

Recently, WHRSD held a Wellness Professional Development Day for their staff, where staff members could choose from a variety of wellness activities, including art therapy, pet therapy, yoga, and of course, an overview of the Nurtured Heart Approach™. Staff at WHRSD expressed that they had a phenomenal turnout and generated interest in the approach. The middle school has a “Zen Zone” for students and staff to utilize when they need time to “reset” and through the DREAMS grant, the high school was able to purchase supplies to create their own “Zen Zone” as well.

An integral piece of the Nurtured Heart Approach™ is providing genuine recognitions for others. As part of Teacher Appreciation Week, a Google Form was sent to the student body and the students were prompted to recognize their teachers. Over 100 students recognized their teachers, and these recognitions were printed on colored paper and put in the staff members mailboxes.

WHRSD has big plans for the future use of the Nurtured Heart Approach™! Before the 2022-2023 school year begins, all staff members will be trained in the approach by WHRSD Certified Nurtured Heart Approach™ Trainers, the school peer-leaders will continue to spread Nurtured Heart (in conjunction with mental health awareness) within the student body and continued Wellness Professional Development Days will be incorporated. WHRSD and their Nurtured Heart Approach team have shown to be leaders!