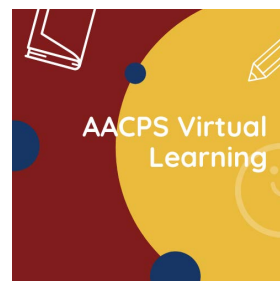




High School “Student Wellness” Block Guidance Document



Purpose:

The “Student Wellness” block is an opportunity for students to discuss, learn, and engage in wellness activities that will support them during virtual learning.

Components:

- Twenty-five minutes on Mondays and Fridays from 9:20-9:45 a.m.
- Mandatory instructional block for teachers.
- Attendance will be taken for students.
- A scope and sequence will be provided with the flexibility of schools to make this block their own.

Lessons and Activities:

- A scope and sequence with activities and lessons will be provided for all schools through September on a shared Google Drive. This will be updated throughout the school year. Some of the topics within the scope and sequence will include exploring wellness, connecting during a disconnected time, using mindfulness to manage stress, social media, and setting goals during a pandemic.
- Some high schools have an existing structure and activities that may compliment this block. Principals may integrate existing structures and activities using the scope and sequence and activities and lessons provided through the shared Google Drive.
- In addition to the scope and sequence and corresponding activities and lessons, there will be supplemental activities and lessons in the shared Google Drive under different areas of student wellness. These activities and lessons can be used at the principal’s discretion to support this block.

Recommendations:

- Determine a person at the school who will take the lead on supporting this block. This person will be invited to have access to the shared Google Drive. You may want this person to be the same person who will take the lead on supporting the “Community Meeting” block.
- Please pair teachers up for this block to support student conversations and eliminate coverage issues, especially when a teacher is absent.
- Teachers should be an equal participant in the activities in order to create buy-in and authenticity.

Support:

- The shared Google Drive will be updated with activities and lessons. This will also be a place where schools can share activities and lessons with one another. This Google Drive will also hold materials for the “Community Meeting” block.
- A survey will be provided to principals or a designee at the end of September to provide feedback on the activities and lessons and what further support is needed moving forward.
- A survey will be provided to teachers at the end of September to get teacher and student feedback on how this block can be the best opportunity for students to engage in wellness that will support them during virtual learning.
- Reach out to Ryan Voegtlin, Director of Student Services, at rvoegtlin@aacps.org and Susan Love, Coordinator of School Counseling, 9-12, at slove@aacps.org for support throughout the year.