

HEALTHY HAPPENINGS

Wiregrass Ranch High School - Developing a Culture of Peace and Positivity!

WHAT DID THEY DO?

- Transformed teacher workrooms into an area where staff can breathe - use them for trainings and gatherings
 - Post positive messages, appreciation notes
 - Self-care baskets with positive messages and aromatherapy lotions
- After school yoga & Astronomy club
- Weekly Shoutouts
- Health and Safety Fairs
- USF Health-led meditation and stress management classes
- School's Wellness Wednesdays sent to staff and students

HOW DID THEY DO IT?

- Three separate committees came together to make all of the changes happen
- They enlisted the help of school service groups, local businesses, and existing community relationships to help support their goals
 - donated raffle items, yoga and taekwondo instructors, meditation and stress classes
- The committees also made sure to involve district office departments, such as purchasing, to make sure they were in compliance
- Former students have also been integral in supporting their alma mater's initiatives by including their employers in these efforts

