

District Wellness Policy Action Plan 2020-21

Highlights of Accomplishments for Year Three of a Three Year Plan

June 2021

The goal of this year was to focus on health and safety efforts to mitigate the spread of COVID-19, and to provide mental health support for students and staff during the pandemic.

During the 2020-21 school year, the District Health and Wellness Committee (DHWC):

- Held a half day educational session for all District employees in the fall on new safety procedures put in place to reopen schools.
- Coordinated with the District Mental Health Committee, communicating social/emotional resources available for students and staff.
- Promoted Maine Employee Association Benefits Trust (MEABT) staff wellness events including:
 - The “Self-Care Challenge”
 - The “Stretching Challenge”
- Promoted the 5-2-1-0+8 Let’s Go message in schools, focusing on self-care for staff and physical activity for students. Schools promoted:
 - Hydration / mask breaks
 - Motor / walking outside breaks
 - Techniques for stress and anxiety reduction