

# Health and Wellness Summaries 2017-18

WCPS Belief Statement: We believe that schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns, since research shows that good nutrition reduces the risk for mortality and the development of chronic diseases. In addition, we believe that physical activity contributes to wellness, and, therefore, should be valued, modeled and promoted during the school experience.

25-28	{	<ul style="list-style-type: none"> <li>• "A" - Your school's plan is comprehensive, includes SMART goals, includes statements of specificity, uses data and strategies to fulfill an observed need in your school community.</li> </ul>
20-24	{	<ul style="list-style-type: none"> <li>• "B" - Your school's plan is strong and is headed in the right direction. It contains SMART goals and are working toward making your strategies more specific and based on data from your school community.</li> </ul>
16-19	{	<ul style="list-style-type: none"> <li>• "C" - Your school's plan is working toward to improvement. It includes goals, however, there is a need to strengthen the goals to be more specific, measurable, attainable, relevant and time-bound. Additional resources may be needed to help improve progress.</li> </ul>
12-15	{	<ul style="list-style-type: none"> <li>• "D" - Your school's plan is in need of re-evaluation to determine if the goals being written are SMART goals, and if they will meet the needs of your school community.</li> </ul>
0-11	{	<ul style="list-style-type: none"> <li>• "F" - Your school's Health and Wellness Committee should receive additional training on the Health and Wellness Action Planning and Implementation process. The school should work to build a strategy to improve the health and wellness opportunities for staff and students.</li> </ul>

Action Plan Rubric for Evaluating the Elements of your Health and Wellness Action Plan

Element of Action Plan	Less Effective	Somewhat Effective	Most Effective	School rating	CO rating
Who	Plan includes the name of persons responsible for the action. (1)	Plan includes the name of persons responsible and staff supporters of the action. (2)	Plan includes the name of persons responsible, staff supporters, and community members/organizations and/or volunteers needed to complete this action. (3)		
What	Plan includes a statement of what is to be done. (1)	Plan includes a goal statement that is clear, specific, measurable, and attainable.(2)	Plan includes a goal statement that is clear, specific, measurable, and attainable. Also included is a statement of purpose that features promoting health and the leadership skills necessary for promoting health. Baseline data is provided in order to ultimately show success and/or growth (5)		
How	Plan includes a vague outline of what is to be done. (1)	Plan includes some detail of what is to be done. (2)	Plan includes a step-by-step description what is to be done, which includes health promotion strategies needed to work toward the goal and achieve it. (3)		
Why	Plan includes a vague explanation about why particular goals have been chosen. (1)	Plan includes some detail about why the goals have been chosen. (2)	Plan includes goals which include a purpose and justification of why these goals have been chosen. Possible barriers or obstacles are listed and ways they might be overcome. (3)		
When	Plan includes a start date and end date. (1)	Plan includes a start date, end date and at least a mid-point date/progress update. (2)	Plan includes a start and end date, mid-point progress date(s), celebration dates, and dates of specific components of meeting the goals. (3)		
Where	Plan includes no indication of where the goals will take place. (1)	Plan includes vague details about where the goals will take place. (2)	Plan includes specific details about where each piece of the goal will take place. (3)		
Results	One goal has been met for the 2015-16 school year. (4)	Two goals have been met for the 2015-16 school year. (6)	All three goals have been met for the 2015-16 school year. (8)		

School: \_\_\_\_\_

Total            
28      28

## Berlin Intermediate School

## Overall H&W Grade: A-

Goals Met: 3 of 3 goals were met

Action Plan Score: 25 out of 28

June 2018 - At BIS we have made great progress in regards to our Health and Wellness Initiative. Last year, we scored a B+ and we have improved our health and wellness rating this year! As a school, we met all three goals in promoting healthy lifelong living. Our first goal is to increase community involvement by hosting a Color Run at BIS. The first BIS Color Run was held on September 29, 2017, and had over 200 participants and raised over \$7,000. The second goal was to increase the amount of cardio activities in PE class. The final goal was to provide an opportunity for staff members to sample healthy snacks and smoothies, and to provide the recipes for those items to all staff members. Again, thanks to the hard work of our Wellness committee we successfully met all three goals.

There were numerous other activities that students and staff members participated in throughout the school year. Staff members participated in YOGA and Mileage Club to assist in stress reduction. Through stress management techniques in YOGA and physical activity in Mileage Club and YOGA many staff members now have the tools to assist in reducing their stress levels. BIS has continued the weight watchers program for any staff member that would like to participate. Thank you to the staff members for organizing and running this program. We plan to continue the programs that have been successful and increase participation in those programs. At BIS we are in the process of creating a fitness room for students and staff members to utilize. Worcester County Public School system has provided many useful tools that we will utilize within these programs to educate and inform students and staff on the benefits of a healthy lifestyle.

## Buckingham Elementary School

## Overall H&W Grade: A-

Goals Met: 3 of 3 goals were met

Action Plan Score: 25 out of 28

June 2018 - Buckingham Elementary School's Health and wellness Action Plan for the 2017-2018 school year complements the Worcester County Public School's belief that schools have a responsibility to help students and staff establish and maintain life-long health habits centered around nutrition and fitness. Each of our three goals was established based on data from our 2016-2017 Action Plan.

Our most successful goal was encouraging healthy eating and physical activity among the staff members. The new Staff Reward Incentives Program drew participation beyond expectations. Staff participated throughout the year demonstrating their long-term commitment to physical activity.

We continued providing students opportunities to participate in physical activity breaks above and beyond physical education classes, outdoor recess and class transition periods. During indoor recess, students were given opportunities for physical activity using gonoodle.com and other resources. We also increased our students' awareness of healthy food choices and practices through our Integrated Health Literacy Lessons and our partnership with the Maryland Extension Office.

Plans for next year will focus on continuing the health and wellness goals from 2017-2018 and providing strategies for improving mental health among students and staff.

## Cedar Chapel Special School

## Overall H&W Grade: A-

Goals Met: 3 of 3 goals were met

Action Plan Score: 25 out of 28

June 2018 - The 2017-18 school year has brought plenty of new growth and, with that, inevitable challenges in the areas of health & wellness. We continue to post current community information regarding local walks/runs, 5K, half marathons and other physical activities. We also maintain a monthly flyer with health tips, nutrition and exercise information on the bulletin board.

We met our three goals to improve health and wellness of staff and students. We continue to offer Monday Meditations, during which 10-20 minute guided meditations are offered to any staff who wish to attend. This continues to be well received and very helpful. We have added a few Zumba classes on select Thursdays throughout the year, led by Karen Holland. We also tried to offer at least one additional extracurricular activity as an opportunity for staff team building. Time and location continue to be a challenge as many of our staff are scattered throughout the county or work multiple jobs.

This year we celebrate achieving 3 out of 3 of our goals. Students increased throwing ability, according to a 4-point rubric, by 75%. According to an 8-point "sun salutation" rubric, students increased their score by 55%. We had 35 participants in the "Just Walk" program and averaged 10.5 participants in Monday Meditation, Zumba, Just Walk events, or extracurricular events. Lastly, our staff attitude survey reflected a 12% growth throughout the school year.

## Ocean City Elementary School

## Overall H&W Grade: A+

**Goals Met:** 3 of 3 goals were met

**Action Plan Score:** 28 out of 28

June 2018 - At OCES, we observed many positive health and wellness outcomes from the Faculty & Staff and students as well. Since we have been successful in the previous years, we followed many of the same activities as last year with a few additions. Our committee consisted of Mark Engle (PAL) and Tracey Drocella (HWC) with a few staff members helping at times. One of the objectives for this year was to increase student and faculty participation during the school day. This was a popular and successful decision, as the faculty and students enjoyed the physical activities, some of which included "Fitness Brain Breaks" where the students and their teacher would follow Go Noodle and Zumba Kids on the Smart Board and participate with the leader on screen. Another physical activity was the Fitness Fun-Day, which involved each class being outside for 90 minutes participating in fun physical activities in addition to being in the Bouncy House for 15 minutes (Beach Bounce Rentals donated the Bouncy Houses for 2 days). We are very proud of the new activity called YardWALK which consisted of Pre-K, K and 1st grade students walking different distances around the school-yard at various times. The students and their teachers were extremely proud to be participating in an activity of "their own" with exclusion of the "bigger kids".

As a school, Ocean City Elementary met the three goals for Health & Wellness. Goal #1 was to increase faculty, staff and student participation in various physical activities during the school day and was met. This goal was met through participation in different physical activities which included ACES + YOU, Jump Wave, Physical Activity FUN DAY, Fitness-Brain Breaks, Paint the school PURPLE, Jump Rope for Heart, 5-mile BoardWALK walk event (2nd, 3rd & 4th grade students, teachers and staff) which culminated with a beach/water safety lesson given by the OCBP and the YardWALK (Pre-K, K and 1st grade students and their teachers). Another way that Goal #1 was met was through raising money to help our community. Several community organizations benefited from monetary donations collected by our students and their parents. Some of these include The American Heart Association (Jump Rope for Heart - \$23,000) and Relay for Life (\$550).

Goal #2 stated the need to increase student participation in after-school activities. This goal was met through participation in the Jump Club and Physical Activity Club (PAC). The Jump Club was held in November and December with 44 kids participating. The PAC club was held in February and March and consisted of 52 kids. Both clubs began at 3:30 on Tuesdays with parent pick up at 4:30. The after-school clubs were a tremendous success and the students loved staying and playing games after school.

Goal #3 was to increase Faculty/Staff participation in after-school physical activities and was met through the various clubs that we offered. Walking Club consisted of 56 F&S members walking on their planning time, before and after school. Yogalates consisted of 21 members who stayed after school to work out and stretch while loving every minute of relaxation. Pickleball Club was popular with members playing throughout the school year.

In conclusion, we would like to make it known that the YardWALK was the most invigorating H&W event of the year. It was amazing to see the younger students walk around the schoolyard with other students watching and wondering why they could not walk during the school-day as well. Next year, we plan to continue with the plan as it stands and incorporate more activities for faculty/staff and students to be physically active during and after the school day.

## Pocomoke Elementary School

## Overall H&W Grade: A-

Goals Met: 2 of 3 goals

Action Plan Score: 25 out of 28

June 2018 - At Pocomoke Elementary School this year, we introduced many new and innovative ideas to our staff, students, and our parents in the area of wellness. This year 100 % (70 out of 70) of our staff participated in wellness in some way. New, this year was a Biggest Loser Competition with a group of 20 participants, losing a total of over 100 pounds in 10 weeks. Rite Aid provided free flu shots to all employees with County Insurance. After school hours, we once again offered several fitness opportunities using our CareFirst credits for a variety of lifestyle activities including nutrition counseling, stress management, low impact fitness, dance fusion, relaxation/meditation, and nutrition awareness.

In the area of parent and community communication, we were successful with giving healthier information and alternatives to our parents during family nights and with a bi-monthly fitness activity calendar. This year we gave wellness information at 12 events compared to last year's 9 events.

Our student goal for health and wellness was not met this year due to bad weather days and the lack of students' motivation and encouragement to walk/run during recess time. However, we did increase from 33% (125 out of 384) in 2016-17 to 80% (259 out of 324) of students walking at least 10 miles during recess this year. Our ACES (All Children Exercising Simultaneously) activities increased from 3 events in 2016-17 to 5 events this year. We added a fourth term activity and added Dr. Seuss celebration across the arts with connections to fitness, music, art, and reading. The whole school participated in this event in March for approximately 1 hour.

## Pocomoke Middle School

## Overall H&W Grade: B

Goals Met: 3 of 3 goals

Action Plan Score: 23 out of 28

June 2018 - During the 2017-2018 school year, Pocomoke Middle School was able to meet 3 out of 3 goals for their health and wellness plan. Now in our 3rd year of implementation at the school, our goal was to build on the successes of last year and expand our programs. Building a bigger network and expanding our programs was a big goal of ours. Our school has slowly added more faculty with a variety of backgrounds in exercise, sport, and wellness. Using these amazing people and their knowledge, we continued to offer great classes to our staff and students. A new yoga club, running/walking clubs, pilates, ninja warriors, just to name a few.

Our second goal focused on staff members displaying themselves as healthy role models for the kids. We continued our staff mileage club and had great success. Also, we secured credits from Carefirst so that almost every staff member had the opportunity to receive a seated massage! This was a huge boost to our program and the morale of our staff.

Finally, we wanted to involve the students and community more. The local 4-H / Extension Office came and taught their annual bike safety unit, we offered a variety of potluck/dinner nights where student's families could purchase a healthy meal, jump rope for heart, and multiple family-student dances. After seeing the turnout for these small events, we are confident that encouraging healthy events with the community is having a positive impact in our school culture.

## Pocomoke High School

## Overall H&W Grade: B+

Goals Met: 3 of 3 goals

Action Plan Score: 24 out of 28

June 2018 - During the 2017-18 school year, Pocomoke High School met 3 out of 3 health and wellness goals for the year. Goal #1 included the development of a staff-based Health and Wellness team. PHS was able to come together to offer many opportunities to reach the needs of our faculty and staff. The team met a total of 16 times, exceeding the number of 8 planned meetings.

As a result of the teams' year-long efforts, PHS met Goals #2 and #3 as well. Our collective efforts allowed us to offer at least one monthly event to improve health and wellness, many times two. We also established healthier nutritional options for our staff throughout the year in addition to providing opportunities to use school facilities to fulfill their fitness needs.

Next year, we hope to improve the level of staff participation. We have reached out to the staff using an online survey to gather data which we will use for the 2018-19 school year to plan activities and offerings that appeal to our staff members based upon their expressed interests. It is our hope to provide individual programs offering fitness and nutrition guidance to promote activities for all staff members.



# Showell Elementary School

Overall H&W Grade: A-

Goals Met: 3 of 3 goals were met

Action Plan Score: 25 out of 28

Goal: Showell Staff will have 3 optional programs to participate in to promote health and wellness.

Showell was able to offer 3 optional programs for staff to participate in to promote health and wellness. There was an increase in the number of participants in our healthy eating incentive from the past year with 23 participants losing an average of 3% body weight. We offered the staff an essential oils class to inform them of the benefits of using oils in everyday life. Our third activity was an after school exercise class for stress relief and fitness. Next year we will continue to look to the community for help in incentivizing our programs for the 18-19 SY.

Goal: Promote physical activity of students outside of physical education classroom and recess.

Showell's Afterschool Academy was able to incorporate physical activities for all students attending. The PTA put on a great family walk night with music, healthy food and prizes. Indoor recess routines were changed to promote physical activity instead of watching movies. The students provided positive informal feedback about the change. Some revisions took place due to some staff concerns. The entire first grade met their goal of walking 10 miles to earn their trip to walk the boardwalk in Ocean City. In addition, healthy eating tips and exercises were added into our bi-monthly newsletter sent home to parents.

Goal: Integrate and teach four lessons of health literacy into the 3rd grade reading, math, science and social studies curriculum.

Lessons were integrated successfully into the 1st, 2nd and 3rd grade classroom curriculum.

## Snow Hill Elementary School

## Overall H&W Grade: A

Goals Met: 3 of 3 goals were met

Action Plan Score: 26 out of 28

Snow Hill Elementary met all three goals in our 2017-2018 Health and Wellness Plan. Our main goal this year was to focus on the mental health and wellness of every single member of our staff. A “Sunshine Squad” was created to increase the excitement and happiness of our staff members. The “Sunshine Squad” organized events that took place weekly to help staff members relax and enjoy each and every day.

**Goal #1-** Increase Staff Participation in SHES Health and Wellness Activities offered during the day and after school.

There was 100% staff participation in the “Sunshine Squad” mental health activities held throughout the school year. We also had a team of staff members participate in several local 5k’s.

**Goal #2-** Increase the number of activities that are provided to students during and after school.

Snow Hill Elementary offered several afterschool programs for students that focus on being active and healthy throughout the course of the year. The programs were available to those students who participated in CARE Academy and were available two days a week. We continued our walking program for third grade students. During the day, students participated in brain breaks that feature various exercises and fun activities such as Go Noodle.

**Goal #3-** Increase health and wellness activities and information to community members.

Snow Hill Elementary organized the 4<sup>th</sup> Annual Claude Hall 5k. We raised enough funds to continue the Claude Hall Scholarship which is awarded to Snow Hill High School Seniors. We have had numerous events where community members have been involved at SHES; Field Day, Glo Germ Tent, PTA Dance, Water Day, and Claude Hall 5k. The program we are proudest of is the community garden that grows fruits and vegetables and goes directly to those families that visit our food pantry. The community garden runs all spring, summer and fall and it is a rewarding way to help out our community members by providing healthy food that typically costs a lot of money when bought at the grocery store.

## Snow Hill High School

## Overall H&W Grade: A

Goals Met: 3 of 3 goals were met

Action Plan Score: 26 out of 28

June 2018 - We did an excellent job this year of meeting all three goals of our HWC plan. Our school established a SIT (School Improvement Team) charter for Health and Wellness, which enhanced our overall ability to provide better opportunities for our staff. I think this also paved groundwork for our faculty to understand the importance of a H&W team. Having a SIT charter devoted to health and wellness also created a "team". This ensured we had multiple individuals input on our action plan.

We tried to keep activities that worked well in the 2016-2017 school year and tried to amp up attendance in those areas. We did change a few activities to ensure we marketed activities to all types of fitness/wellness levels. So, some of the activities we did not have numbers for because it was a first year of implementation. Our Health Fair and Health Newsletters were two new activities that were very successful. I think having healthy snacks at faculty meetings and PD's was extremely helpful for our faculty who are trying to stay fit and healthy. It was greatly appreciated by the staff to have those healthy options. We have faculty members that have diet restrictions (diabetes, celiac) and we tried to have foods that accommodate those food issues. Biggest Loser always seems like a huge hit at our school. We drove our numbers up to 20 participants this year and competed against SHMS which was a fun twist. Our Mason Jar salad sales were up from the previous year. These sales are done on a professional day for convenience to faculty members, however, we may try to sell them to students next year. The chair massages continue to be successful as well. Although we only have 18 spots, it seems as though, we only had about 18 faculty members interested in receiving one. Boosting school morale is still a part of our action plan. We would like to add some activities to this portion next year as I do believe mental/emotional health breeds a positive climate for our staff/students.

We created a survey for our faculty at the end of this year to see where we could make improvements. We want to ensure that not only are we creating ENOUGH opportunities for staff/students to be healthy but, have a variety of activities as well. The survey was helpful too, to get ideas that the staff feels could be added next year. Next year, for the Health Fair we are excited to include parents and students even more and bring in more local agencies to offer education and awareness.

## Snow Hill Middle School

## Overall H&W Grade: A

Goals Met: 2 of 3 goals were met

Action Plan Score: 26 out of 28

June 2018 - The Snow Hill Middle School staff continued to make a conscious effort to increase positive lifestyle choices amongst themselves and the entire school community to improve the overall quality of their daily lives. Our ongoing achievement included the continuation of a 13-member wellness team that collaborated to plan and monitor staff events. Through this joint effort, the team provided wellness opportunities that focused on the feedback gathered from last year's survey. Teachers were able to regularly participate in mindfulness activities during faculty meetings, join a variety of fitness classes and massage sessions, and compete in the Biggest Loser challenge to help them monitor and work toward their personal health goals. Our Biggest Loser competition even expanded with a school staff v. school staff challenge (which SHMS increased by 10%). In addition, a school staff member-offered free yoga sessions for two consecutive marking terms, which had a small, but appreciative, clientele. Her services will be offered again next year. Twice this year, the wellness team organized a healthy option Mason Jar Meal sale that provided funds for staff incentives. Communication and promotion of events continue to be our strength, with the school's Facebook wellness page ("Champions for Change") which increased the number of "likes" this year and continued to keep the staff informed of events and health-related tips throughout the year.

In addition, new strides in staff and student related activities brought increased wellness participation through team events like Spirit Days, Hoops for Heart, as well as a number of After School Academies: Walking Club, Yoga, and Glee. Several environmental service learning projects also fostered student activity to uphold the "Green School" status awarded to our school last year. These endeavors built staff camaraderie and provided a mental and physical wellness model for the students in our community. Environmental projects not only provided physical activity for students but also enhanced the beautification of our school's grounds. Finally, through the Physical Education program and staff efforts, leaders broadened our student activity levels through a number of fitness-driven class lessons. Nearly 95% participated in high-impact physical activity on a regular basis and engaged in school-wide fitness testing using FitnessGram. Stepping Across America, using pedometers and incentives, was also a huge motivator for student participation and fitness growth. Using Engrade survey data, physical education teachers observed a notable increase in students' understanding, development, and implementation of their own fitness goals. The increased numbers of students and staff now engaged in healthy lifestyle choices demonstrates how our school has become committed to achieving the 60 minutes of physical activity every day to maintain and improve overall health.

While we achieved two out of our three action plan goals, we realize that monitoring and documenting student activity and participation continues to be a challenge. For the coming year, the addition of a health class to the Physical Education curriculum will afford greater accountability and documentation of students' health and fitness activities. The team will look forward to setting even loftier goals by increasing the number participants and event options, as well as instituting individual student fitness plans that encourage students to engage and monitor wellness outside of school walls. We will also strive to encourage all staff and students to achieve personal and collective health and wellness goals. The hope is to not only further increase participation rates but to make wellness a way of life for our school community.

## Stephen Decatur High School

## Overall H&W Grade: B-

Goals Met: 2 of 3 goals were met

Action Plan Score: 21 out of 28

June 2018 - Stephen Decatur High School set three goals for this year. Goal one involved expanding our school health and wellness team. We have added a staff member to our health team and will seek to continue expanding in the upcoming school year. Goals two and three involved providing activities and opportunities for staff and students to improve fitness level and overall wellness. For students, this was accomplished through seeking out local discounts for gym memberships. Students also have access to unified sports each season as well as specific interscholastic sports that do not make cuts each season. Staff were also offered discounted rates and given access to a variety of fitness activities that they could do on their own time. Additionally, multiple staff members competed in a pedometer challenge this spring, where they were challenged to walk at least 70,000 steps per week. A Biggest Loser Challenge and a Healthy Recipe Share were organized, but due to a lack of participation, were not offered.

We have realized that a large percentage of staff participates in physical activity on their own, or is committed to school related activities before and after school, which makes school based offerings incompatible with current schedules and commitments. The third goal centered around providing information to staff regarding healthy nutrition, fitness and overall wellness. Wellness emails kept staff informed of events in the community related to wellness, as well as occasional healthy recipes. Additionally, flu vaccinations were offered to staff. Additional wellness activities were organized but due to extenuating circumstances did not come to fruition.

## Stephen Decatur Middle School

## Overall H&W Grade: B

Goals Met: 3 of 3 goals were met

Action Plan Score: 22 out of 28

June 2018 - Stephen Decatur Middle School succeeded in meeting their Health and Wellness goals for the 2017-18 school year. The three goals set in place were based on assisting students and staff in establishing and maintaining life-long healthy eating habits, physical activity, and promoting overall health and wellness.

SDMS seventh grade teams hosted the Biennial Health Fair. This event, which brought in members of the community, staff, students, and parents, was an excellent opportunity for those involved to interact while having fun and promoting overall health and wellness. Community partners that support and encourage healthy lifestyles and overall well-being were invited to attend. Some participating partners included members of various health clubs in the area, members of our local health clinics and health departments, local EMS, massage therapists, and more. The highlight of the event was the incorporation of the 7<sup>th</sup> grade science projects which showcased their health-related research investigation projects. Healthy snacks and information regarding portion control were also provided.

Stephen Decatur Middle School excelled in offering numerous health and fitness opportunities to both students and staff this school year. In each session of the After School Academy, students were provided several options to get involved physically or mentally in order to support their overall well-being. Sessions included Ultimate Frisbee, Young Men United, Rockwall climbing, Grid Iron, Kindness Club and Surf Into Integrity.

The faculty at SDMS was also provided weekly fitness opportunities such as Pilates, walking groups, and pick-up basketball games. A large portion of the staff took part in the United Way 5K run and several other members of the staff participated in additional events including the St. Patty's Day 5K and the Island to Island Half-Marathon/5K.

As we reflect on the past school year, we embrace our successes, and look forward to next year as an opportunity to reach new heights.

## Worcester Technical High School

## Overall H&W Grade: A

Goals Met: 3 of 3 goals were met

Action Plan Score: 27 out of 28

June 2018 - Worcester Technical High School has worked very hard this year to continue making health and wellness an integral part of the culture of the organization. The efforts made by the wellness committee were a success in many ways. Three goals were set at the beginning of the school year: 1) Educate staff on wellness and nutrition 2) Increase Physical Fitness and Activity Level in Faculty and Staff 3) Improve staff morale to address wellness as a holistic state of physical, nutritional and mental health. The committee was faced with many challenges in working towards these goals. These challenges included time restraints, conflicting county and community events that limited participation in our first Spring Festival and 5K Fun Run, and the ever present challenge of funding. Despite the challenges that arose, the committee was able to adapt the plan throughout the year, and saw success in each goal as an end result.

Continually educating staff on wellness and nutrition is a primary target of our committee. Media outlets were utilized this year to share information with staff. For example, the Natural High curriculum the committee shared was used in classrooms during Red Ribbon Week – allowing us to incorporate the student body in our initiatives- which was a huge accomplishment! Traditionally, it is challenging to incorporate WTHS students in the committee’s action plan, because there are no traditional gym or health classes offered at our school that can be used as a platform to do so. Staff were incorporated regularly with a “Wellness Tip of the Week”. Staff members were celebrated by highlighting our first annual Wellness Hero for the 2017-2018 SY. A plaque will be displayed in the school for all to see, congratulating this year’s hero, and continuing to recognize leaders in years to come. Education related to nutrition was accomplished by the organization of various Food Events throughout the year. This allowed an opportunity for staff to try new healthy recipes and also to socialize and network with others. Finally, the school hosted its first annual Flu Clinic with Rite Aid this year and plans to do so in the future.

The promotion of fitness and activity level was a goal that required some creativity and innovation. WTHS Faculty were presented with the unique challenge this year of a new work day schedule. Many people found it difficult to use their time when the students weren’t here to do anything other than planning and grading. The committee focused on providing opportunities for fitness and activity that could be done whenever time allowed in person’s day. For example, our fitness challenge was done online via our school’s “WTHS Inspired Fitness Facebook Page”. The committee continued to sponsor a Beach Body On-Demand All Access Pass for staff to utilize. This subscription could be used in the school’s wellness room via a streaming device, or anywhere the person could access the internet. The school hosted its first annual 5K Fun Run, which provided another opportunity to involve the student body. The winning runner was a WTHS student, and the funds raised at this event benefited our school’s CTSOs. Finally, our wellness room for staff was maintained and updated by the committee throughout the year and as funding allowed. The space is valuable to those that use it, and 66% of staff members that have not been able to take advantage of the space expressed an interest in finding time to do so in the future in our End of Year Health and Wellness Survey.

Building the community culture and morale is an ever present challenge of any organization. The committee saw fit to adapt this as a part of the wellness plan this year because morale is such a huge part of holistic wellness. The committee planned staff celebrations and social events throughout the school year to address this goal. Feedback from staff on the End of Year Health and Wellness Survey was overall positive that

the efforts of the committee were valued and successful. For example, 62% of staff reported that staff celebrations increased the staff morale and community culture at WTHS this SY.

During the 2017-2018 SY our wellness committee doubled as the school's Staff and Student Wellness School Improvement Charter Team. This has resulted in many more members and involvement than years prior. With more staff buy in there has been increased participation in events and initiatives. Additionally, being able to involve students in our goals this year has been a huge success for our team. As we move into the 2018-2019 SY the committee is excited to analyze results from our End of Year Survey. We will use the data to help us eliminate efforts that were not valued or viewed successful, and focus on improving the things that worked well. Overall the initiatives of the Wellness Committee were successful during the 2017-2018 SY, and we look forward to continuing to progress next year.