
THE GERMANTOWN STUDENT WELLNESS PLAYBOOK

Healthy Habits • Mental Health Tools • Smart Decisions • Heat & Hydration Safety



High School Edition

Germantown Coordinated School Health

HOW TO USE THIS GUIDE

This playbook is built for real life: school days, sports, stress, friends, and choices.

Use it in 3 ways:

- **Daily habits:** pick 1 habit to improve this week
- **In-the-moment tools:** use the coping cards when emotions spike
- **Smart decisions & safety:** use the scripts and checklists when it counts

Quick Start (2 minutes)

- Circle one sleep goal, one hydration goal, and one coping tool to try this week.
- Keep it small. Consistency beats intensity.

Disclaimer: This resource is for education and general wellness support. It does not replace medical, mental health, or athletic training advice. For urgent medical concerns, contact a trusted adult and seek immediate medical help.

QUICK SELF-CHECK (1 MINUTE)

Rate each area from 0 to 5 (0 = struggling, 5 = strong). Then pick one area to focus on this week.

Area	0	1	2	3	4	5
Sleep last night						
Stress level today						
Hydration today						
Energy today						
Mood today						

My focus for this week: _____

Sleep: The Real Performance Booster

Sleep affects memory, mood, focus, reaction time, and athletic performance. Most high school students feel best with **8–10 hours**. If you cannot hit that yet, start with consistency.

If you only change ONE thing

- Keep the same wake-up time (even on weekends, within 1–2 hours).

Common sleep blockers: late screens, late caffeine, inconsistent wake times, and stress loops.

10-Minute Wind-Down Routine

Try this routine for 7 days. Small actions = big results.

Wind-Down Checklist

- T-10: Dim lights
- T-8: Put phone on Do Not Disturb (charge away from bed if possible)
- T-6: Stretch shoulders/neck (60 seconds)
- T-4: Slow breathing (inhale 4, exhale 6) x 8 rounds
- T-2: Write tomorrow's top 3 tasks
- T-0: Lights out

Upgrade: *Test-day & game-day routines* are included later in this section so you can build a repeatable pre-performance system.

Hydration Basics (Everyday)

Hydration affects energy, headaches, mood, digestion, and performance. A simple target is **pale yellow urine** and steady sips throughout the day.

Simple signs you may be low on water

- Headache or light dizziness
- Dry mouth
- Low energy or brain fog
- Dark yellow urine

Easy goal: Bring a water bottle and finish it 2–3 times per day.

Hydration Tracker (Weekly)

Set a realistic goal for this week and check it off. Consistency wins.

Day	1 bottle	2 bottles	3 bottles
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Add-ons that help

- Fruit with water (orange, watermelon)
- A salty snack after heavy sweat
- Electrolytes only when needed (long/hot practices)

Nutrition Basics: Fuel (Not Perfection)

This section is about steady energy and performance - not dieting. Build simple meals and snacks that help you feel good and stay focused.

Build-a-Plate (simple)

- 1/2 fruits/veggies
- 1/4 protein (chicken, eggs, beans, yogurt, tuna)
- 1/4 carbs (rice, pasta, potatoes, bread) + water

Smart snack formula

- Protein + carb = steady energy
- Examples: yogurt + granola; cheese + crackers; peanut butter + banana; turkey sandwich half

Movement for Mood + Focus (5–20 Minutes)

Movement is a stress tool and a focus tool. It does not have to be intense to work.

Choose your time

- **5 minutes:** brisk walk, stairs, 30 jumping jacks + stretch
- **10 minutes:** walk + 5 pushups / 10 squats / 20-second plank (repeat)
- **20 minutes:** walk/jog + stretch + mobility

Class-day reset (60 seconds)

- Roll shoulders x 10
- Deep breath x 5
- Stand and stretch

Stress: What It Is + What Helps

Stress is your body's "ready" signal. Anxiety is when the alarm stays on too long. The goal is to reset your body and get back to control.

3 things that lower stress fast

- Slow exhale (exhale longer than inhale)
- Move your body (walk, stretch)
- Name it: "I'm overwhelmed" / "I'm anxious" / "I'm frustrated"

My stress triggers: _____

My best resets: _____

My people: _____

Pre-Performance Routines (Tests, Presentations, Games)

A routine makes big moments feel familiar. Use this before tests, presentations, performances, and games.

Night before

- Pack your bag and materials
- Hydrate
- Light stretch (2–3 minutes)
- Phone off 30 minutes before sleep if possible

Morning of

- Eat something simple (even small)
- Water before extra caffeine
- 1 minute of slow breathing

10 minutes before

- Slow exhale breathing (inhale 4, exhale 6) x 6
- Focus phrase: "I'm prepared. I'll do my best."
- Pick ONE goal for the next hour

Choose Your Track: 14-Day Wellness Challenge

Pick ONE track and do small actions for 14 days. If you miss a day, restart the next day. Progress beats perfection.

Choose ONE track

- ■ Sleep Reset
- ■ Hydration Boost
- ■ Stress Management
- ■ Nicotine-Free Challenge
- ■ Athlete Performance

Day	Done?	Energy (1–5)	Focus (1–5)
1	■		
2	■		
3	■		
4	■		
5	■		
6	■		
7	■		
8	■		
9	■		
10	■		
11	■		
12	■		
13	■		
14	■		

One habit I want to keep: _____

Printable Tracker: Sleep Log (1 Week)

Day	Bedtime	Wake time	Hours	How I felt (1–5)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Tip: If weekends throw you off, aim to keep wake time within 1–2 hours of weekdays.

Printable Tracker: Stress + Mood Check-In

Use this weekly check-in to notice patterns. You are looking for trends, not perfection.

Day	Stress (0–5)	Mood (0–5)	One thing that helped
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

How to use these cards

Print and cut them out, or screenshot the pages. Choose a tool that matches the moment.

Coping Menu (pick what fits)

- **Anxious or panicky:** Box Breathing, 5–4–3–2–1 grounding
- **Overwhelmed:** Tiny Next Step
- **Angry or frustrated:** STOP + Reset
- **Can't focus:** 90-second Focus Reset
- **Low mood:** 3-Part Boost

Coping Card: Box Breathing (60 seconds)

When to use: Before a test, during anxiety, before a game, after a conflict

Try this

- Inhale 4
- Hold 4
- Exhale 4
- Hold 4
- Repeat 4 rounds

Tip: If you use this tool three times this week, it gets easier to access when you need it.

Coping Card: 5–4–3–2–1 Grounding (90 seconds)

When to use: When your mind is racing or you feel stuck in a worry loop

Try this

- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste

Tip: If you use this tool three times this week, it gets easier to access when you need it.

Coping Card: Overwhelmed — Tiny Next Step

When to use: When everything feels like too much

Try this

- Ask: “What is my tiny next step for the next 2 minutes?”
- Examples: open the assignment; drink water; take a short walk; ask a teacher for clarification
- Win = movement

Tip: If you use this tool three times this week, it gets easier to access when you need it.

Coping Card: Anger Reset — STOP + Reset (2 minutes)

When to use: When you feel your temperature rising

Try this

- Stop (pause)
- Take 3 slow breaths
- Outlet: walk, squeeze a stress ball, push hands into a wall
- Pick the next right move

Tip: If you use this tool three times this week, it gets easier to access when you need it.

Coping Card: Low Mood — 3-Part Boost

When to use: When your energy and motivation drop

Try this

- Body: water / shower / sunlight / stretch
- Mind: music / journal 3 lines / gratitude text
- Connection: sit with a friend / talk to an adult / check in with someone you trust

Tip: If you use this tool three times this week, it gets easier to access when you need it.

Coping Card: Focus Reset (90 seconds)

When to use: When you cannot lock in

Try this

- Stand up
- Roll shoulders x 10
- Inhale 4 / Exhale 6 x 6
- Pick ONE task and start messy

Tip: If you use this tool three times this week, it gets easier to access when you need it.

Coping Card: Helping a Friend

Support works best when it is calm, specific, and connected to a trusted adult if needed.

What to say

- “I’m glad you told me.”
- “You matter to me.”
- “Do you want me to go with you to talk to an adult?”

What NOT to say

- “Just calm down.”
- “It’s not that serious.”
- “You’re being dramatic.”

Cut-Out: Reset & Support Card

Print this page and cut it out (or screenshot it). Keep it in your wallet or on your phone.

FAST RESETS

- Box breathing (4-4-4-4) • 5-4-3-2-1 grounding • Tiny next step rule

SCHOOL SUPPORT

- School nurse • School counselor • Trusted teacher/coach • Administrator

Asking for help is a strength.

Myth vs Fact (Quick Clarity)

Myth	Fact
"It's just water vapor."	Most vapes contain chemicals and ultrafine particles that can irritate lungs.
"Nicotine helps me focus."	Nicotine can create a cycle of cravings and withdrawals that makes stress and focus worse.
"I can quit anytime."	Nicotine is highly addictive for many people, and quitting is easier with support and a plan.

Note: If you already vape, support works best with a trusted adult and a plan. This playbook is about support - not shame.

Why It Matters (High School Brain + Body)

Nicotine can impact

- Attention and mood regulation
- Sleep quality
- Anxiety for some people
- Exercise tolerance for some people

The trap: cravings can feel like stress, so vaping feels like relief - then cravings return. The goal is to protect your freedom and choices.

Refusal Skills: Scripts That Work

Quick & confident

- “Nah, I’m good.”
- “Not my thing.”

Funny/deflect

- “My lungs said no thanks.”
- “I’m keeping my cardio stats elite.”

External reason (easy exit)

- “I’ve got practice later.”
- “I’m staying clear-headed for tomorrow.”

Exit line

- “I’m gonna head out - see you later.”

Text message scripts (use when pressure happens over text):

- “I’m good, but thanks.”
- “Not my thing.”
- “I’m trying to stay clear-headed.”

Real-Life Scenarios: Choose Your Response

These are built for real high school moments. Pick an option, then read what usually happens next.

Scenario 1: Offered a vape in a group

You're hanging out and someone offers you a vape. Everyone is watching your reaction.

Option A: "Nah, I'm good."

What often happens next: Short awkward moment, then the conversation moves on.

Option B: "I've got practice later - can't."

What often happens next: Easy exit. People usually respect a clear reason.

Option C: "Just once."

What often happens next: Cravings can show up later. "Once" often becomes "sometimes."

Scenario 2: Someone keeps pressuring you

You already said no, but they keep pushing.

Option A: "I said no." (repeat calmly)

What often happens next: Repeating without extra explanation is surprisingly effective.

Option B: "I'm not judging you - I'm just not doing it."

What often happens next: Keeps the friendship without giving in.

Option C: Leave the situation

What often happens next: Your environment matters. Walking away is a skill, not weakness.

Scenario 3: A friend wants to quit

A friend says they're tired of cravings and wants help.

Option A: "I've got you. Want to talk to the nurse/counselor together?"

What often happens next: Support + a plan helps more than lectures.

Option B: "Let's swap habits." (gum/mints/water bottle)

What often happens next: Replacing the habit reduces the "missing something" feeling.

Option C: "I can check in with you daily for a week."

What often happens next: Short accountability can make a big difference.

If You Vape and Want to Stop (Support Page)

This is about support - not punishment. Many people need a plan and a trusted adult to help.

7-Day Reset Plan

- Days 1–2: Remove devices and reduce triggers
- Days 3–4: Swap habits (gum, mints, water bottle, movement)
- Days 5–7: Reduce high-risk situations + build a support routine

Craving tools (quick)

- Cold water
- Slow exhale breathing
- Short walk
- Text a trusted adult

Support at school: school nurse, counselor, or a trusted teacher/coach can help you connect to next steps.

Helping a Friend (Without Lecturing)

Do this

- Ask, don't attack: "Do you want help cutting back?"
- Offer support: "I'll go with you to talk to someone."
- Swap the habit: gum, mints, water bottle, stress ball
- If it feels out of control: get adult support

Text templates (supportive)

- "If you ever want help quitting, I've got you."
- "Want me to go with you to talk to someone?"

Heat Illness: Know the Difference

Condition	Common signs	What to do
Heat cramps	Muscle cramps, heavy sweating	Stop, hydrate, gentle stretching, cool down
Heat exhaustion	Headache, dizziness, nausea, weakness, clammy skin	Stop activity, shade, cool down, hydrate, tell an adult/coach
Heat stroke (emergency)	Confusion, fainting, very hot skin, may stop sweating, seizure	Call 911 immediately and begin rapid cooling

Student rule: Speak up early. Waiting makes symptoms harder to manage.

Heat Index & Practice Safety

Heat Index	Risk level	Student actions
< 80F	Low	Hydrate normally
80–90F	Moderate	Extra water breaks; watch for early symptoms
90–103F	High	Frequent breaks; shade whenever possible
103F+	Very high	Activity modified or paused (coach decision)

Hydration Game Plan (Practice + Games)

Day before

- Water throughout the day
- Balanced meals

Day of

- Water with meals
- Avoid trying new supplements
- Bring a filled water bottle

During

- Steady sips at breaks
- If practice is long/hot: electrolytes may help

After

- Water + salty snack
- Protein + carbs for recovery
- Cool down + stretch

Practice-Day Checklist (Print)

Check it off

- ■ Bring a water bottle
- ■ Eat a simple snack if needed (protein + carb)
- ■ Tell a coach if you feel dizzy, nauseated, or unusually weak
- ■ Wear light/appropriate clothing
- ■ Drink at breaks and watch teammates too
- ■ After: rehydrate, eat recovery meal/snack, sleep

Cramps, Fatigue & Recovery Quick Guide

If you feel...

- **Cramping:** fluids + electrolytes (if heavy sweat) + light stretch
- **Heavy fatigue:** hydration + food + rest
- **Headache after practice:** water + cool down + shade

Recovery basics

- Water within 30 minutes
- Protein + carbs
- Stretch + sleep

Electrolytes: When They Matter

Electrolytes can help when you sweat heavily for a long time. They are not required for every workout.

They matter most when

- Hot weather + long practices
- Double sessions
- You are cramping or getting headaches with heavy sweat

They usually matter less when

- Short workouts
- Normal school days with light activity

Simple option: water + a salty snack is often enough.

Germantown Support Map (Where to Start)

Support is available at school. If you need help with stress, vaping, sleep, or health concerns, start with one of these options:

Support options

- School nurse: health questions, wellness planning, vaping support pathways
- School counselor: stress, workload, peer support, coping plans
- Trusted teacher/coach: check-in, accountability, next steps
- Administrator: safety and support connections

Simple script

- “I’m feeling overwhelmed and need some support.”
- “Can you help me make a plan?”

Parent/Guardian Page (Optional)

High school is a high-pressure season. Small support moves can make a big difference.

What teens often deal with

- Academic pressure
- Sleep disruption
- Social stress
- Decision fatigue

How to help

- Ask open-ended questions (“What’s been the hardest part of the week?”)
- Model healthy routines (sleep, hydration)
- Encourage school support (nurse/counselor/coach)
- Praise effort and progress - not just outcomes

QR Hub (Add Your Links)

Add QR codes here for quick student access. (Example: a breathing audio clip, hydration tracker, and district wellness resources.)



Breathing Audio

(Insert QR code)



Hydration Tracker

(Insert QR code)



Weekly Check-In

(Insert QR code)



District Wellness Resources

(Insert QR code)

Tip: Keep QR destinations short, mobile-friendly, and school-appropriate.

Student-Friendly Glossary

Term	Meaning
Electrolytes	Minerals in your body (like sodium and potassium) that help with hydration and muscle function.
Grounding	A tool that uses your senses to bring your brain back to the present moment.
Cravings	Strong urges that can happen with habits like nicotine - they rise, peak, and fall like a wave.
Heat exhaustion	A heat illness with dizziness, nausea, weakness, and heavy sweating. Needs shade, cooling, and fluids.
Heat stroke	A life-threatening heat emergency that can include confusion or fainting. Needs emergency help and rapid cooling.
Recovery	The process after activity where you rehydrate, refuel, cool down, and sleep to rebuild.
Stress vs anxiety	Stress is a response to pressure; anxiety is an alarm that can stay on too long. Both respond to rest, movement, and breathing tools.
Fuel	Food and fluids that your body uses for energy and performance.
Sleep routine	A repeatable set of steps before bed that helps your brain and body power down.

Disclaimer: This resource is educational and does not replace professional medical or mental health advice.