

Roadmap to Wellness

October - REcharge and REfocus

1. Rational

At this point in the school year, the “real world of assignments and applications” can set in. Use this month to recharge your campus mental well-being by continuing to focus on campus connections.



2. Connect to Student Body

Plan lunch activities designed to engage.

- Initiate a 30 Day Challenge
- Make short student and staff videos about their Natural High and share with campus
- Have breakfast or lunch for students who enrolled this month.
- Have a pumpkin carving contest open to all



3. Connected Campus

- Encourage both students and staff to join a NAMI Walk together
- Involve the entire school in an INTENTIONAL Red Ribbon Week with education, essays, etc. in all classes.
- Focus on removing stressors that can lead to substance abuse.
- Check out Work2BeWell’s Substance Use Disorder Module.
- Introduce Work2BeWell Curriculum on stress
- Plan a Voices in the Hallway event
- Celebrate National Custodian Day on Oct. 2. Help custodians feel good about coming to work.



4. Connected to Resource

- Mental Health Summit
- Have a Mental Wellness week!
- October is National Depression and Mental Health Screening Month.
- This is Domestic Violence Awareness Month.
- October 12 is National Stop Bullying Day



School To-Do/Checklist:

