

Health and Wellness Summaries 2018-19

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">• "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.
20-24	<ul style="list-style-type: none">• "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.
16-19	<ul style="list-style-type: none">• "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.
12-15	<ul style="list-style-type: none">• "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.
0-11	<ul style="list-style-type: none">• "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.

Buckingham Elementary School

Overall H&W Grade: A+

Goals Met: 4 out of 4 goals were met

Action Plan Score: 27 out of 28

June 2019 - Buckingham Elementary School's Health and wellness Action Plan for the 2018-19 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 four goals was established based on data from our 2017-18 Action Plan and a survey sent out to the entire faculty and staff at the beginning of the 2018-19 school year.

Our most successful goal for the faculty and staff was utilizing our CareFirst Credits. ON May 8, 2019, 47 people received 10 minute chair massages and the feedback was overwhelmingly positive. This was an activity that we plan to continue next year. One of our most successful new activities for the students was the daily participation in MindYeti during the morning announcements. Students learned strategies to help them de-stress, calm down, focus and get along well with one another. Both of these initiatives supported our focus of providing strategies for improving mental health among the school community.

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. Once a month, Grit n' Fit activities were scheduled for students to participate in a 30 minute physical activity game with their class in order to help students see themselves as part of a community of people focused on healthy choices. 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.

Faculty and Staff continued to enjoy activities that focused around our goal of increasing healthy life choices through participating in healthy eating, exercise and/or stress management techniques before, during and after the school day. Popular activities included yoga, the Exercise Reward Program, Health Crockpot Challenge, and Just Because days where each grade level provided healthy food choices for the faculty and staff....just because.

Plans for next year will focus on continuing the health and wellness goals from 2018-19 and increasing communication through our BES website about Health and Wellness activities and initiatives.

Berlin Intermediate School

Overall H&W Grade: B

Goals Met: 3 of 4 goals were met

Action Plan Score: 23 out of 28

June 2019- Here at Berlin Intermediate School, we have incorporated some exciting new ideas in regards to our Health and Wellness initiative! Last year we scored an A- and we look forward to continuing our success each year. As a school, we successfully completed three of four goals.

Our first goal was to increase participation in our school's color run. The number of participants decreased because staff at BIS planned and worked the event rather than have an outside company work with coordination. We did this to try to save costs and we have learned valuable lessons to help improve our numbers in the future. The second goal was to implement more cardiovascular activities within the 5th and 6th grade. This goal was to help increase the awareness of healthy lifestyle activities. The P.E. department was successful in incorporating new, fun and exciting cardiovascular games to help increase student awareness and introduce new ideas to the student body. The third goal was to implement a weight loss program for all staff members at BIS. Participation was excellent and results were as well! Staff earned rewards based upon percentage of body weight lost. Our final goal was to re-introduce the mileage club as well as introduce for the first time, a fitness room for staff. Staff members were able to earn rewards for meeting specific mileage goals that were set by the HWC. Staff members walked more miles than ever previously recorded! The fitness room was a huge success. Money that was raised previously from the 2017-2018 color run allowed BIS to purchase new cardio and strength equipment as well as t-bands, exercise balls and even a new floor! The staff response was great with staff members signing in on a daily basis which allowed them earn rewards each quarter.

During the 2019-2020 school year, we plan to address the staff and students with our health and wellness ideas. Feedback will determine what events are chosen to allow our staff and students to increase and maintain a healthy lifestyle. Worcester County Public Schools is very supportive of each school's HWC, especially when action plans involve motivating and education students and staff of healthy lifestyle ideas.

Cedar Chapel Special School

Overall H&W Grade: B+

Goals Met: 4 of 4 goals were met

Action Plan Score: 24 out of 28

June 2019 - The staff health & wellness goals for this year came from ideas that were selected from a suggestion box that was provided at the end of the 2017-18 school year. In an attempt to promote staff buy-in and engagement, we encouraged staff to submit ideas for health & wellness activities anonymously. We reviewed these ideas as a team and selected our staff goals from these suggestions, and any modifications that might be necessary to allow all staff to participate fairly.

“Health & Wellness Bingo” was a monthly challenge during which each staff member received bingo boards on which were various activities for all ability levels. Staff members would mark boxes as the activities were completed and turn in cards at the end of the month. Challenges were presented to the staff via the morning announcements (one line, two lines, four corners, postage stamp...), but were not required for participation credit.

“Staff Spotlight” was the other staff goal that came from the previous year’s suggestions. Two staff members were selected to be in the spotlight each week. All other staff was given slips of paper with the “Spotlight” names on them on which they were to write a positive, encouraging message throughout the week. When we first began, the number of participants was surprisingly low until we realized that our initial total of participants included staff that was not in the building regularly. This included staff who attended work experience at job sites, classes at other schools, and related service providers. When we recalculated the number of people who were available to participate on a regular basis the goal was met but the participation was still lower than what we had hoped.

The students had very few issues meeting their goals. Using a sentence starter and a bank of choices, 5/5 students increased their score on the self-expression assessment by at least 20%. The decrease in time taken to follow teacher directions was most notable. All of the 5 students started with times over 2 minutes and were able to decrease the time to no longer than 20 seconds.

Ocean City Elementary School

Overall H&W Grade: A+

Goals Met: 4 out of 4 goals were met

Action Plan Score: 28 out of 28

At Ocean City Elementary, we followed many of the successful activities because they have become a norm for us. One of the objectives this year was to increase student and faculty participation during the school day. This decision was extremely popular and successful as they performed “Fitness Brain-Breaks” in and out of the classroom. It also gave the Classroom Teachers a reason to let the kids “go wild” for just 5-10 minutes which in turn boosted their learning capacity. This year, ALL of our faculty did some type of “Fitness Brain-Break” with their students. That is really a terrific thing since it is a research-based fact that physical activity helps children learn at a better rate than students that are non-active. Again this year, we were able to include 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). This activity was extremely successful AND a classroom teacher favorite, as the PE dept. gave each homeroom teacher an extra 75 minutes to plan and work on end of the year requirements. A new activity that we incorporated during the Professional Development days for the faculty, was a team-building activity. It was a tremendous success and teachers took so much pride in the activities. They were so happy and passionate during the activities and they showed it when filling out the PD Evaluations.

As a school, OCES met the four 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, Fitness FUN DAY, Fitness-Brain Breaks (100% participation), Paint the school PURPLE (over \$1000.), Kids Heart Challenge (\$31,000.), 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 (Kids Heart Challenge - \$31,000) and Relay for Life (over \$1000). **Goal #2** was to increase student participation in after-school activities. This goal was met through participation in the Physical Activity Club (PAC). The PAC Club was held in November/December with 40 kids participating and again in February/March with 52 students participating. Both clubs began at 3:30 on Tuesdays with parent pick up at 4:30. In addition to the PAC Club, OCES hosted Northside Park Afterschool Program which was previously held at the recreation department in north Ocean City. The goal was to increase participation among the students signing up for the program (5 sessions throughout the school-year). The program increased from 317 students participating last year to 537 students participating this year. **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 60 F&S members walking on their planning time, before and after school. The Chair Massage was a huge success with every slot being used during the school-day, 36 F&S members relaxing for 10 minutes. **Goal #4** was the introduction of Team Building activities for the Faculty on PD days during the school. This will be part of our H&W plan next year hopefully with more activity days.

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: 4 out of 4 goals met

Action Plan Score: 28 out of 28

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; luncheons, fitness activities during the school day, wellness moments. Once again this year, was a Biggest Loser Competition among the school staff with a group of 10 participants, losing a total of over 55 pounds in 12 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, Healthy recipes on a budget, and massage therapy.

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 7 different events. The most popular was a fitness calendar and healthier fun recipes for kids.

Our student goal for health and wellness was met this year through teacher motivation and encouragement to walk/run during recess time. We have increased for the last 3 years from 33% (125 out of 384) in 2016-17, to 80% (259 out of 324) in 2017-18, to this year 96% (315 out of 329) students walking at least 10 miles during recess this year. We continued with our ACES (ALL Children Exercising Simultaneously) quarterly activities that ALL the staff and students enjoy from walking around the school for 20 minutes, to morning announcements exercises, and finally to dance day, 1.5 hours dance party.

Our new goal this year was centered around our school's newest addition, the outdoor classroom and garden. Using teacher created lessons, every student was able to experience the 5 senses of taste, touch, hear, smell, and see with the box garden, greenhouse, and taste testing of a variety of plants, herbs, and produce. With the assistance of a grant, each child was also given an individual window garden to take home. Students were given the chance to see and experience the different stages of plant life from seed to plant growth to fruit/vegetable/herb.

Pocomoke Elementary School centers around seeing the whole child and values our students overall health and well-being, providing all with the knowledge for student success and overall good health.

Pocomoke High School

Overall H&W Grade: A-

Goals Met: 4 out of 4 goals

Action Plan Score: 25 out of 28

June 2019- During the 2018-2019 school year, Pocomoke High School met 4 out of 4 health and wellness goals for the year. **Goal #1** focused on promoting physical wellness opportunities for both staff and students through activities geared toward just staff and just students along with joint collaborative activities for both. PHS was able to come together to offer many opportunities to reach the needs of our staff and students. We hosted events like a 5k Memorial Run, weekly yoga classes, pickle ball tournaments and a weightlifting competition.

At Pocomoke High School we also created the “Pocomoke Peace Place” an environment geared toward providing staff with a quiet space to relax and reflect. **Goal #2** displayed our efforts in providing this environment and the monthly massage and acupuncture opportunities for staff, provided by CareFirst. We also organized healthy eating opportunities for staff through a chili cook-off and grab-n-go salads as planned initiative in **Goal #3**.

As a result of the Health and Wellness Team’s yearlong efforts, PHS met **Goal #4** with a beginning of the year and end of the year celebration of wellness that encourages both physical and mental health.

Next year, we hope to improve the level of staff participation. We will reach out to staff and students this summer and administer a survey to gather data, which we will use for the 2019-2020 school year to plan activities that appeal to our school community.

Pocomoke Middle School

Overall H&W Grade: B

Goals Met: 3 out of 4 goals met

Action Plan Score: 21 out of 28

June 2019 - This year at Pocomoke Middle School, we were able to accomplish all four of our health and wellness goals! We implemented many changes and focused on becoming a more involved staff, and motivators for our students. Over 45% of our staff participated in a school-sponsored health and wellness activity this year. Being able to grow our health and wellness team was a big boost and allowed us to provide yoga classes, seated massages, and other fun events for staff members. Also, 22 staff members were able to get the flu vaccination and other preventative care through Rite Aid and CareFirst

Students became more involved as well, by participating in health related studies in the classroom, as well as our new Warrior Night, which was a big success! Kids were able to come to the school for dancing, food, and play time in the gym. In addition, with our new middle school health course, 96 eighth grade students successfully completed the course. And more than 60 students participated in extracurricular, school-sponsored physical activities after school.

Pocomoke Middle is rapidly becoming a healthy community of teachers, students and parents!

Stephen Decatur High School

Overall H&W Grade: B-

Goals Met: 2 of 4 goals were met

Action Plan Score: 20 out of 28

June 2019 - Stephen Decatur High School set four goals for this year. Information regarding these goals are below:

Goal #1: SDHS staff was encouraged to listen to the Primal Potential podcast Fast Loss Basics mini-series. It's a great starting point for understanding the most essential, high-impact elements required for fat loss. The show notes pages were provided for additional resources. Teachers were surveyed at team meeting regarding how the episodes helped to improve their health and wellness mindset.

Goal #2: Sharp Water Culligan in Salisbury, MD was contacted to determine the cost of installing a faculty water cooler in the faculty lounge. After speaking to the SDHS accountant, it was determined that this would be cost prohibitive for a staff of over 100 people. Other possible solutions are being investigated for next year.

Goal #3: A lunch bunch promotion was encouraged during the month of December 2018 to motivate teachers to enjoy healthy lunch options and social time together. Due to a lack of interest in this activity, this goal was not met at the desired participation rate of 70%. There were some teachers who already choose to eat together regularly, but the concept did not spread to the rest of the faculty.

Goal #4: Based on survey results, a pedometer challenge was the most popular wellness challenge that the SDHS staff showed interest in. A total of 32 teachers (just over 30%) signed up for the SDHS spring pedometer challenge. Six teachers were able to consistently meet their goal of 70,000 steps per week. The grand prize participant won a \$40 gift card for a pedicure from Maxim Salon and the others were given a \$10 gift card from their choice of a local business including Rise Up Coffee, Piazza Pizza, and Pit and Pub.

Stephen Decatur Middle School

Overall H&W Grade: A

Goals Met: 3 of 4 goals were met

Action Plan Score: 26 out of 28

The mission for this year's 2018-2019 SDMS Health and Wellness Action Plan was to provide the students and staff with opportunities to strive for optimal health. The plan was devised after obtaining data that was compiled from a staff and student survey that indicated the strengths and weakness of the school. Four goals were created to promote mental, emotional, and physical growth throughout the school year.

The first goal was the implementation of the new health class, taught by Mindy Bankert-Ouellet. Several units were covered to provide students with strategies to avoid or reduce health risks. The Worcester County Health Department provided additional support that provided students will information pertaining to the dangers related to vaping/electronic cigarettes. Two other goals in which Stephen Decatur Middle School excelled was offering numerous health and fitness opportunities to students and staff. In each session of the After School Academy students were given several options to get involved physically or mentally to support their overall wellbeing.

The fourth goal was to establish a faculty fitness committee that would provide fitness opportunities and health seminars to support the staff in meeting their wellness needs. As we reflect on our past school year, Stephen Decatur Middle School excelled in meeting their health and wellness goals! We embrace our successes and look forward to a new school year as an opportunity to continue to create awareness and promote optimal health.

Showell Elementary School

Overall H&W Grade: A-

Goals Met: 4 out of 4 goals were met

Action Plan Score: 25 out of 28

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

Showell was able to offer 3 optional programs for staff to participate in to promote health and wellness. Staff was offered an after school book club reading the book *The Onward Workbook*. The focus was on emotional resilience during the school year. There was a slight decrease in the number of participants but still a lot of interest. One faculty meeting a month was a mandatory book study. The books focused on better teaching practices and dealing with difficult students. This resulted in positive reactions from staff compared to our past activities. Our final mental health program was a staff "Shout out" board. Staff would fill out a shout out paper giving someone a thank you or a compliment. At the end of the month, one name was picked to win a special prize.

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

Showell was able to offer 3 optional programs for staff to participate in to promote physical health and wellness. Our biggest loser was offered again. We had the same number of participants as last year (23), however, this year we lost a larger body weight percentage raising it to 4% body weight. We offered staff 10 minute chair massages during American Education Week and our final activity was "Workout Wednesday". Each Wednesday after school, exercise videos were offered in the gym for all staff to participate in. We had a total of 15 participants throughout the school year.

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

Showell's Afterschool Academy offered our children a club called "unplugged". Students learned the importance of staying active. The focus was on biking and bike safety. 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.

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.

Goals Met: 4 out of 4 goals were met

Action Plan Score: 20 out of 28

Snow Hill Elementary met all four goals in our 2018-2019 Health and Wellness Plan. Our main goal this year was to focus on providing more health and wellness opportunities for our faculty and staff. This year we implemented several new programs in an effort to meet the needs of more faculty and staff members.

Goal #1- Increase the number of opportunities for students to gain knowledge and availability of various healthy food choices by utilizing our community garden at SHES.

There was 100% student participation in utilizing the community garden to gain information and try various healthy food choices. Students were able to plant seeds and maintain garden beds. We also had an afterschool garden club led by Mrs. Byrd, they did a fantastic job ensuring the plants were healthy and that the garden looked beautiful.

Goal #2- Increase the number of opportunities for student and staff participation in physical activities throughout the school day.

Snow Hill Elementary offered several programs for staff and students that focus on being active and healthy throughout the course of the year. We utilized our C.A.R.E. Academy afterschool program to offer physical activity and sports clubs throughout the entire year. Classroom teachers used “Brainbreaks” throughout the day to help students get active in the classroom. We also had over 70 students participate in the Kids Heart Challenge through the American Heart Association to raise money and awareness to help kids with special hearts.

Goal #3- Increase staff involvement in physical activities and health services before, during and after school.

Throughout the course of the school year, staff members were provided with many different opportunities to participate in health and wellness activities. At Snow Hill Elementary, 100% of our staff participated in at least one health and wellness activity this year. Some of our activities included, seated massages, biggest loser competition, teambuilding activities during professional development days, and a friendly basketball game between SHES staff and members of the SHHS boy’s basketball team. It was a great year and we are pleased to have achieved 100% participation in our health and wellness activities from our staff.

Goal #4- Increase the number of opportunities for community members to participate and/ or gain knowledge pertaining to various physical activities and health services.

We had four big programs that we used to allow our community members to participate or gain knowledge on various health and wellness activities and services. We are proud to be home to a beautiful community garden that provides fresh fruits and vegetables to our low socioeconomic families as well as community members. We also host our annual Clade Hall Memorial 5k as a way to remember a great community member and to give back to our community. The funds raised by the 5k go towards a scholarship given to a SHHS student. This year we were able to give out the scholarship however we had to postpone our 5k until the fall due to conflicting local events. We invited our families and community members to SHES for our PTA Dance Auction in the fall and Field Day in the Spring.

Snow Hill High School

Overall H&W Grade: A

Goals Met: 4 out of 4 goals were met

Action Plan Score: 27 out of 28

June 2019 - SHHS did a fantastic job this year meeting goals and the activities that were provided for our faculty and staff. Having Health/Wellness as a part of the School Improvement Plan was extremely beneficial, as it helped to improve our staff's awareness of Health/Wellness. Our School Improvement Plan goal was to have 100% of our faculty and staff involved in at least two of our HW events. This assisted in our HWC/PAL goals because faculty participated in more of our events. 98% of our faculty participated in two events, which was fabulous. We added two new events that allowed more people to participate regardless of what physical fitness activities you they perform. Our two new step challenges were extremely successful! Faculty was able to turn in their steps based on what activities they do on their own time. So, someone who swims was able to convert their swimming into steps. These two new challenges also, allowed us to look at what our faculty responds to and how we can better it for next year.

Regarding Health and Wellness for our students, they are very involved in physical activity. Our after-school weight room numbers have increased tremendously. We also added lunch time basketball time in the auxiliary gym which was another success. As always, there is room for improvement but, overall, this year was one of our best years with Health/Wellness.

Snow Hill Middle School

Overall H&W Grade: A

Goals Met: 3 out of 4 goals were met

Action Plan Score: 26 out of 28

The Snow Hill Middle School (SHMS) 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 our surveys. Teachers were able to participate in mindfulness, healthy food options, and stress-relief activities during faculty meetings, join massage sessions, and compete in the Biggest Loser challenges to help them work toward their personal health goals. Our Biggest Loser competition was held twice again this year and included a regional school vs. school staff challenge. Twice this year, the wellness team organized a healthy option Mason Jar Meal sale that provided funds for staff incentives. Aside from working in conjunction with CareFirst affiliates, several new local outlets for wellness were incorporated this year. Ocean Elements offered free salt room sessions and 50% discounts for services during Teacher Appreciation Week. Also, a staff member who became a certified yoga instructor offered free yoga sessions for two consecutive marking terms. In addition, monthly drawings for staff participation were held throughout the year to encourage and promote staff engagement. Communication and promotion of events continue to be our strength: Our school's Facebook wellness page-"Champions for Change"-continued to keep the staff informed of events and health-related tips, as well as celebrated our staff's healthy lifestyle achievements.

New strides in staff and student related activities brought increased wellness participation through team events like Spirit Days, Hoops for Heart, One School One Book, and a number of After School Academies: Walking Club, Yoga, and Glee. Our staff members have also promoted the growth mindset philosophy in their classrooms and have built relationships through daily morning circles. These endeavors have strengthened the foundation of modeling healthy lifestyle choices within our school. By having shared activities, both physical and mental health related, we have made huge gains in building staff camaraderie and student relationships that the importance of these wellness practices for the students in our community.

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. Thanks to the implementation of the new health program, our physical education teachers incorporated regular health lessons, which was an incredible success. The PE department initiated a Wellness Wednesday and the health lessons were the backbone of the students' wellness growth. Using Office 365 survey data, physical education teachers observed a notable increase in students' understanding, development, and implementation of their own fitness goals. Students were very engaged and cooperative during the weekly lessons showing improved scores from 78%-97% on knowledge of content. The connection between mental health, fitness, and food choices demonstrated amazing results.

The increased number of students and staff now engaged in healthy lifestyle choices demonstrates how our school has become even more committed to achieving the whole school approach to maintaining and improving overall health.

While we achieved three out of our four action plan goals, we realize that monitoring and documenting student activity and participation continues to be a challenge. For the coming year, we will change the

documentation responsibility of monitoring student health goals from whole staff to the sole responsibility of the physical education department. The new curriculum will afford greater accountability and documentation of students' health and fitness activities. There will also be a journaling component added to the health program and a Passport to Fitness for continuous tracking and participation of our staff events. The team will look forward to setting even loftier participation goals and more continuity in event options, as well as instituting individual student fitness plans that encourage students to engage and monitor wellness outside of school walls. We will continue to encourage all staff and students to achieve personal and collective wellness goals by offering a regularly scheduled activity that can be tracked throughout the year, such as a stepping program. The hope is to not only further increase participation rates but to make positive wellness choices a way of life for our school community.

Worcester Technical High School

Overall H&W Grade: A+

Goals Met: 4 out of 4 goals were met

Action Plan Score: 28 out of 28

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. Four 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 4) To increase student participation in wellness initiatives at WTHS during the 2018-2019 SY.

Continually educating staff on wellness and nutrition, and share information and resources is a primary target of our committee. For example, the Natural High curriculum the committee shared was used in classrooms during Red Ribbon Week. Staff were incorporated regularly with a "Wellness Tip of the Week". Staff members were celebrated by highlighting our annual Wellness Hero for the 2018-2019 SY. Rather than doing staff wide food events several sub groups have formed this SY. A Biweekly group meets in the staff lounge to share a community pot luck lunch and a group of "New Year Goal Setters" began meeting weekly to discuss successes and challenges. Finally, the school hosted its annual Flu Clinic with Rite Aid this year and plans to do so in the future.

The goal of promoting fitness and activity level among our staff took some great strides during this SY. The committee continued to sponsor a Beach Body On-Demand All Access Pass for staff to utilize. Based on results of the End of Year Health and Wellness Survey that is made accessible to all WTHS staff: usage increased this year to 43% of survey respondents indicating that they use the subscription currently and 70% of respondents indicating that they plan to use the subscription in the future. The Wellness Room became accessible to the student body as well this year, and alternative school students used it regularly. The room received several exciting donations: a Ping Pong table, and two gym grade ellipticals. The school hosted its second annual 5K Fun Run, which saw a huge growth compared to last year. 37 runners registered, several were WT students, and many were staff and their family, among other supportive members of the community.

Building the community culture and morale is an ever present challenge of any organization. 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 66% of staff reported that staff celebrations increased the staff morale and community culture at WTHS this SY.

Being able to involve students in our goals this year has been a huge win for our team. As we move into the 2019-2020 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.