

## **Meridian Ranch Health Team Success Story**

**2021-2022**

This year at MRES we are bringing back our wellness jam! This incorporates a full day of various health and mindfulness related topic for our entire student body. The students are rotated through multiple sessions that include dental and personal hygiene, healthy eating, exercise, etc. We have also included mindfulness activities in our morning announcements.

This year we also continued our ‘Wellness Wednesday’ for our staff members. During this time, our staff members are able to come together and participate in various workout activities prior to the start of the school day. This activity helps the staff reduce stress and start the school day off on a positive and energetic note!