

STUDENT WELLNESS PLAN

2025-2026

HEALTH AND WELLNESS OVERVIEW

Ohio Revised Code Section 3317.26 governs the use of Student Wellness and Success Funds. These funds are intended to support student health, wellness, safety, and academic readiness through allowable services such as mental health supports, mentoring, family engagement, community partnerships, trauma-informed care, and services for vulnerable student populations. Student Wellness and Success Funding is typically distributed in two payments, in October and February. Traditional public school districts, community schools, joint vocational school districts, and STEM schools may review their allocations through the School Finance Payment Reports.

A. STUDENT WELLNESS AND SUCCESS INITIATIVES (ORC 3317.26(B))	B. COMMUNITY PARTNERS (ORC 3317.26(C))
1. Mental health services 2. Services for homeless youth 3. Services for child welfare involved youth 4. Community liaisons 5. Physical health care services 6. Mentoring programs 7. Family engagement and support services 8. City Connects programming 9. Professional development regarding the provision of trauma-informed care 10. Professional development regarding cultural competence 11. Student services provided prior to or after the regularly scheduled school day or any time school is not in session	1. A board of alcohol, drug and mental health services 2. An educational service center 3. A county board of developmental disabilities 4. A community-based mental health treatment provider 5. A board of health of a city or general health district 6. A county department of job and family services 7. A nonprofit organization with experience serving children 8. A public hospital agency

I. COMMUNITY PARTNERS

- a. PSI
- b. Cuyahoga Board of Health
- c. National Youth Advocate Program Services—Counseling (NYAP)

II. IMPLEMENTATION PARTNERSHIPS

- **PART-TIME SCHOOL COUNSELOR:** T² Honors Academy is committed to addressing the comprehensive social, emotional, and behavioral needs of its students through targeted, research-based interventions aligned with Ohio Revised Code 3317.26 Student Wellness and Success Funds. To support this initiative, the Academy will partner with the National Youth Advocate Program (NYAP) to provide structured counseling and student support services.
- Through this partnership, students will receive services from a licensed, part-time school counselor contracted for 1–2 days per week over an 8-month period during the academic year. The counselor will deliver direct and indirect services designed to improve student well-being, increase engagement, and remove barriers to academic success.
- The counseling program will focus on three core areas:
- **Anger Management and Behavioral Regulation**
Students will participate in individual and small-group sessions focused on conflict resolution, emotional regulation, and de-escalation strategies. These services are designed to reduce disciplinary incidents and improve student self-control in both academic and social settings.
- **Self-Help and Social-Emotional Development**
The counselor will provide targeted support to students experiencing stress, trauma, or personal challenges. Services will include coping strategies, goal setting, and resilience-building practices aligned to trauma-informed care principles.
- **Leadership Development and Student Empowerment**
Students will engage in structured leadership development sessions that promote accountability, decision-making, peer mentoring, and positive school culture. These sessions are designed to build student voice and agency within the school community.
- In addition to direct student services, the NYAP counselor will:

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- Collaborate with school leadership and staff to identify at-risk students
- Provide consultation on behavioral interventions and supports
- Assist in developing individualized support plans where appropriate
- Support family engagement by connecting families to community-based resources
- This partnership directly aligns with allowable uses of Student Wellness and Success Funds, including mental health services, prevention and intervention strategies, mentoring, and family/community engagement. The program is designed to create a safe, supportive, and responsive school environment that promotes both academic achievement and student well-being.
- By leveraging the expertise of NYAP, T² Honors Academy ensures that students receive high-quality, professional support services that are sustainable, impactful, and aligned to state expectations for student wellness programming.
- Next year, we would like to engage the NYAP counselor into doing additional support that will be paid through these funds. Currently, they are working with individual students from the school referred to them by teachers.

	DAYS	TIME	MONTHLY	YEARLY
Ohio National Youth Advocate Program Services (NYAP) 5500 South Marginal Road Suite 220 Cleveland, Oh 44103 216.221.7588	1-2 days/week Tuesday/Thursday	5 hours/day	8 months (some students will see the counselor throughout the summer months)	October 1, 2025-- May 29, 2026

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- **GENDER BASED MENTAL HEALTH SUMMIT:**

- T² Honors Academy will host a Gender-Based Mental Health Summit on May 6, 2026, as part of its comprehensive approach to student wellness, social-emotional learning, and leadership development. This initiative is aligned with the intent of Student Wellness and Success Funding under Ohio Revised Code 3317.26, which supports mental health services, mentoring, and strategies that remove barriers to student achievement.
- This half-day summit is designed to provide targeted, gender-responsive programming that addresses the unique social, emotional, and developmental needs of both male and female students. The event will feature volunteer guest speakers from the community, including professionals, mentors, and student leaders, who will provide real-world insight, guidance, and encouragement.

- **Girls' Empowerment Track**

- The girls' sessions will focus on building confidence, identity, and long-term success through empowerment and self-awareness. Key topics include:
 - **Aspirations and Career Development:**
Guest speakers will guide students on how to develop goals, pursue careers, and understand what it means to be a successful and professional woman in today's society.
 - **Professionalism and Presentation:**
Students will learn appropriate self-presentation, including dress, communication, and conduct, emphasizing respect and professionalism in various environments.
 - **Self-Respect, Self-Love, and Positive Self-Talk:**
Sessions will address internal dialogue, self-worth, and building confidence, helping students develop a strong sense of identity and emotional resilience.
 - **Student Voice and Peer Leadership:**
Two Warrensville Falcon seniors, Da'Zire and DeJai, will provide peer-to-peer insight on maintaining grades, staying motivated, and navigating high school successfully.
 - **Spirituality and Confidence Building:**
Discussions will center on purpose, inner strength, and maintaining confidence while developing business awareness and future readiness.

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- **Relational and Emotional Wellness:**

Students will explore emotional intelligence, self-care strategies, and maintaining mental and physical health, with a focus on healthy relationships and personal boundaries.

- **Boys' Leadership and Development Track**

- The boys' sessions will emphasize discipline, identity, responsibility, and personal growth. Key topics include:

- **Representation and Professional Image:**

Students will learn the importance of appropriate attire (ties, suits, and shoes) and how presentation influences opportunities and perception in academic and professional settings.

- **Financial Literacy and Personal Responsibility:**

Sessions will introduce financial wellness concepts, helping students understand money management, decision-making, and long-term financial stability.

- **Identity, Self-Talk, and Leadership Development:**

Facilitated in part by The Forge Group, these sessions will focus on discipline, integrity, and leadership, helping students develop a strong sense of self and purpose.

- **Healthy Relationships and Emotional Awareness:**

Students will engage in discussions about respect in relationships, communication, and maintaining healthy connections with family, peers, and romantic partners.

- **Hygiene, Self-Care, and Healthy Practices:**

Practical guidance will be provided on personal care, physical health, and daily habits that contribute to overall well-being and self-confidence.

- **Program Impact and Alignment**

- This summit directly supports the Academy's commitment to:

- Promoting mental and emotional well-being
 - Developing student leadership and self-efficacy
 - Providing mentoring and community-based support
 - Strengthening student identity, confidence, and decision-making skills

- By offering gender-specific sessions, T² Honors Academy ensures that students receive targeted, relevant, and culturally responsive guidance that addresses real-life challenges and prepares them for success beyond high school.

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- This initiative reflects the Academy's broader mission to educate the whole child by integrating academic success, social-emotional development, and leadership preparation into a unified student support framework.

	DAYS	TIME	COST
8 Men/8 Women speakers	1 day	9:30am-1pm	Volunteers
Snacks/Decorations/Gifts/ Transportation	1 day	X	\$1,000
			\$1,000.00

- STAFF HEALTH AND WELLNESS (2026-27):** In order to assure the students well-being is protected, the staff must receive supports as well. Many times programs forget that the staff support is the key to assuring the students receive their necessary academic supports.

	DAYS	TIME	WEEK	MONTHLY	COST
Professional Development (mindfulness)	4 days	1 hour	X	Once per month on Professional Development Days	\$3,500
					\$3,500.00

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- **ANGER MANAGEMENT GROUPS (2026-27):**

T² Honors Academy recognizes that many students enter the school environment carrying emotional stressors and challenges that extend beyond the scope of traditional counseling services. In response, the Academy will implement **structured Anger Management Group sessions** as part of its comprehensive Health and Wellness Plan, aligned to the goals of Student Wellness and Success funding under Ohio Revised Code 3317.26.

These groups are designed to support students who exhibit heightened emotional responses, difficulty with self-regulation, or behavioral challenges stemming from experiences at home, in the community, or within peer relationships. Many students struggle to process anger in a healthy way, which can negatively impact their academic performance, relationships, and overall well-being. This initiative provides a proactive and supportive intervention to address those needs.

The Anger Management Groups will be facilitated by qualified staff or contracted mental health professionals and will occur on a regular, scheduled basis throughout the school year. Sessions will focus on:

- **Understanding Triggers:** Helping students identify the root causes of their anger, including external stressors and internal emotional responses
- **Emotional Regulation Strategies:** Teaching practical techniques such as breathing exercises, de-escalation methods, and coping skills
- **Healthy Expression of Emotions:** Guiding students on how to communicate feelings appropriately and constructively
- **Conflict Resolution and Problem-Solving:** Equipping students with tools to navigate peer conflict and challenging situations without escalation
- **Self-Awareness and Accountability:** Encouraging reflection, personal responsibility, and improved decision-making

These group sessions will also incorporate elements of trauma-informed care, recognizing that student behavior is often a response to underlying experiences. By providing a safe and structured environment, students will be able to process emotions, build trust, and develop healthier behavioral patterns.

The expected outcomes of this program include:

- Reduction in behavioral incidents and disciplinary referrals
- Improved student self-control and emotional awareness

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- Increased time on task and academic engagement
- Strengthened peer relationships and school climate

This initiative ensures that students with higher-level social-emotional needs receive targeted support beyond individual counseling, reinforcing the Academy’s commitment to educating the whole child. Through consistent intervention and skill-building, students will develop the tools necessary to manage anger effectively, leading to improved success both inside and outside of the classroom.

	DAYS	TIME	MONTHLY	COST
David Gardner, Certified Trauma Counselor 440.529.3492 Davidsbusiness87@Yahoo.com	1 day/week	9am-11am	September-May	\$7,200.00
				\$7,200.00

- **ATHLETIC STIPENDS:** Athletics will serve as a key component of T² Honors Academy’s Health and Wellness Plan by providing students with a structured and positive outlet for stress relief, emotional expression, and physical development. Participation in athletic programming supports students’ overall well-being by promoting discipline, teamwork, and resilience while encouraging healthy habits and active lifestyles. Engaging in sports allows students to release tension in a productive way, improve mental clarity, and build confidence, all of which contribute to a stronger sense of self-worth and purpose. By integrating athletics into the wellness framework, the Academy fosters an environment where students can enhance both their emotional and physical health, ultimately increasing their connection to school, their peers, and their future success.

	DAYS	TIME	MONTHLY	COST
Basketball Open Gym	2 days/week	3-4pm	November-January	Free
Cheerleading/ Dance	3 days/week	3-5pm	November-February	\$800

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Volleyball 2026-27	5 days/week	3-5pm	September- October	TBD
				\$800

- **TUTORING (2026-27):** Academic success is a critical component of student wellness, as students' confidence, motivation, and emotional well-being are directly tied to their ability to perform in school. T² Honors Academy will implement structured after-school tutoring programs to provide targeted academic support in core subject areas, ensuring that students receive the assistance they need to succeed. These sessions will focus on skill development, homework support, and individualized instruction, helping students close learning gaps and build mastery. As students experience academic improvement, they develop stronger self-efficacy, reduced anxiety, and a more positive mindset toward learning. By integrating tutoring into the Health and Wellness Plan, the Academy reinforces the connection between academic achievement and emotional well-being, empowering students to believe in their abilities and engage more confidently in their educational journey.

	DAYS	TIME	WEEK	MONTHLY	COST
4 Educators	2 days/week	3pm-4pm	\$30/hr 25 total wks	October – April	\$6,000
					\$6,000

- **AFRICAN DRUM CLASSES:**

African drumming classes will be incorporated into T² Honors Academy's Health and Wellness Plan as a culturally responsive form of expressive therapy that supports students' emotional, social, and mental well-being. Through rhythm, movement, and group participation, students are provided with a positive outlet to release stress, process emotions, and build a sense of community and belonging. Drumming has been shown to reduce anxiety, improve focus, and promote emotional regulation, making it an effective tool for students who may struggle to express themselves through traditional methods. In addition to its therapeutic benefits, African drumming fosters cultural awareness,

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confidence, and teamwork, allowing students to connect to a deeper sense of identity and purpose. By integrating this form of arts-based therapy, the Academy enhances its commitment to holistic student wellness and creates meaningful opportunities for healing, engagement, and personal growth.

	DAYS	TIME	MONTHLY	COST
Yvette Ealy, Professional Drum Instructor 216.798.4015	1-2 days/week	8am-10am	September – January	\$5,200

- ACTING/SINGING LESSONS:**

Acting and singing lessons will be integrated into T² Honors Academy’s Health and Wellness Plan as expressive arts-based supports that promote emotional well-being, confidence, and self-awareness. These programs provide students with a safe and structured environment to explore their emotions, develop their voice, and build positive self-expression skills. Through acting, students learn empathy, perspective-taking, and communication, while singing supports emotional release, stress reduction, and improved mood. Together, these experiences help students process feelings, overcome anxiety, and strengthen self-esteem. In addition, participation in the performing arts fosters collaboration, discipline, and a sense of accomplishment, contributing to a more positive school experience. By incorporating acting and singing as therapeutic and developmental tools, the Academy supports the whole child—enhancing both mental health and overall student engagement.

Center Stage Performing Arts Jonea Patton, Instructor 216.633.8609	2 days/wk	8am-10am	September – December	\$4,800.00
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- STAFF CULTURAL COMPETENCE:** T² Honors Academy strengthened its Health and Wellness Plan by investing in staff development focused on cultural competency,

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particularly in effectively serving African American students. Through a structured professional learning book study of *White Fragility* by Robin DiAngelo, educators engaged in guided discussions that deepened their understanding of cultural differences, implicit bias, and the impact of systemic inequities on student experiences. This work supported both teacher wellness and effectiveness, as it equipped staff with the awareness and tools needed to build stronger, more respectful relationships with students and families. Increased cultural understanding reduced classroom conflict, improved communication, and helped create a more inclusive and emotionally safe learning environment. As a result, students experienced improved mental health, engagement, and academic success, while educators reported reduced stress and an enhanced overall school climate.

	COST
Book study Purchase	\$187.00
11 books:	
“White Fragility” by Robin DiAngelo	
	\$187.00

- PPE PURCHASES FOR STUDENT/STAFF HEALTH:** T² Honors Academy has partnered with the Cuyahoga County Board of Health to strengthen its commitment to student health and safety as part of its comprehensive Wellness Plan. Through this collaboration, the Board of Health will provide guidance in identifying and recommending appropriate personal protective equipment (PPE) necessary to maintain a safe and healthy school environment. This includes ensuring that students and staff have access to essential protective resources that reduce the spread of illness and support overall well-being. By leveraging the expertise of public health professionals, the Academy is taking a proactive approach to safeguarding the physical health of its student body, minimizing health-related disruptions, and promoting a culture of safety, prevention, and wellness throughout the school community.

ULINE/OFFICE DEPOT/Any other vendors that sell EPA approved supplies	Open	n/a	n/a	August-May	\$2,500
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