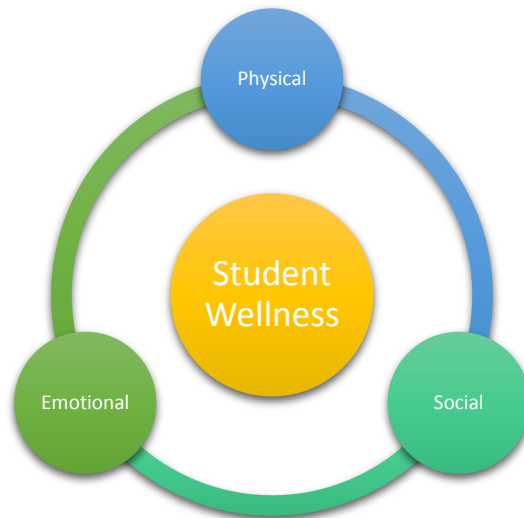


Odyssey Charter School

Student Wellness Program



Physical Well-Being

- Food Services: Balanced, nutritious breakfast and lunch options daily
- Food Services: healthy snacks and soda-alternatives in lunch program
- Food/Snack Policy: revised to reflect best practices in nutrition and kids' party alternatives
- Health Fair: partner organizations provide awareness and activities tailored to our families and students
- Health Rocks!®: curricula for a healthy living program targeted at young people ages 8 to 14. Teen and adult facilitators share hands-on activities that educate youth on the consequences of tobacco, alcohol and drug use.
- Health Screenings: annual, free service for spine, hearing, and eye checks
- Eyeglass Services: coordinated with local services, our school provides free eyeglasses for students in need who otherwise would not be able to afford them
- Blood Drive Campaign: in conjunction with AHEPA, our staff and families are invited to donate blood and raise awareness of this critical need
- Jump Rope for the Heart: fundraiser and awareness campaign for American Heart Association, designed for our K-4 students
- Team Activities: Grade-level offerings such as bimonthly hikes
- Upper/High School Athletics: increasingly diverse array of sports for casual (walking club), intramural and varsity players
- Lower School Extracurricular Sports: elementary running, twirling, and wrestling programs
- Integrated Movement: "Brain breaks" and recess daily

Social Well-Being

- Lower School Positive Behavior Support (PBS) Program: Our schoolwide program that “catches kids doing the right thing”. Good behaviors are tracked through ticket system and Class Dojo (online service). Students “cash in” tickets for rewards like Zumba and ice cream parties.
- Upper/High School PBS Program: Similar to Lower School programming, students are rewarded for positive behaviors. Students are rewarded for class behavior, rather than individual behaviors, to promote community decisions and citizenship skills.
- Responsive Classroom: Lower School social support program, creating communities within and beyond the classroom. Implement RC School Rules: 1. Respect Yourself 2. Respect others 3. Respect Property 4. Have Fun, While Learning
- Upper/High School Advisory: Students attend weekly peer-mediated, staff-supported sessions centered around age-appropriate and relevant topic such as stress, cliques and peer pressure. Topics are generated by staff and students. This includes an annual month-long focus on bullying and cyberbullying identification, prevention, and support.
- Guidance Lessons (K-4): The foundation of our lower school social skill education, these biweekly lessons educate our youngest students on what to do if you see bullying/how to advocate for yourself, as well as positive social skills. Topics include empathy, friendship skills, embracing one’s unique traits, and emotions identification.
- Morning Meeting: All daily activities start with “check ins” with teacher and classmates. Morning Meeting promotes positive interactions and relationships, as well as how to respectful yourself and other around you.
- Owl of the Month: Our monthly recognition program focuses on positive character traits (ex., September: Kindness) exhibited by students.
- Parent Information Nights: Hosted by local field experts, parents learn about bullying definitions, identification and support. Evening sessions are specifically tailored for parents of elementary students, and the school provides childcare services for parent convenience.
- Bullying Survey: Students completed anonymous survey so that administration and counselors could better address school issues and identify measures of support. Results are being tabulated and will be shared with Board and community. Preliminary results to be shared. Survey will be distributed parents and staff, as well, at a future date.
- Mix it Up Day at lunch: A biannual event, students are encouraged to sit with someone new and learn something about him/her. Students found this to be very helpful.
- Digital Citizenship Education: technology curriculum focuses on how to use technology safely, appropriate online behavior, and cyberbullying education
- Ongoing counseling and mediation sessions are conducted by LS Counselor Mrs. Nannas. Ongoing, daily peer mediation, conflict resolution are conducted with US/HS Counselor Mrs. Hindsley and student advisors.
- Communications: Biweekly Coffee with the Headmaster and PTO events to foster dialogue about student social issues and supports
- Inclusive school clubs and organizations

Emotional Well-Being

- Morning Meeting: All daily activities start with “check ins” with teacher and classmates. Students’ emotional status may change from day to day, and teachers will monitor and adjust interactions and services based on these changes. Morning Meeting allows teachers to get a quick read on students’ emotional status at the beginning of the day, so that teachers and support staff can best address student needs.
- Guidance lessons (K-4): biweekly lessons educate our youngest students on emotions awareness and self-regulation. Topics include empathy, friendship skills, embracing one’s unique traits, and emotions identification.
- Classroom Kindness Rules: every OCS classroom emphasizes appropriate language and how it relates to students’ feelings (i.e., “shut up”)
- Staff Professional Development: Compassionate Schools and trauma-focused training and DOE-sponsored annual trainings are held each year.
- Groups: Grief, divorce, social skills small groups led by trained staff
- Parent Information Nights: topics include, “Inviting Cooperation Instead of Demanding,” and “Discipline in a Positive Way and Effective Consequences”
- Communications: Biweekly Coffees with the Headmaster to understand and support student needs
- Signage: in strategic areas of school, information for students struggling with depression, suicidal thoughts, exclusion, etc.
- Inclusive school clubs and organizations

Upcoming and Future Programming

- Formation of School Culture Committee to serve as a platform for parent, student, and school feedback and collaboration
- Kindness Week (Week of 2/6/17): PTO-organized weeklong campaign to promote positive relations among students
- Professional Development: training (ex., building resilience, mindfulness) for staff and students; implementation in classrooms
- Cross-school mentoring: students from Lower/Upper and Upper/High Schools will be paired together to create mentoring opportunities within our school community
- Website: section with resources for families to utilize (i.e. education and awareness resources, report forms, links for more information, etc.)
- Buddy Bench for Lower School students; Upper and High School offering being researched
- Increased sports and extracurricular offerings