

WSCC School Successes 2020-2021



Atlantic County Institute of Technology



Provided virtual fitness and mindfulness/yoga sessions for students and staff, some from the Step Up to Fitness program and the Biggest Loser competition.

Students and families participated in the 12 Weeks of Wellness program with virtual “Cooking Matters for Teens” sessions.

Purchased new equipment for PE classes, that can also be used for after school wellness activities.

Carteret High School

Started an Incorruptible Us club. The after school club was fully virtual. Club members created a peer-to-peer Vaping Prevention video and quiz. This was seen by 1,400 middle and high school students during their health classes.

94% said the video impacted their knowledge and attitude towards vaping.

79% rated the video highly enjoyable.

Club members are working on recruitment to keep the club going in future years.

**INTERESTED IN
JOINING?**

**INCOR
RUPTI
BLE.US**

Incorruptible US is a Pathways Club that promotes the wellbeing of students and advocates for vaping prevention at Carteret High School.

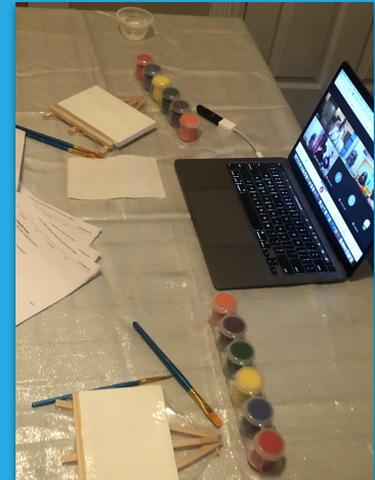
We're Always Looking For New Members!

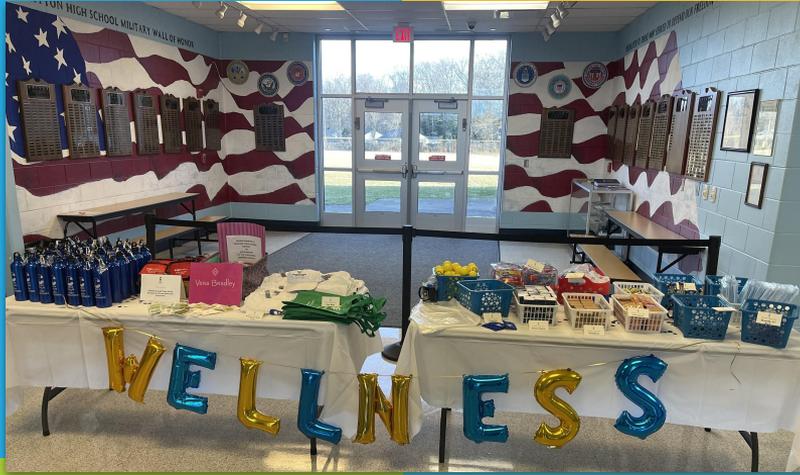
+ **Community Service Hours**

Email Jeanne At:
jneuwirth@carteretschools.org

Chancellor Ave School

Health and Wellness team had a virtual social Joke & Paint event for students and families.





Clayton High School

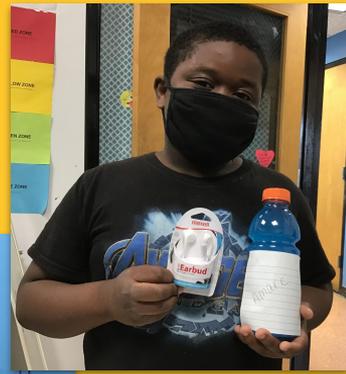
Hosted Wellness Tables for K-12th grade staff. Staff filled goodie bags with the health and wellness items on the table, including reusable water bottles, masks, hand sanitizers, pedometers, tissues, Advil, etc. The staff loved the tables; the H&W Team received many appreciative comments, emails, and phone calls. It was really a morale booster for the end of the week!

Dr. Martin Luther King Jr Middle School

Hosted virtual Wellness Wednesday Activities for students and parents, including cooking/baking classes, bingo, exercise sessions, crocheting lessons, crossfit, and information sessions on travel, self care, and essential oils.

Sent kits for staff wellness and Motivational Monday emails that highlighted staff members. Created a Happy Cart filled with prepackaged treats once a month for staff to brighten spirits and show appreciation.

Implemented the PBIS Rewards software for students. It rewards students based on the pillars: Be Ready, Be Respectful, and Be Responsible. Students could use the points earned at the school store for prizes and events.



Elizabeth Public Schools

10 schools received the EZ Ride/Safe Routes to School award for improving walking and biking safety in their school communities

Over 100 teachers were trained in Youth Mental Health First Aid

Hamilton Academy and FJC Academy are participating in the HealthCorps: Teens Make Health Happen project

2 teachers were honored by the NJ Association for Health, Physical Education, Recreation & Dance. Belinda Jimenez was awarded NJ Middle school teach of the Year and Jairo Labrador was awarded NJ Physical Activity Champion.





Essex County West Caldwell Tech

We conducted an entire school staff training on LGBTQ+ awareness and increased our school community activities relating to LGBTQ+. Provided staff training on integrating Social Emotional Learning into the classroom and continued Staff Wellness programs relating to exercise and healthy eating.

Halsted Middle School

Focused on the immediate needs of students. Promoted their Food Assistance program that serves anyone in the community under 18 with breakfast and lunch each day. The H&W Team ordered reusable water bottles for each student so that they could use the bottle filling fountains throughout the school since the regular water fountains are closed.



Joseph H. Brensinger

Togetherness activities presented by PS#17's Eagles on the Move.

Wellness Wednesdays in February offered healthy tips and activities that sparked classroom participation and excitement.

Fit Fridays in March offered dance parties, spring scavenger hunts, and fitness challenges.



Middlesex County Vocational and Technical Schools - Piscataway



School Mascot, Darth Raider, helped build comradery among the school. He visited classes helping students form a meaningful connection with the school. Darth Raider has also starred in school videos and attends the Open House sessions.

Created a Piscataway Tech themed escape room. The escape room asks health and wellness related questions as well as questions about the school.

Middlesex County Vocational and Technical Schools - Woodbridge

Organized virtual acting classes through George Street Playhouse to expose students to the arts because their coursework is heavily math and science based. The program ran after-school from May to June.



WOODBRIAGE ACADEMY'S
WELLNESS COMMITTEE PRESENTS...

acting workshops with by Georgetown Street Playhouse

Each of the 6 classes will cover a different acting technique, guided by actor in residence Louis Sallan. Sallan holds an MFA in Acting from NYU and has been working professionally as an actor, teacher and dialect/acting coach for over 10 years in NYC, including five years as a teacher for New York Film Academy youth programs.

Thursdays from 3:30-5:00pm
To sign up, join our wellness classroom: [idqultq](#)

We can only accept the first 25 students to sign up per workshop so reserve your spot [now!](#)

We hope to see you there!

Sponsored by Whole School, Whole Child Wellness school grant through Empower, Inc.

Millville Public School

Lakeside School ran a “Biggest Loser” competition and successfully motivated staff to exercise and eat healthy.

The Human Resources Department coordinated with local health departments and clinical vaccination sites throughout Cumberland County to provide school staff opportunities to get their COVID-19 vaccine.

The Food Services Department went above and beyond to provide students with food during virtual/hybrid learning.



Ocean City Intermediate School



The Wellness Center was planned during Year 1 of the WSCC grant and fully implemented last year. It is headed by the School Social Worker who provided individual and group counseling, addressing anxiety, depression, social skills, self-esteem, peer relationships, and much more. It is a safe place for students to have a brief time-out when needed throughout the day.

Teaneck High Schools

Implemented the Parents As Champions grant projects.

Created Wellness Wednesday Stress Management workshops for students.

CALLING ALL SENIORS!

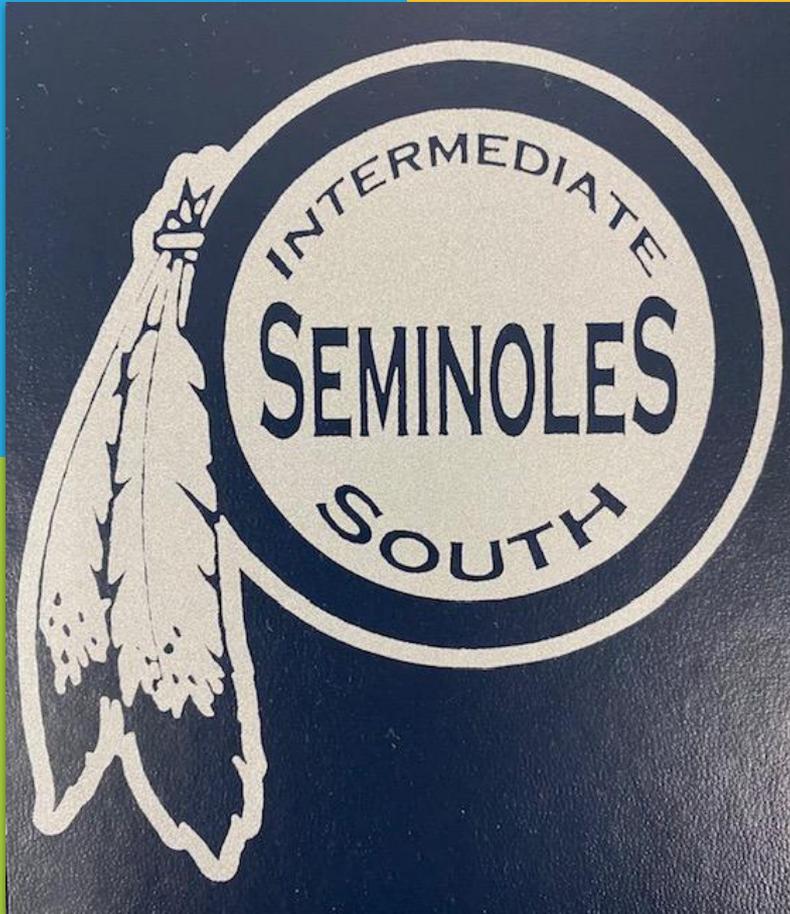
Wellness Wednesday

stress we got you!

Classes:
Yoga, Zumba, HIP HOP Exercise, Artistic Expression, Wellness Activities Games, Coloring and Bingo Win A Prize!

April 14, 2021
1:30pm - 3:30 p.m.
Sign Up and receive extra credit for gym!

COSPONSORS: ADOLESCENT HEALTH TEAM AND FORUM

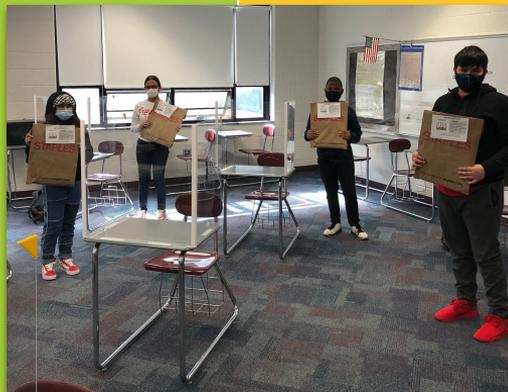


Toms River Intermediate South

Our staff had the opportunity to work with Frank Picone during our 1/2 day Professional Day. The focus was on Zones of Regulation. During the workshop we discovered the alarming neglect of self-care. So we decided to focus on self-care. Our Guidance Office sends Self-Care tips & reminders via email, our Interact Club assembled appreciation bags with goodies for each teacher, and is in the process of working on another surprise for them.

William Davies Middle School

Formed a connection between the school and community with the SFSP meals program. This provided free breakfast and lunch to students and families. The team contacted all the families in the district and formed community partnerships. The food distribution provided families with food pantry boxes, Easter baskets, Thanksgiving turkeys, etc. This was also a means to connect families to health services. This was promoted by giving out Acme gift cards and free wellness kits.





Wildwood Public Schools

Assisted students in becoming more successful within the hybrid and remote environment. They saw a notable improvement in student attendance and virtual participation.

Implemented a reward system that provided students with the opportunity to earn \$10 gift cards from businesses within walking distance on the island.