



idge Wellness

Presentation to the Board of Education RHS Wellness

October 25, 2021



The Bernards Township Mission Statement

The mission of the Bernards Township School District is to provide a **superior education** which results in academic excellence, **responsible behavior, good citizenship** and fosters **social-emotional development** so that ultimately each student will be able to:

- ❖ **Maximize his/her potential.**
- ❖ **Become a contributing member of society.**
- ❖ **Maintain a commitment to life-long learning.**
- ❖ **Achieve the New Jersey Student Learning Standards at all grade levels.**



Ridge Wellness

The BTSD Philosophy

The Bernards Township School District believes:

- ❖ Education is our first priority.
- ❖ Intellectual, social, physical and emotional development are essential to a student's education.
- ❖ Children learn in different ways; we have a responsibility to help all students maximize their potential.
- ❖ Students will benefit from a challenging curriculum with high standards.
- ❖ Individual student achievement is maximized by high expectations.
- ❖ Co-curricular and community service activities are important components of effective education.
- ❖ Education provides a foundation for life-long learning, critical and analytical thinking, problem solving, decision-making and respect for the individual.



Ridge Wellness

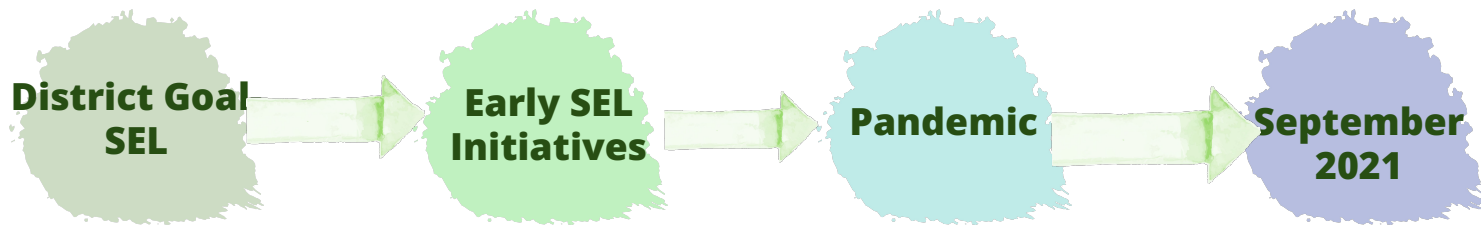
Let's Explore Ridge Wellness Together

- Summer 2021
- September Opening Days Wellness Sessions
- Connections to SEL (Social & Emotional Learning)
- What's Next
- Ridge Wellness Program Leadership



Ridge Wellness

The Road We Have Taken





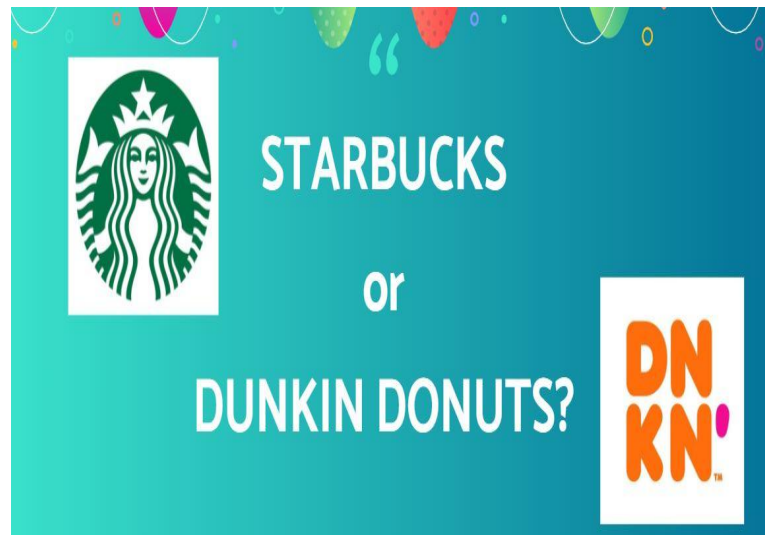
Ridge Wellness

Ridge Wellness Comes to Life

- Spring 2021: Wellness Branding
 - T.E.A. Time (*Thought and Empathy in Action*)
- July 2021: Wellness Curriculum Writing
 - Design of the September Opening Activities
- August 2021: Wellness Facilitator Training
- September 2021: Opening Days Wellness Sessions for All Faculty and Students Grades 9-12

Wellness Sessions

- This or That Icebreaker
- Digital Escape Room
- Silent Conversation
- Gratitude
- Mindfulness Exercises



How were Wellness Facilitators trained to guide all students and staff members through the Wellness sessions?

After each activity, the facilitators reflected on each of the CASEL Competencies.





We reviewed the CASEL Framework and connected the appropriate competencies to the activities.



Resources

Why Groups Struggle to Solve Problems Together article linked [here](#). Each activity was supported by a documented resource such as the Harvard Business Review article linked above.



2021- 2022 Kick Off

- **Kick Off Wellness Lessons:** To re-engage and present the many facets of Ridge High School to all students and faculty--those who were in-person and virtual--and to come together to start the year with a renewed and united purpose.



Ridge Wellness

Week of Respect

Treating people, places, and
communities
like they are important.

October Sneak Peak





Ridge Wellness



- Student & Staff Recognition
 - TEA CUPs
(Caught Upholding Principles)
- Monthly Themes
- Quarterly Programming
- Newsletters
- Community Events for Families

What is next for Ridge Wellness?

Our first Community
BREW (**B**asking **R**idge
Embracing **W**ellness)
was on October 19, 2021.

Next Meeting:

- December 7, 2021





THE SPOON

SEL PRACTICES OUTSIDE OF THE NORM

[Click on the graphic to jump to our first SPOON](#)



Ridge Wellness

Ridge Wellness – Program Leadership

Wellness Coordinators:

- Natasha Doski
- Lauren Heuer
- Michelle McKay

*A special thank you to
Jacque Henderson, Class of 2022, for
designing all branding logos

Wellness Department Liaisons:

- Matt Cahill
- Nicole Simms
- Kim Clark
- Rebecca Tritt
- Julia Koch
- Marie Wurtemberg
- Sydney McGivney
- Glen Pernia
- Laura Phillips

Themes of the Month



teamwork



respect



honesty &
trustworthiness



selflessness



integrity &
decision-making



kindness, caring,
& compassion



forgiveness &
humility



responsibility &
commitment



citizenship &
community



service



Ridge Wellness

What will this accomplish?

A culture shift that recognizes the importance of incorporating wellness into the school day (and our lives).

A safe space for all.

A place where students can find new ways to explore and grow.



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