



BCPS LSW Action Plan 2025-2026



LSW TEAM Members	LWS Liaison: Riley Cosgrave, Guidance Director	School: New River Middle Zone: Stranahan HS
	Administrator: <i>Claudia Ruiz, 8th Grade Assistant Principal</i>	Date Plan Completed: <i>9/6/25</i>
	Other Team Members: Kimberly Youngblood, Science Teacher and Samiyeh Wood, Social Studies teacher	



BCPS LSW Action Plan 2025-2026



ACTIVITY	STANDARD	DESCRIPTION
Wellness Week" Challenge	Physical and mental health	<p>Description: A week-long event where each day focuses on a different aspect of wellness:</p> <ul style="list-style-type: none"> • Monday: Mindfulness & meditation sessions • Tuesday: Healthy eating demos and smoothie stations • Wednesday: Physical activity challenges (e.g., dance-offs, relay races) • Thursday: Digital detox and journaling • Friday: Gratitude wall and kindness activities <p>Students earn points for participation, and classes compete for a "Wellness Champion" title.</p>
Real-Life Ready" Workshop Series	Practical life skills	<p>Monthly workshops led by teachers, community members, or older students covering:</p> <ul style="list-style-type: none"> • Budgeting and saving money • Basic cooking and nutrition • Time management and goal setting • Conflict resolution and communication <p>Each session includes hands-on activities and take-home resources.</p>
Kindness Campaign	Social-emotional learning & empathy	<p>Description: A month-long initiative encouraging</p>



BCPS LSW Action Plan 2025-2026



		<p>students to perform acts of kindness. Activities include:</p> <ul style="list-style-type: none">• Kindness bingo cards• Peer shout-out boards• "Secret Kindness Agents" missions• Classroom discussions on empathy and inclusion <p>The campaign ends with a celebration and recognition of students who went above and beyond.</p>
Career & Future Fair	.Career exploration and goal setting	<p>Students rotate through interactive booths hosted by professionals from various fields, including:</p> <ul style="list-style-type: none">• Music, arts, trades, STEM, education, and public service• Hands-on demos (e.g., instrument petting zoo, coding stations)• Resume-building and interview tips for older students• Vision board creation for future goals <p>This helps students connect their interests to real-world opportunities.</p>

Middle