

\_\_\_\_\_ (your club name)  
**2018-2019 Planning Document**

**1) Mission Statement**

\_\_\_\_\_ (your club name) creates a school environment that encourages open discussion of mental health, individual empowerment, use of appropriate mental health resources, and positive coping strategies.

**2) Club Meeting Logistics**

Our club will meet on:

Day of week \_\_\_\_\_ Time \_\_\_\_\_ # times per month \_\_\_\_\_

In room # \_\_\_\_\_

**3) Planning Activities / School-Wide Events**

As part of the OMM program there are two activities that you must complete. They are:

Resource Awareness - Identifying Resources

Coping Skills - Mindful Pause

You are encouraged to pre-set 2 school wide “events” or week-long campaigns spread out over the year, use your school’s academic/master calendar (and your planners) at this meeting to assess timing of events as they relate to quarters ending, testing weeks, etc.

	Name of School Wide Event	Date of Event Planning Meeting With Club	Date(s) of Event
1st/2nd Quarter			
3rd/4th Quarter			

For your reference, here is the FCPS school calendar for 2018-19.

Fairfax County Public Schools  
Standard Calendar for School Year 2018-2019

APPROVED

	<b>August 2018</b>	<b>September 2018</b>	<b>October 2018</b>	<b>November 2018</b>
	<b>December 2018</b>	<b>January 2019</b>	<b>February 2019</b>	<b>March 2019</b>
	<b>April 2019</b>			
	<b>May 2019</b>	<b>June 2019</b>	<b>Standard Calendar 2018-2019</b>	<b>Quarter Duration</b>

\* Major Religious Observances  
(These are regular school days unless otherwise indicated.)

Use the below to map out when you'll be completing activities. You are encouraged to rotate meeting leaders.

Theme	Activity	Date	Meeting Leader
*Resource Awareness	*Identifying & Utilizing Resources		
Resource Awareness			
*Coping Skills	*Mindful Pause		
Coping Skills			
Stigma Reduction			
Stigma Reduction			
Compassion			
Compassion			
Social Systems of Support			
Social Systems of Support			
Respect			
Respect			
Healthy Habits			
Healthy Habits			
Healthy Mindset			
Healthy Mindset			
Mindfulness in Adversity			
Mindfulness in Adversity			

\*denotes activities that are required to complete

Note-only one activity per theme is required; the second box is if your club wishes to do two activities from one theme