WCPS Belief Statement: We believe that schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns, since research shows that good nutrition reduces the risk for mortality and the development of chronic diseases. In addition, we believe that physical activity contributes to wellness, and, therefore, should be valued, modeled and promoted during the school experience.

<table>
<thead>
<tr>
<th>Grade Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>25-28</td>
<td>&quot;A&quot; - Your school's plan is comprehensive, includes SMART goals, includes statements of specificity, uses data and strategies to fulfill an observed need in your school community.</td>
</tr>
<tr>
<td>20-24</td>
<td>&quot;B&quot; - Your school's plan is strong and is headed in the right direction. It contains SMART goals and are working toward making your strategies more specific and based on data from your school community.</td>
</tr>
<tr>
<td>16-19</td>
<td>&quot;C&quot; - Your school's plan is working toward to improvement. It includes goals, however, there is a need to strengthen the goals to be more specific, measurable, attainable, relevant and time-bound. Additional resources may be needed to help improve progress.</td>
</tr>
<tr>
<td>12-15</td>
<td>&quot;D&quot; - Your school's plan is in need of re-evaluation to determine if the goals being written are SMART goals, and if they will meet the needs of your school community.</td>
</tr>
<tr>
<td>0-11</td>
<td>&quot;F&quot; - Your school's Health and Wellness Committee should receive additional training on the Health and Wellness Action Planning and Implementation process. The school should work to build a strategy to improve the health and wellness opportunities for staff and students.</td>
</tr>
</tbody>
</table>
Berlin Intermediate School

**Overall H&W Grade: B-**

**Goals Met:** 4 of 4 goals were met

**Action Plan Score:** 23 out of 28

The BIS Health and Wellness plan for the 2021-2022 school year was successful. Students and staff were excited to get back to normalcy after a few years of the pandemic. Students were excited to bring new activities, which would help them to improve their cardiovascular endurance, muscle endurance and flexibility. The Physical Education teachers focused on activities during the warm-up as well as in class that focused on the three student health and wellness goals. Some examples of the activities were Rock, Tree and Bridge relay race, musical spots yoga, fitness ball run, heart tabata, crab walk relay and the student’s favorite, music station interval training! Each of the three student goals had a 90% success rate where students had to meet specific criteria to be successful.

The Berlin Intermediate School staff decided they wanted to participate in a biggest loser weight loss challenge. Data showed that 33 staff members participated and 219 total pounds were shed! Staff participation grew from our last weight loss challenge several years ago and they are looking forward to it again in the future.

Staff enjoyed the BIS workout room, as well as several activities such as kickboxing and Zumba classes. Staff participated in afterschool activities such as walking around the school on a one-mile outlined track, as well as inside gym activities.
Buckingham Elementary School

Goals Met: 4 out of 4 goals were met

Action Plan Score: 28 out of 28

June 2022 - Buckingham Elementary School’s Health and wellness Action Plan for the 2021-22 school year complements the Worcester County Public School’s belief that schools have a responsibility to help students and staff establish and maintain life-long health habits centered around nutrition and fitness. Each of our four goals was established based on data from our 2020-21 Action Plan and a survey sent out to the entire faculty and staff at the beginning of the 2021-22 school year.

Our most successful goal for the faculty and staff was implementing “Wellness Wednesdays”. Every Wednesday, staff dressed ready to exercise and completed a fitness activity with their students as a school wide fitness activity. The activity was led by the Physical Education department. This was an activity that we plan to continue next year. One of our most successful activities for the students was providing before school and after school opportunities for physical activities. We had over 100 participants in various clubs throughout the duration of the school year. Both initiatives supported our focus of providing more opportunities for physical activity involvement for all students and staff.

We continued providing students opportunities to participate in physical activity breaks above and beyond physical education classes, outdoor recess and class transition periods. During indoor recess, students were given opportunities for physical activity using gonoodle.com and other resources. Once a week, all students receive social emotional wellness instruction via our second step teacher. This aligns with our goal of providing students with research-based programs that focus on mental health. We also increased our students’ awareness of healthy food choices and practices through our Integrated Health Literacy Lessons and our partnership with the Maryland Extension Office.

Faculty and Staff continued to enjoy activities that focused on our goal of increasing healthy life choices through participating in healthy eating, exercise and/or stress management techniques before, during and after the school day. Popular activities included walking challenges, wellness morning announcements challenges, and healthy recipes bulletin board in the workroom.

Plans for next year will focus on continuing the health and wellness goals from 2021-22 and incorporating restorative practices to assist in improving mental health.
**Cedar Chapel Special School**

**Overall H&W Grade:** B

**Goals Met:** 4 of 4 goals were met

**Action Plan Score:** 23 out of 28

The CCSS Health and Wellness team has a lot to celebrate this year as we have met 4/4 of our health and wellness goals set forth in our school’s Health and Wellness Action Plan. The students met the goal of striking objects with short and long-handled implements but this was only achieved when presented with a variety of activities.

Encouraging students to use communication to identify physical activities they find enjoyable became less of a challenge as the year progressed and the students had opportunities to explore a variety of activities.

Most of the CCSS staff was inclined to sign a contract agreeing to actively pursue individual health & wellness challenges. However, some staff members required multiple friendly reminders to submit the contract to the health & wellness team. Staff also met the goal of participating in monthly health & wellness activities but not without many attempts at exploring a wide variety of activities.

The CCSS health & wellness team looks forward to including more opportunities for community involvement and interaction. A potential challenge could be that this school serves the entire county so the specific “community” is more widespread. We also look forward to working with the local health department and including more opportunities to promote mental health and wellness.
Ocean City Elementary School

Overall H&W Grade: B-

Goals Met: 3 out of 4 goals were met

Action Plan Score: 21 out of 28

Through the Ocean City Elementary Health & Wellness Action Plan, we witnessed success for our students and staff. Once again, this year, we followed many of the same activities because they have become the norm for us at OCES. Over the past two years, Covid Guidelines have hindered some of the physical activity levels throughout the school. Therefore, one of the objectives this year was to increase student participation and faculty participation during the school day. This decision was extremely popular and successful as the classroom teachers again performed “Fitness Brain-Breaks” in and out of the classroom. This year, we are proud to announce that ALL faculty did some type of “Fitness Brain-Break” with their students. Research shows that physical activity helps children learn at a better rate than students who are inactive. We are very proud of the new activity that we incorporated with the Circuit for the faculty & staff. This activity is mostly done on an individual basis, but sometimes in groups. Staff walk 1+1/6 laps and do the exercise on the chart provided and then walk another 1+1/6 lap and do the exercise on the next chart. The Stress Management activity was a tremendous success as well.

Ocean City Elementary met the four goals for Health & Wellness.

Goal #1 was to increase student participation in various physical activities during the school day and was met. This goal was met through participation in different physical activities which included ACES, Jump Wave, Fitness-Brain Breaks (100% participation), Kids Heart Challenge ($25,000.), 5-mile BoardWALK walk event (2nd, 3rd & 4th grade students, teachers and staff), YardWALK (Pre-K, K and 1st grade students and their teachers). Another way that Goal #1 was met was through raising money to help our community. We include this into Goal #1 because it intertwines with the students’ physical activity level AND their Mental/Social Health as well.

Goal #2 stated the need to increase Community involvement by fundraising for different events. Several community organizations benefited from monetary donations collected by our students and their parents. Some of these include the Humane Society, Wear Pink DRAHEIM (over $23,000) to benefit Lakelyn Draheim and her family. This goal was also met through the Beach Safety Lesson that was provided during all PE classes by members of the OCBP. The members of the OCBP were also student interns and one is a Lieutenant for the OCBP.

Goal #3 was to increase Faculty/Staff participation in after-school physical activities and was met through the various clubs that we offered. We met Goal #3 through activities such as the Fitness Circuit which was a tremendous success with F&S members working out on an individual basis and with groups. Another success was the ACES + You walk activity with the teachers and students walking around the ACES field for 30 minutes once a month. The students and faculty love participating in the event as it helps with physical activity and socialization as well.

Goal #4 was the introduction of Stress Management activities for the Faculty & Staff on PD days during the school year. Unfortunately, the actual professional development was not completed BUT, we did do puzzles divided into 6 different groups during one of our PDs.

In conclusion, the Fitness Circuit and Stress Management activities were the most exciting aspect of the H&W plan. We saw a lot of progress this year around teacher comradery and participation. I expected to have many faculty members shy away from the exercise and not want to participate; however, this was not the fact as they were adamant about winning! Next year, we plan to continue with the plan as it stands and incorporate more activities for faculty/staff and students to be physically active during and after the school day.
At Pocomoke Elementary School this year, we introduced many new and innovative ideas to our staff, students, and our parents in the area of wellness. Our first goal was to grow a healthier staff and build camaraderie while exercising together, through healthy meals at our meetings and awards at school. This contributed to the overall culture of our school. Healthy behaviors improved the everyday quality of life and lowered stress levels as measured by participation in the planned events throughout the duration of the 2021-2022 school year. This year 100% (70 out of 70) of our staff participated in wellness in some way; luncheons, fitness activities during the school day or after the school day, and staff wellness moments. This year we offered several walking programs to our staff on their own time and self-reporting, after school Walking Wednesdays, Reflexology during Teacher Appreciation week, and healthier options for luncheons. Staff participated in our quarterly ACES events (Jump, Dance, Dr. Seuss, and Field Day).

Our second goal was to increase the awareness of the components necessary for living a healthy lifestyle to our parents/guardians and students as measured by the attendance at school events and interacting with our school staff and community partners within the duration of the 2021-2022 school year. This year we turned our Annual Dancing through the Decades event into a Health and Wellness fair with community vendors (7 vendors) and parents and students (approx. 326 people) on a Saturday, April 23, 2022. It was a huge success making many connections with parents, students, staff, and community vendor partnerships! In the area of parent and community involvement, we were successful with giving healthier information and healthy alternatives information to our parents during family nights. This year we gave wellness information at 6 different events. The most popular was our Spring Dancing Fair.

Goal number 3, our student goal is to increase access to a variety of fruits and vegetables in the school through taste testing experiences as measured by the monthly Pre-K 4 year olds & Kindergarten lessons and experiences taught by Mrs. Christine Main of the University of Maryland Cooperative Extension Service SNAP-ED program throughout the duration of the school year, with a wrap up event for the entire school to try “Sylvia’s Spinach Salad,” book and tasting. We met this goal, throughout the school year, Mrs. Main provided lessons and tastings of a variety of vegetables for all the Pre-K 4 year olds and Kindergarten students. On Thursday, June 9, 2022 the entire school was encouraged and had access to try “Sylvia’s Spinach Salad,” a fruited spinach salad with mandarin oranges, craisins, and low-fat raspberry vinaigrette, that almost every single child tried and received a sticker and story book, during their lunch shift, thanks to Christine Main of University of Maryland Extension Service SNAP-ED program and Mr. Odtis Collins of Worcester County Board Nutrition Director.

Our fourth and new goal this year was centered around our school’s water sources. The opportunity for our students and staff to receive access to safe and drinkable water was increased within our school. An American Heart Association grant award was used to purchase filtered water bottle filling stations for the school. Machines will be placed throughout the school, with grade level accessibility. We have purchased 1 wall unit and 5 tabletop units (with 2 replaceable water filters) of water bottle filling filtered water machines. Status...We are waiting on machines arriving and being installed for the start of the 2022-23 school year.

Pocomoke Elementary School’s goals centered around seeing the whole child and valuing our students’ overall health and well-being, providing all with the knowledge for student success and overall good health.
This year Pocomoke High School prioritized the mental health of our staff and students. We knew that in-person relationship building, focused on health and well-being, was paramount after the Covid-19 pandemic. By providing many “pick-me-ups” and morale boosting activities for staff, we navigated the challenges of transitioning back to normal routines. We created new programs like ‘Fan One’ and ‘Staff Bucket Fillers’ while also rethinking our healthy lunch events for both staff and students. Our School Counseling department assisted in creating professional development for staff that focused on restorative circles and team building and created Mental Health awareness for students during the month of May.

Our health initiatives spanned the regular school day, including into our Your60 flex time and into our afterschool academies. We advertised these programs across different forms of communication including, email, in-person visuals and social media and held a family event that promoted mindfulness. We grew as a school. We are healthier in our minds and bodies and excited to reveal new health initiatives for the 2022-2023 school year!
This year at Pocomoke Middle School, our staff and students were able to accomplish so much! Many staff members took on new responsibilities and helped organize fun, engaging events for everyone to participate in. Developing a more robust team of professionals who care about health has allowed us to be more creative when planning ideas.

This year was the first year of our Corn-Hole Tournament were there were multiple divisions for both students and teachers. There was an overwhelming amount of interest and students were even able to watch/cheer on the championship rounds!

Students also had multiple opportunities to try new things such as swimming at the YMCA, bowling at the local lanes, and mental health boosting activities in the arts.

Finally, our school was able to build a health & wellness section in the library. Students and staff members could check-out yoga mats, nutrition books, and other media that promotes physical and mental health.

Overall, it was an extremely successful year for the overall health of our school. With more participation than ever, I am extremely excited to see what new developments happen at our school. Pocomoke Middle is rapidly becoming a healthy community of teachers, students and parents!
Goals Met: 2 of 4 goals were met

Action Plan Score: 18 out of 28

This year’s Health and Wellness action plan for Stephen Decatur High School was more inclusive to encourage both faculty and students alike to participate in activities in tandem, which encourage health and wellness. We kicked off the year with the inaugural SDHS Homecoming 5K Relay after 18 months of Covid shutdowns. Although we were lacking a teacher and an alumni team, we were pleased to have 8 relay teams involved including a parent/child team and a team from the community. We hope to continue to promote this event and watch it grow in the future.

Our second goal of the year encouraged students and faculty alike to make healthy eating choices during the new semester in February. Through the use of social media and gift card incentives, the campaign was successful in raising awareness and participation in packing healthy lunch choices.

This activity was followed by Mental Health Matters Week during the first week in May where the guidance office planned activities to promote mental health awareness and strategies for students and staff to deal with stress and anxiety.

Our final activity focused on the physical and mental health of the SDHS faculty as the Health and Wellness team encouraged participation in the Worcester 10K A Day Challenge sponsored by Care First. Although participation was not as strong as expected, those that did participate reported a positive experience.

Our hope for next year is to continue to offer activities that involve both faculty and students alike. A focus on restorative practices will look to build community and strengthen relationships within the school. We would also like to include more long term activities that may have a more positive impact on health and wellness throughout the school year. Expanding our health and wellness activities into the after school program will also be explored. The need for a better defined and involved Health and Wellness Team will hopefully be addressed to improve the planning and participation of our health and wellness goals for the future.
Stephen Decatur Middle School  Overall H&W Grade: B+

Goals Met: 4 of 4 goals were met

Action Plan Score: 24 out of 28

Stephen Decatur Middle School’s 2021 – 2022 Health and Wellness action plan was very student-centered and successful. Students were provided a variety of activities that promoted physical, mental, social and emotional health. The year kicked off with the After School Academy offerings clubs and opportunities such as Builders Club and the Student Government Association. Students participated in Red Ribbon Week, which promotes the dangers of drug use, we hosted a Turkey Run in November through physical education classes, and in April, SDMS students had the unique opportunity to experience the MegaBrain. The Mega Brain is an inflatable brain which interactively showed students the dangers and effects of drug use. SDMS staff also has opportunities to participate in the Turkey Run in November and 34 staff members organized a book club which meets monthly. Considering we started the year adhering to some limiting COVID restrictions, we think SDMS did an excellent job providing opportunities for our students.

Next school year, our goal is to provide more activities geared towards physical health. The various clubs and activities in place do a great job promoting social, mental and emotional health so SDMS will offer more physical opportunities for our staff and students. Stephen Decatur Middle School will also pair up with Stephen Decatur High School on some activities to hopefully get more student and/or community involvement. Since the schools are so close, it would be a great opportunity to bridge them together. Another Health and Wellness focus will be geared towards staff next school year. Ideally, these initiatives will be easily included in the normal day, like step competitions, or through after school activities like group workouts.
Showell Elementary School

Overall H&W Grade: C

Goals Met: 3 out of 4 goals were met

Action Plan Score: 18 out of 28

At Showell Elementary School we succeeded in bringing the teachers and students back together for physical, mental, and emotional wellness. It has been a stressful year trying to find some sense of normalcy, and the wellness initiatives put in place at SES assisted in bringing some tranquility into the building.

From our Walk Wednesdays to Restorative Practices/Community Circles, there was something for the staff and children alike. In the future, we need to increase community involvement in our wellness initiatives. One way we will improve this is through the Color/Fun Run we will be promoting at the beginning of next school year. We are looking forward to growing the programs we have in place and adding new and innovative ideas in the years to come. We will also include data in the creation and monitoring of our action plan. Our goals will be created from baseline data and we will provide outcome data to measure success.
Snow Hill Elementary School

**Overall H&W Grade: A**

**Goals Met:** 4 out of 4 goals were met

**Action Plan Score:** 27 out of 28

The SHES Health and Wellness Committee was tasked with assessing the health practices at our school while prioritizing and implementing strategies to improve the total wellness of students and stakeholders within our school community. To achieve this, we used the Maryland Wellness Scorecard to identify specific areas of wellness that we can improve at our school. We determined that our areas of focus would include physical activity and opportunities to improve mental wellness for students and staff within our building.

**Goal #1:**
During the 2021-22 school year, 75% percent of all students ranging from kindergarten to 3rd grade will walk a total amount of 4 miles before June 1st, 2022, by participating in 1 whole group walk each month during Physical Education class.

  Outcome: We were successful in completing this goal, 236 out of 286 students completed all monthly walks throughout the school year (87%). It was important to keep record of students completing walks each month. The monthly walk tracker attached will show the data collected throughout the process.

**Goal #2:**
During the 2021-22 school year, 80% percent of all students ranging from 1st to 3rd grade will participate in a seminar by “Glo Germ” which includes a visual demonstration of proper hand washing and infection control.

   Outcome: Our participation goal was met on Feb 23rd because we communicated with teachers and parents to promote the event. We also planned out a detailed presentation schedule and logistics to help the event run smoothly. The attendance sheet attached shows the students who were absent from school on 2/23.

**Goal #3**
During the 2021-2022 School year, Snow Hill Elementary staff members will have the option of self-care on campus by participating in a Massage Therapy session.

   Outcome: We originally included percentages in our goal statement, however, we had lower attendance than expected, since teachers were instructed that they could leave at noon on the half day. We still had over 10 participants and the sign-up appointment sheet has been attached.

**Goal #4**
During the 2021-2022 School year, 75% of the Snow Hill Elementary staff members will participate in school wide wellness walk with students to promote personal health, and to celebrate students walking a total of 4 miles by the end of the school year.

   Outcome: We did achieve this goal as 78 percent of staff members in our building participated in the event. The picture attached will show us lining up to begin our walk, students also created posters to support walking for wellness.
Snow Hill High School

**Goals Met:** 4 out of 4 goals were met

**Action Plan Score:** 26 out of 28

This year has been one of Snow Hill High School’s best years for Health and Wellness. Being back in school made it easy to implement activities. Students and faculty were ready participate in events again! One new event was our staff utilizing a Beach Body On-Demand subscription. Faculty and staff enjoyed being able to workout in their own spaces and choose various workouts that were best for them. We created a 12 days of fitness program, to incentivize faculty using the subscription right before Christmas. We created a weekly schedule in February and March to give faculty ideas of which workouts to do on specific days. Those emails also included recipes.

Health Newsletters in bathrooms have always been successful. We post district-provided Stall Talks, but also create our own school-based health newsletters. The parent teacher conferences moving to the rec center as “Walk and Talks” were a huge success that allowed not only faculty to be active, but parents and students to be active as well. There were prizes and incentives for each lap that people did!!

Mental and Emotional health was a big issue this year for staff. Faculty enjoyed the Relaxation room, Talon team challenges, and our school wide fun day. All were greatly appreciated and welcomed. Overall, we felt like this year was a huge success. There were so many events/activities that we were able to incorporate into our plan!!

The biggest challenge was just gathering baseline data, since we didn’t have many events last year. It is hard to gauge what was successful from last year because we didn’t have much data or any at all. We gave an overall survey on the year as a whole and we received great feedback, however, we did not have “specific” data criteria on meeting specific goals.
Snow Hill Middle School

**Overall H&W Grade:** C

**Goals Met:** 3 out of 4 goals were met

**Action Plan Score:** 18 out of 28

This year at Snow Hill Middle School, our staff and students had many opportunities to participate in events that promoted healthy living, and mental and emotional wellness. Our team worked together to plan and execute events that brought students and staff together to help improve their overall wellness.

Successful events/initiatives this year included a winter Snowflake Run, a spring Sports Day, and other fun pop-up events. We modified one of our goals mid-year, as distancing regulations, administrator approval and other factors changed. Overall, we had more staff participation this year in our health and wellness initiatives than the last three years. We were also fortunate to host events with community members such as the 5k a Day with the fifth grade, and the Torch Run with Cedar Chapel Special School.

Moving forward, we are excited about new ideas and activities that will be planned for the upcoming school year. Next year, we will focus on data collection and working to determine what our students and staff truly need the most, to help guide our plan.
Worcester Technical High School

Overall H&W Grade: B

Goals Met: 3 out of 4 goals were met

Action Plan Score: 23 out of 28

Worcester Technical High School worked very hard this year to continue making health and wellness an integral part of the culture of the organization. The efforts made by the wellness committee were a success in many ways. Four goals were set at the beginning of the school year: 1) Promote wellness among staff through education 2) Promotion of physical fitness and activity level in faculty and staff 3) Promote staff morale to address wellness as a holistic state of physical, nutritional and mental health 4) To increase the availability and level of student participation in wellness initiatives at WTHS during the 2021-2022 school year.

Educating staff on wellness and nutrition, and sharing information and resources is a primary target for our school. We started the school year with our annual Rite Aid Flu clinic in the fall and will continue to do so in the future. Throughout the holiday season we held a “Maintain Don’t Gain Challenge” during which we provided staff with weekly emails that included healthy recipes, fitness tips and strategies to stay motivated and make healthier choices throughout the holidays. We had 22 staff members participate and all achieved the goal of maintaining their starting weight within 2lbs. Finally, ongoing education and implementation of the ever-changing COVID safety policies and “Safe Return Plan” was a huge focus and success.

The goal of promoting fitness and activity level among was a great success for our wellness team. The committee continued to sponsor a Beach Body On-Demand All Access Pass for staff to utilize. Based on the tracked activity, a total of 159 workouts were completed with a weekly average of 4.2 workouts. There were a few additions to the Wellness Room this year including an Apple TV, new yoga mats, yoga balls, and more. The Wellness Room remains accessible to students and staff. This spring we offered a “Step into Spring” step challenge. We had a total of 26 participants and walked over 3,600 miles cumulatively.

Building community culture and morale is an ever-present challenge of any organization. Feedback from staff on the End of Year Health and Wellness Survey was overall positive that the efforts of the committee were valued and successful. Most staff reported the wellness initiatives implemented as useful or extremely useful and over 80% reported an increase or improved community culture at our school.

Being able to involve students in wellness initiatives at WTHS always presents a challenge due to our limited time with them. Our efforts during Red Ribbon week were a huge success with spirit days, door decorating and the planting of red tulip bulbs. Unfortunately, we were faced with many obstacles while trying to plan a Spring Event for students. Our committee will continue to brainstorm ideas for including students in wellness initiatives for next year.