectives:

1. Promote Holistic Health and Healthy Lifestyle Habits

- Organize events, workshops, and campaigns (e.g., wellness fairs, yoga sessions, healthy eating programs) to educate students on mental health, physical fitness, nutrition, and stress management.
- Advocate for mental health by reducing stigma, encouraging open discussions, and promoting self-care practices.

2. Foster a Supportive and Inclusive School Culture

- Create initiatives that build empathy, resilience, and inclusivity, ensuring a safe and supportive environment for all students.
- Empower student voices by gathering feedback on health initiatives in community meetings and adjusting programs to stay relevant.

3. Provide Peer Support and Resources

- Train team members to offer peer support, share information on wellness resources, and help students feel comfortable seeking assistance.

4. Collaborate with School Administration for Sustainable Impact

- Partner with school staff to assess student wellness needs through surveys or focus groups and integrate health programs into school policies and curriculum.
- Develop leadership skills in team members through planning and advocacy roles in health-related projects.

Note: This team is not about raising funds but raising awareness and advocating for health and wellness.

Why Join:

- **Make a Positive Impact:** Show students how they can make a real difference by advocating for health and wellness, helping create a more supportive school environment.
- **Gain Valuable Skills:** Emphasise the chance to build leadership, communication, event planning, and teamwork skills that will be valuable for college applications and future careers.
- **Be a Voice for Your Peers:** Invite students to represent their peers, giving them a platform to raise awareness on important topics like mental health, fitness, and nutrition.
- **Enjoy Exclusive Opportunities:** Highlight the chance to work with health professionals, attend training sessions, or organise unique school-wide events and activities. - **Fast tracked applications to World of Work Expert Talks and workshops that are in the health and wellbeing field.**
- **Grade 11 and 12 CAS Project**

Commitment:

- **Weekly Meetings on Tuesdays 4-5pm. Starting October 2025**
- Minimum 10 hours of additional work throughout the year from research to running school based initiatives during MP time and lunch and possible other school events.

Sign-ups will be available throughout the year - please reach out to Ms Walker - joannewalker@asmadrid.es if you would like the information on how to sign up.