

Wellness Committee Accomplishments & Goals

District Improvement Plan (Culture & Safety)

Completed Wellness Assessment with WELLSAT

Revised and Updated Wellness Policy

MIIA Wellness Grant for Staff

Wellness at OC

Automotive - Physical Health and Safety, Properly Lifting Heavy Equipment

Culinary Arts - Health Eating and Recipe Modification as part of Curriculum

A&E Technology - Walking Breaks, Physical and Mental Wellness for Sedentary Jobs

Health Careers - Teddy Bear Clinic, CPR & First Aid for Seniors, Stress Causes and Reduction Techniques for Juniors, Volunteer at PACE food banks and gifts to give, Providing Wellness for the Community as part of Curriculum

Girls Lacrosse - Mental Health Awareness Game - Morgan's Message, Yoga Practice Days

Cosmetology - Calm Application, Teaching Self Care and Stress Reduction Techniques, Guided Meditation, Discussions on Healthy Eating Habits, Physical Activity and Yoga, Providing Wellness for the Community as part of Curriculum

PE/Health - BITK Youth Conference, Mental and Physical Wellness, Nutrition, Mindfulness as part of Curriculum

Student Assemblies - Focus on Wellness and Mindfulness, ALS (9/12/23), Suicide Awareness (3/21/24), High Point Addiction Prevention (1/18/24)

Library - Wellness Resources including Titles, Journals, Community Resources, Nutrition Articles, and Exercise Media