



Campus Roadmap to Wellness



Thank you for exploring the TASC Campus Roadmap to Wellness.

- This chart is divided by months.
- Each month includes a rationale and suggested projects and resources.
- Projects and resources are suggestions only.
- Please initiate these or others as you create your own campus wellness journey with the destination of a Healthy Connected Campus.

	August
Rationale	This month is your council's time to set the tone for the school year! Spend this month doing projects to make beginning the school year less stressful. Begin this school with strong connections among students and staff for a mentally healthy campus.
Connected Student Body	<ul style="list-style-type: none"> • Welcome students back with positive signs and events. • Plan a great FISH camp or transition program to truly connect students to the campus and to resources • Greet students each day at entrances • Put up signage to help students find their way
Connected Campus (students to staff, staff to staff)	<ul style="list-style-type: none"> • Help staff move into classrooms • Welcome new staff with an event to acquaint them with your community and your traditions • Be sure to meet with your principal(s) to share your goals and plans and ask for theirs • Introduce your goals and your council team to the entire staff • Hand out water/lemonade, or fun soft drinks to staff at a central location and time so they meet and talk: Let's hydrate and motivate! • Meet with your school wellness team (nurse, SRO, social workers, and counselors) to plan together and offer assistance.
Connected to Resources	<ul style="list-style-type: none"> • Get organized to relieve stress (Share on social media, make posters, etc.) • Ask for student voice on SHAC and school wellness committees • Explore the 8 dimensions of wellness

	September
Rationale	During this month, we encourage councils to focus on strengthening connections throughout their campus in order to ensure students are mentally well.
Connected Student Body	<ul style="list-style-type: none"> ● Host a club fair ● Provide peer tutors ● Initiate your Wellness Wednesday/Thankful Tuesday, and more, plans ● Connect presidents and captains from all campus organizations. Invite them to partner with you on this project.
Connected campus (student and staff)	<ul style="list-style-type: none"> ● Be sure every staff member (teacher, custodian, cafeteria worker) has a button or spirit shirt. ● Introduce your school wellness team (one at a time, nurse, social workers, SRO, and counselors) to the student body ● Host a watermelon social for staff in a common location and time so they can mingle ● Have every staff member fill out a Ten Things You Don't Know about me sheet for activities throughout the year ● Contact your ISD or school Public Relations team to share your plans for the year
Connected to Resources	<ul style="list-style-type: none"> ● Check out activities from Engolve (sign up for the newsletter, etc.) ● Make time to learn about Work2BeWell ● September 5 - 11 is National Suicide Prevention Week.

	October
Rationale	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.
Connected Student Body	<ul style="list-style-type: none"> ● 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. Plan an activity to help them get to know one another. ● Have a pumpkin carving contest open to all
Connected campus (student and staff)	<ul style="list-style-type: none"> ● Encourage both students and staff to join a NAMI Walk together or organize your own. (Take lots of photos!) ● Involve the entire school in an INTENTIONAL Red Ribbon Week with education, essays, etc. in all classes. Be sure your dress up days have a reason and are accessible and affordable for all students. 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.
Connected to Resources	<ul style="list-style-type: none"> ● Mental Health Summit ● Have a Mental Wellness week! October is National Depression and Mental Health Screening Month. ● This is Domestic Violence Awareness Month. Contact Texas Advocacy Project for help with teaching what healthy relationships are. ● October 12 is National Stop Bullying Day

	November
Rationale	The semester is almost over! Take this time as a council to prepare resources for students to relieve anxiety as December can be both joyful and stressful for everyone.
Connected Student Body	<ul style="list-style-type: none"> ● Meet with every club president to plan a coordinated food drive ● Host an attitude of gratitude day ● Plan an event for students who enrolled this month
Connected campus (student and staff)	<ul style="list-style-type: none"> ● Plan an “It’s Pie Day” with pumpkin and pecan pie in a central location during each lunch period. Invite staff to come back at a specific time so they see one another. ● Launch your “Ten Things You Don’t Know about Me” activity ● Get the entire staff involved in helping someone else through food drives ● Food baskets for custodians ● Work with counselors to create a calm room or to make anti-stress items for their office ● Plan a wellness fair during lunches
Connected to Resources	<ul style="list-style-type: none"> ● Post resources from organizations like Work2BeWell on social media platforms to encourage students to reach out for help. Start with ACCESS. ● Nov. 15 is America’s Recycle Day (to reuse, collect gently worn teddy bears, etc. for CASA or police/fire) ● Nov. 3 is National Stress Awareness Day ● November 13 is World Kindness Day ● Check out CharacterStrong and Dude.Be Nice for resources.

	December
Rationale	This can be one of the more stressful times of the school year. December, or Finals Season, can create stress for students and staff. Use this month to end your first semester on a positive note.
Connected Student Body	<ul style="list-style-type: none"> ● Plan a crafts day so students can be social and creative. ● Add coloring books, crayons, stress balls, etc. to library tables. ● Have an event for students who enroll this month. ● Hand out candy canes ● Put positive notes on mirrors. ● Have a tree decorating/creating contest (with recycled objects only) ● Provide opportunity to adopt an angel ● Dress up like elves and Santa and have a photo booth for students
Connected campus (student and staff)	<ul style="list-style-type: none"> ● Volunteer to wrap packages for staff ● Invite staff members to bring children and have a gift or tree ornament making event with them (while giving staff time to grade, shop, etc.). Invite other clubs to partner on this.
Connected to Resources	<ul style="list-style-type: none"> ● December is National Stress-Free Family Holidays Month ● Invite a therapy dog to campus

	January
Rationale	After the holidays, many students may feel stressed about returning to school. Start the second semester off right by welcoming students back to campus in a connected environment!
Connected Student Body	<ul style="list-style-type: none"> • If this is exam week, hand out healthy snacks, granola bars, etc. (Students often skip breakfast during exams.) • Teach stress relieving breathing exercises. • Welcome new students who enroll this month • Provide cards for students to write thank you notes to teachers and deliver them.
Connected Campus (students and staff)	<ul style="list-style-type: none"> • Jan. 9 is National Law Enforcement Day. Plan a way for students to staff to celebrate your SRO. • 10 Things You Don't Know about Me Quiz • Provide a hot chocolate/coffee bar welcome back at a common location and time • Provide cards and invite staff members to write thank you notes to one another (Collect them to deliver to boxes and draw a few for prizes.)
Connected to Resources	<ul style="list-style-type: none"> • Celebrate Hi, How Are You Day • January is National Thank You Month

	February
Rationale	Spread the love this month by ensuring students and staff on your campus are feeling connected. Remind students it's okay to say, "I'm not okay" and that others care about them.
Connected Student Body	<ul style="list-style-type: none"> ● Put up hearts with the names of every student. ● Plan an event for students who enroll this month. ● Teach self-care: breathing, yoga, etc. ● Have a Parentines Day ● Have Be You-Tiful Week
Connected Campus (students and staff)	<ul style="list-style-type: none"> ● Celebrate National School Counselors Week 10 Things You Don't Know about Me Quiz
Connected to Resources	<ul style="list-style-type: none"> ● Post information about National Eating Disorders Week ● This is Teen Dating Violence Awareness/Prevention Month. Invite Texas Advocacy Project to come in for a workshop. Put pamphlets on tables. Encourage interested students to apply for the National Work2BeWell Student Advisory Board .

	March
Rationale	Move into the spring with a thriving mentally well campus. Ensure students and staff have the tools to be mentally well and that your campus is connected!
Connected Student Body	<ul style="list-style-type: none"> • March 19 is National Let's Laugh Day. Celebrate the united force of laughter by handing out Laffy Taffy. • Have a best/worst joke contest • Take photos of smiles to see who can identify the student or staff person. • Have an event for new students who enroll this month • Show some short videos guaranteed to produce laughter.
Connected Campus (students and staff)	<ul style="list-style-type: none"> • Ask every staff member to tell a joke in class and vote for the best/worst joke teller. • Have a Spring Fever Reliever Week with hula hoop contests, rubber chicken throw contests, Wear a Hat if You Make the Hat Day (have old newspapers and tape in the cafeteria for students to make their own hats.)
Connected to Resources	<ul style="list-style-type: none"> • Celebrate National Social Work Month • March 1 is Self-Injury Awareness Day • March 13 - 19 is National Sleep Awareness Week

	April
Rationale	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.
Connected Student Body	<ul style="list-style-type: none"> ● 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
Connected Campus (students and staff)	<ul style="list-style-type: none"> ● 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
Connected to Resources	<ul style="list-style-type: none"> ● Counseling Awareness Month - remind about resources for help ● National Day of Silence ● Stress Awareness Month

	May
Rationale	Graduation celebrations and exams! May brings a combination of excitement and stress. Let's continue to focus on connection and wellness.
Connected Student Body	<ul style="list-style-type: none"> ● 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
Connected Campus (students and staff)	<ul style="list-style-type: none"> ● 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 StuCo 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
Connected to Resources	<ul style="list-style-type: none"> ● Celebrate Mental Health Month and your successes for the year