

School Name	Time Frame/Month	Staff Wellness Activities	Student Wellness Activities	Community Wellness Activities
CAT South	February ❤️	Walking Wednesdays Meditation/Mindfulness Staff Meeting	Gallbladder and bile duct Cancer Awareness Meditation/Mindfulness Morning Announcements Self-care activities in Academy of Health Courses	
Broadneck	February ❤️	Teacher yoga after school. Puzzle Games for Stress Relief in Science Dept Room Wellness Wednesdays on Announcements.	Kindness Week Feb 10-14th. Spirit day activities related to kindness and unity. Green School Celebration - Feb 18-21. Daily activities related to the environment and wellness/health. Ross Szabo - mental health professional providing a school wide assembly.	30 min parent workshops with AVID on College Preparation
Old Mill High School	February ❤️	Positive Phone Call Challenge Fabulous Fridays (compliment a colleague each Friday of the month) Deck of Card Fit Program Sensory Bottle Making	Positive Phone Call Challenge Student Meditation during PRIDE	Positive Phone Call Challenge Community Bulletin Board

		Equity Pot-Luck Lunch Staff Coloring/decorating restrooms & boards		
SPHS	February ❤️	Month of February- "Walking Challenge" activity sponsored by Social/Wellness Committee Feb 12- Self-Care activities to start Equity PD—Mindfulness and Yoga	Feb 7- STAR Advisory lesson for students Feb 6- "Healthy Teen Choices Fair" during 1st-3 rd periods for over 500 students, sponsored by Signature. Feb 14- Wear pink in support of "One Love Foundation", sponsored by SPHS One Love Foundation Club—promote healthy teen dating. Feb 28- STAR Advisory lesson for students	Feb 6- "Health Teen Choices Fair" sponsored by Signature and local business engagement/support—20 stations for over 500 students to engage in.
Southern	February ❤️	Community circles Yoga Bring your own coffee Staff walks Staff recognitions at faculty meetings	Community circles Team building activities in advisory for all students	

		School improvement committee on wellness Staff Massages through EAP		
Chesapeake High School	February ❤️	Stress Management Stations Mindfulness	Yoga Club Heart Health Month announcements each week	In the process nothing has been finalized.
Meade High School	December and January	Staff Yoga (bi-weekly) Staff Social (bi-monthly) Positive Postcards (daily) Family Reunions (monthly)	Positive Postcards (daily)	N/A

South River High School	February ❤️	Yoga during NEST and after school (certified yoga instructor on staff) -ongoing Faculty social thrown by Equity	Wellness Club: Student led meditation during Thursday NEST - on-going Environmental Society runs our	Sandwiches made and assorted non-perishables donated to the Light House shelter - 2/6 South River
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		<p>Team (rotation of who is responsible) - Valentine's Day</p> <p>Seahawk Shout-Out: Teacjers write a positive shout-out for a fellow colleague.</p> <p>Walking for Wellness 4th period (ongoing)</p>	<p>Thursday paper recycling collection throughout the building (ongoing)</p> <p>Feb 19th: Marine & Maritime Career Expo</p> <p>Feb 28th: Students Against Destructive Decisions go to AA Medical Center</p> <p>PowerPoint on teen mental health issues from the Mental Health Awareness Club to distribute through the school - monthly</p>	<p>community Anne Arundel Medical Center Career Day</p> <p>Hidden in Plain Sight - Parent Evening Speaker Series - Feb 5th</p> <p>Leukemia and Lymphoma Society Hero Squad challenge begins Feb 14th</p> <p>Tribe Cycle hosts teacher event with raffle (Jan 26th)</p>
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