

Roadmap to Wellness

May - End of Year Activities

1. Rational

Graduation celebrations and exams! May brings a combination of excitement and stress.

Let's continue to focus on connection and wellness.



2. Connect to Student Body

- Underclassmen decorate halls for a senior walk
- Help organize a senior walk to local ML and elementaries
- Provide stress relief items for those taking exams and AP tests
- Celebrate your StuCo accomplishments for the year



3. Connected Campus

- Provide opportunities to say thank you to those who helped you: provide cards, put stars on pins and attach to a "You Played a Starring Role in my Life" card. Give 5 to each team member to give to staff members.
- Host an ice cream social event for staff (ice cream and toppings) in a central location at a specific time
- Celebrate National School Nurse Day.
- Celebrate Teacher Appreciation Week
- Celebrate School Principals Day.



4. Connected to Resource

- Celebrate Mental Health Month and your successes for the year
- Evaluate your efforts! The key to growth is looking back on areas of success and areas of needed improvement.



School To-Do/Checklist:

