

2018 - 2019 DISTRICT GOALS ACTION PLAN

DISTRICT GOAL #2: Over the past several years Northern Highlands has focused on student wellness. For the 2018/2019 school year, Northern Highlands will increase opportunities for student wellness at both the classroom and district level in an effort to continue to increase student coping skills and awareness.

Major Activities	Board/staff	Resources	Constraints	Timelines	Indicators of Success
1. Convene a Wellness Committee to provide oversight for all aspects of the district's wellness goal.	Mr. Occhino Ms. Peterfriend	District Staff	Time Coordination of participants	Sept. 2018 – June 2019	Meeting agenda Meeting minutes Bi-annual report outlining committee work
2. Assess feasibility for an alternative program for students who need a smaller setting or are transitioning back into the district from other placements.	Mr. Occhino Mr. Simonetti Ms. Peterfriend Mr. Buono Mr. Grabelsky	Recommendations from the 2017-2018 district goal.	Budget Facility Upgrade	Sept. 2018 – Dec. 2018	Notes and project recommendations Budget line item for upgrades Hiring of staff Facility upgrade complete
3. Research and discuss a Stigma Free initiative for implementation during the 2019-2020 school year.	Mr. Occhino Ms. Peterfriend Wellness Committee	Bergen County Stigma Free Toolkit Time Website	Time Scheduling	Sept, 2018 – June 2019	Special Days/Events Recognizable changes in school culture

4. Wellness Programs for both students and parents will be assessed and run as appropriate throughout the school year.	Mr. Occhino Ms. Peterfriend Wellness Committee	Time Possible funding Special schedule Facilities	Time Budget Availability of speakers	Oct, 2018 – June 2019	Execution of Wellness events and assembly programs
5. Work with SAC to create a parent's night program to share district and state resources for wellness as well as other areas of need.	Ms. Peterfriend Mr. Grabelsky	Time Possible funding Website Guest speakers	Time Budget Availability of speakers	Sept, 2018 – June 2019	Planning Scheduling Execution of Program
6. Northern Highlands PE department will look to incorporate wellness aspects into it curriculum such as Yoga and other areas of stress management.	Mr. Simonetti Wellness Committee Wellness Staff	Scheduling Curriculum	Time Adequate facilities Possible funding needed	Sept, 2018 – June 2019	Revised curriculum Unit plans Implementation of wellness programs and activities

