



## WCDS WELLNESS PLAN

# Putting the Pieces Together Well

Programs for the 2023-2024 school year

As life took up its usual cadence following years of pandemic unknown, it came to light that things wouldn't simply return to the way they were, but rather some things had changed. Among those changes, schools have found observable differences in social and emotional wellness among students and adults.

Westchester is launching a wellness plan for the 2023-2024 school year because wellness is as important a topic as ever. This plan is designed to help families and teachers navigate the new normal with confidence and make space for their own well-being as they care for the children around them. It includes educational resources, speakers, programming and services to promote mental health, reduce stress and encourage resiliency. The goal is to strengthen overall wellness in the school community so students, teachers and parents can continue to pursue academic and personal growth.

**Parents**

**Students**

**Faculty**

**All School**

Topics to be explored to support overall social and emotional wellness:

- Mental health in children
- Social media/technology
- Early literacy
- Independence in learning
- Physical health and nutrition
- Character development
- Strategies for managing stress
- Healthy sleep habits
- Safety tips and more!

**Parents**

**Parent Education Series**

**Quarter 1**

Mental Health  
in Today's Child

**Quarter 2**

Social  
Media and  
Technology

**Quarter 3**

Supporting  
Learning from  
Home

**Quarter 4**

Caring for  
Physical Health

Opportunities include book clubs, panel discussions and articles.

**Students**

**Lower School:**

Core Essential Values and monthly character words, community meetings, guidance lessons, lessons with the school counselor, yoga

**Middle School:**

Advisory lessons in collaboration with Social Institute, extended science curriculum, and lessons with the school counselor

**Upper School:**

Advisory lessons, Tranquil Tuesdays, Wellness Wednesdays emails, and Mental Health Awareness Club, classroom yoga, meditation

**Faculty**

- Personal and Professional Growth Plans
- Faculty Learning Teams:
  - *Why We Sleep*
  - *Being Our Best Selves*
- Exercise sessions and Kever book clubs
- Wellness Wednesday emails from the Wellness Team

**All School**

- Timely health and safety tips in school newsletters during the year

