

Roadmap to Wellness

April - Creating Opportunities

1. Rational

It's time for leaves and flowers to emerge and to begin planning for the coming school year while continuing making this one stress free.



2. Connect to Student Body

- Create an event where students meet one another and can win free prom tickets
- Have a driving safety contest with a chance to win a tux rental (ask local stores to donate)
- Plan to create a Cinderella's closet where girls can get a prom dress.
- Have an event for students who enroll this month



3. Connected Campus

- Plan a nature walk for students and staff (consider donations per mile to a mental wellness non-profit)
- Plan an event for the entire campus to clean up by a river, coastline, park, etc.
- Ask a spa to donate a massage for a staff drawing (have them submit good things about their campus to be in the drawing)
- Have a wonderful refreshment staff room at prom



4. Connected to Resource

- Counseling Awareness Month - remind about resources for help
- National Day of Silence
- Stress Awareness Month



School To-Do/Checklist:

