

Roadmap to Wellness

September - Building Strength

1. Rational

During this month, we encourage teams to focus on strengthening connections throughout their campus in order to ensure students are mentally well.



2. Connect to Student Body

- Host a club fair
Provide peer tutors
- Initiate your Wellness Wednesday/Thankful Tuesday, and more, plans
- Connect presidents and captains from all campus organizations. Invite them to partner with you on this project.



3. Connected Campus

- Be sure every staff member (teacher, custodian, cafeteria worker) has a button or spirit shirt.
- Introduce your school wellness team (one at a time, nurse, social workers, SRO, and counselors) to the student body
 - Have every staff member fill out a Ten Things You Don't Know about me sheet for activities throughout the year
 - Contact your ISD or school Public Relations team to share your plans for the year



4. Connected to Resource

- Check out activities from Envolv (sign up for the newsletter, etc.)
- Make time to learn about Work2BeWell
 - September 5 - 11 is National Suicide Prevention Week.



School To-Do/Checklist:

