

Wayne Local Schools Wellness News!



Wellness Committee Members

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Weekly meetings: Mondays @ 9:00 am

A professional collaborative team that dedicates time to be intentional about promoting overall wellness and support for our entire school community

Core Values aligned to Waynesville Way

Express Care: 'Show me that I matter.'

- Be dependable
- Listen
- Believe in me
- Be warm
- Encourage

Provide Support: 'Help me to complete tasks and achieve my goals.'

- Navigate
- Empower
- Advocate
- Set Boundaries

Expand Possibilities: 'Connect me with people and places that broaden my world.'

- Broaden Horizons
- Inspire
- Connect

Challenge Growth: 'Push me to keep getting better.'

- Expect my best
- Stretch me
- Reflect on failures
- Hold me accountable

Share Power: 'Treat me with respect and give me a say.'

- Respect me
- Include me
- Collaborate
- Let me lead



Highlights from our first year

- Met weekly to discuss academic and SEL concerns and celebrations of students across our entire campus pre-K-12
- Started newsletter
- Handwritten notes
- Monthly staff spotlight/recognition
- “Jeans Wednesday” initiative raised money for charitable causes/ local non-profit organizations

Roadmap: Vision for the Future



Thanks!
Any questions?

Staff Input:

[Google Form Link](#)



SCAN ME



Altruistic August 2021

Daily actions to help you be kinder to others (and yourself too).

Altruistic August 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Set an intention to be kind to others (and yourself) this month	2 Send an uplifting message to someone you can't be with	3 Be kind and supportive to everyone you interact with	4 Ask someone how they feel and really listen to their reply	5 Spend time wishing for other people to be happy and well	6 Smile and be friendly to the people you see today	7 Give time to help a project or cause you care about
8 Make some tasty food for someone who will appreciate it	9 Thank someone you're grateful to and tell them why	10 Check in with someone who may be lonely or feeling anxious	11 Share an encouraging news story to inspire others	12 Contact a friend to let them know you're thinking of them	13 If someone annoys you, be kind. Imagine how they may be feeling	14 Take an action to be kind to nature and care for our planet
15 No plans day! Be kind to yourself so you can be kind to others too	16 Make a thoughtful gift as a surprise for someone	17 Be kind online. Share positive and supportive comments	18 Today do something to make life easier for someone else	19 Be thankful for your food and the people who made it possible	20 Look for the good in everyone you meet today	21 Donate unused items, clothes or food to help a local charity
22 Give people the gift of your full attention	23 Share an article, book or podcast you found helpful	24 Forgive someone who hurt you in the past	25 Give your time, energy or attention to help someone in need	26 Find a way to 'pay it forward' or support a good cause	27 Notice when someone is down and try to brighten their day	28 Have a friendly chat with someone you don't know very well
29 Do something kind to help in your local community	30 Give away something to help those who don't have as much as you	31 Share Action for Happiness with other people today				

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Altruism is vital for the human race to survive and thrive; and each of our lives is supported by countless kind acts from other people. Yet in our world today, so much is directing us to think only about ourselves - and we often forget the happiness that comes by caring for others. We want to change that. This August Action for Happiness asking everyone to take one kind act per day. Let's create a wave of kindness to spread around the world.