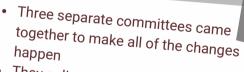
## HEALTHY **HAPPENINGS**

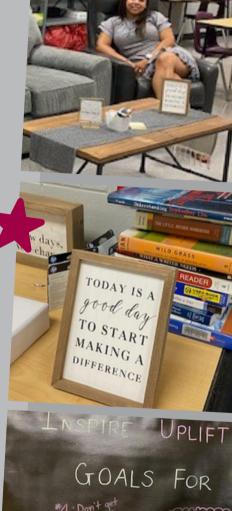
Wiregrass Ranch High School - Developing a Culture of Peace and Positivity!

## 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



- 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





#4 Hove good vibes

