

# Wellness Department

Christina Baudis Wellness Teacher

Lauren Martin Wellness Teacher

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# Short Term Tasks

Department Norms and Core Values

Curriculum-

- Research- what are we doing that is right and what are we missing?
- Social/Emotional Skills
- National Health Education Skills
- Mission and Goals
- Scope and Sequence 5th through 12th: what do we want the students to be able to know and do by the end of each class?

# Long term Tasks

School Wide Wellness: faculty, administration, parents

Connection with community outside of Winsor: what resources exist here in the Boston area?

Connection with Advisory

Peer Support and Wellness

# Core Values of the Department:



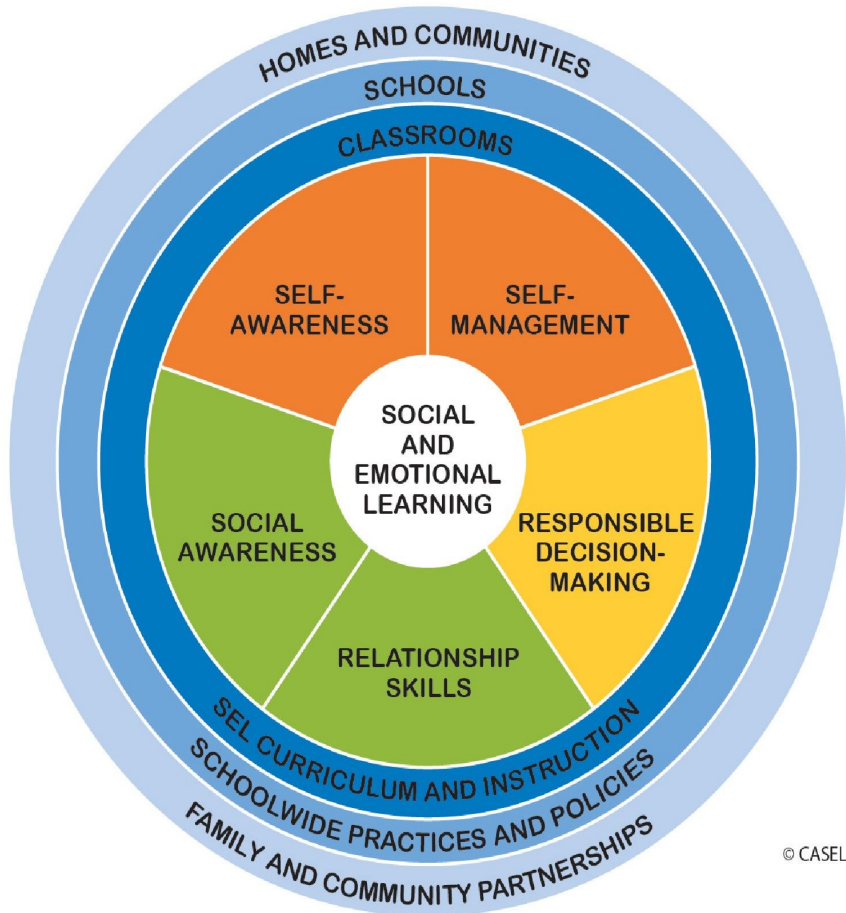
Student Wellbeing

Authentic Learning

Reflection

Cultivate a space of learning and growth

Embrace Creativity



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# National Health Education Standards (NHES)

## Seven Skills Standards



**Advocacy**

Standard 8



**Analyzing Influences**

Standard 2



**Self-Management**

Standard 7



**Accessing Information**

Standard 3



**Goal Setting**

Standard 6



**Decision Making**

Standard 5



**Interpersonal Communication**

Standard 4

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