Shoreline School District Wellness and Mental Health Committee Annual Progress Report 2025-2026 SY

9-22-26

Recruitment for the District Wellness Council was conducted in the fall of 2025 resulting in a roster of members that included PE teachers, school administrators, parents, students and community members.

The goal of the committee's work for the 2025-2026 was to advance the work of the council to incorporate components of SHB 1363 to address secondary traumatic stress, to plan district-wide wellness activities, and to work through the Well-Being Practices Assessment to review areas for continued improvements for student and staff mental health and wellbeing.

There were four council meetings that took place during the school year, a fall meeting in October, 2025, a winter meeting in January, 2026, and two small groups to plan for wellness initiatives. During these meetings, the council planned for a week of wellness with a focus on sleep (January 12th-16th, 2025) and positive mindset (April 27th-May 1st).

In addition to the week of wellness activities, the committee also completed the Workforce Secondary Traumatic Stress Assessment.

The District Wellness & Mental Health Committee Annual Board Report was made on April 14th, 2026.

The committee plans to reconvene in October, 2026.