

## Brief History of Wellness in UCF

2014-15: [Board Goal](#) on Student Health

- May 2015 [Committee Report](#) with recommendations and [action plan](#)
- Feeling that the work was not done

2015-16: [Board Goal](#) on Student Health

- Wellness Committee [Recommendations](#) to the board in May 2016
- [Recommendations](#) to the board in August 2016

2016-17: [Board Goal](#) on Student Wellness

- Formation of Board Committee & Wellness Council
- Brainstormed what is most important to you in wellness = 4 overall categories: data driven, wellness focus, it takes a village, plans and programs
- [School Start Time](#)

2017-18: [Board Goal](#) on Wellness

- First opportunity to compare [PAYS](#) and [Climate data](#) in pre-/post- format
  - Actions put into place from [June 8, 2015 Action Plan](#) that impact this data
    - Expanded LINK
    - Mentoring
    - SHOC was revamped
    - Curriculum changes in Health/PE
    - Club fair
    - Franklin Institute partnership
    - Concussion response protocol
    - SSW increases to all 1.0 FTEs
    - Building principals created individual climate plans based on survey
- Olweus data