

WELLNESS CENTER

AUGUST NEWSLETTER

Awareness Month Information: August 30th is National Grief Awareness day. Grief doesn't always entail the loss of a life. It can occur through life transitions, changes in identity, and both large and small traumas. Visit the booth during your lunch periods that day for resources and information.

RESPECT MHS

R stands for Resilience.

Definition: The ability to recover from or adapt to challenges. It refers to how you are able to bounce back from life's setbacks.

Tips for building your resilience:

1. Stay connected with positive peer and adult support.
2. Engage in self-care. Check out this month's self-care challenge for ideas.
3. Pay attention to your thoughts and how they impact how you feel.
4. BELIEVE IN YOURSELF

Wellness center happenings:

Weekly workshops will begin in September.

Below are two additions to the wellness center, a peer mediation form to request support for conflict, and a self care challenge QR.

Self-Care



Peer Mediation Request



WELLNESS CENTER

SEPTEMBER NEWSLETTER

Awareness Month Information: September is Suicide Prevention Month. This month is a time to remember those impacted by suicide, but also to increase awareness of warning signs and resources to help prevent suicide. Visit the booths during your lunch period on the 4th, 11th, 18th, and 24th.

RESPECT MHS

E stands for Esteem

Definition: Esteem or Self-esteem refers to the confidence in one's own worth and abilities. It is based on how someone values themselves, and the thoughts, opinions, and beliefs one has about who they are. A person's self-esteem can impact many aspects of one's life.

Tips for building your self-esteem:

- Pay attention to how you speak to yourself. Speak to yourself like you would talk to a best friend.
- Prioritize self-care and take time for yourself and what makes you happy
- Pay attention to your wants and needs.
- Avoid comparing yourself to others. Compliment yourself for who you are right now.
- Set goals and celebrate small steps.
- Remember that you are enough just the way you are.

Wellness center happenings:

**Click on the activity to sign up
or use QR code**

1. Tobias the therapy dog-
9/3 Per 1-3
2. Stand up for your community-
9/13 Per 7
3. Save a life from suicide-
9/16 Per 2
4. Intention setting for the year
9/26 Per 3



Peer Mediation

Self-Care

Request



WELLNESS CENTER

OCTOBER NEWSLETTER

Awareness Month Information: October is Bully Prevention Month and Red Ribbon Week. It is important to amplify the unified message that no one deserves to be bullied and all students deserve to feel safe and supported and to inspire everyone to act with kindness, acceptance, and inclusion. Red Ribbon Week is our drug prevention week.

RESPECT MHS

S stands for Self-Control

Definition: Self-control is the ability to control oneself, particularly one's emotions and the way one expresses their emotions. It is how someone is able to control one's impulses and desires.

Self-control helps you resist temptations and make better decisions.

Tips for building and practicing self-control:

- Identify your motivation for wanting to control yourself
- Get a good night's sleep.
- Think about where your desires come from. Ask yourself, how is this helping me? Why do I want this?
- Use systems and routines to help organize yourself.
- Set goals for yourself and track your progress.

Wellness center happenings: **Click on the activity to sign up**

1. Tobias - 10/4 4-6
2. Schwartz- discovering your values and strengths
3. Bullying or drug awareness-
4. Marisa- executive functioning
5. Stand up 10/18 per 2



SELF-CARE



PEER MEDIATION
REQUEST



WELLNESS CENTER

NOVEMBER NEWSLETTER

Awareness Month Information: November 13th is World Kindness Day. Our theme for today is respect everyone. In your email, you were all emailed an acts of kindness tic tac toe board. Throughout the day, take an opportunity to engage in these random acts of kindness, get tic tac toe turn the board in during lunch to earn a raffle ticket. Pictures of the act of kindness will earn you 3 raffle tickets.

RESPECT MHS

P stands for Perseverance

Definition: Perseverance is the continued effort to do or achieve something despite difficulties, resistance, or failure. Perseverance is being hardworking and finishing something you started.

Perseverance might require you to dig deep and overcome thoughts of wanting to quit.

Tips for building perseverance:

- Do not be afraid of failure- failure provide opportunity for growth
- Set realistic goals and break them down into smaller steps
- Build a support network of people that believe in you and your goals
- Remember your WHY for working towards something
- Reward yourself for your progress

Wellness center happenings: **Click on the activity to sign up**

1. Tobias - 11/4 2-4
2. Focus on art
3. Power of gratitude 11/19
4. Stand up 11/8 7th



SELF-CARE



PEER MEDIATION
REQUEST



WELLNESS CENTER

DECEMBER NEWSLETTER

Awareness Month Information: In December we celebrate National Volunteer Day on 12/5. We will have holiday cards for you to make that will be delivered to a nursing home. We will also increase awareness that holidays are not the same for everyone. Some people feel increased anxiety, stress, and even sadness during the holiday season. Our goal is to increase ways people can cope during the holiday season.

RESPECT MHS

E stands for Empathy.

Definition: Empathy is the ability to sense someone else's emotions and imagine what they might be thinking or feeling. Empathy helps you understand why someone responded the way they did or felt the way they did in a given situation. Empathy helps you build social connections and respond appropriately in social situations.

Tips for increasing empathy:

- Be an active listener and pay attention to what someone is telling you.
- Pay attention to a person's body language and nonverbal communication.
- Imagine yourself in someone's shoes.
- Think about why a person might be feeling or acting the way they do.
- Surround yourself with diverse people and experiences.
- Question what you think you know about someone. Do not make assumptions.

Wellness center happenings:

Click on the activity to sign up

1. Tobias- 12/2 Per 6-8
2. Dealing with loss during the holidays- willow house- 12/11 per 2
3. Goal setting for the new year
12/17 Per 7
4. Stand up 12/13 Per 2



SELF-CARE



PEER MEDIATION
REQUEST



WELLNESS CENTER

JANUARY NEWSLETTER

Awareness Month Information: In January we celebrate No Name Calling Week during the week of January 20-24. The goal of No Name Calling Week is to increase the awareness of the problem of name calling that occurs in school. Our theme this week is RESPECT my name.

RESPECT MHS

C stands for courage

Definition: Courage is the willingness and choice to confront uncomfortable or challenging situations or feelings. It involves taking action in the face of adversity, standing up for what is right, or facing challenges with determination and bravery.

Tips for increasing courage:

- Step outside your comfort zone.
- Face fears head on. Identify situations that are challenging or uncomfortable and expose yourself to them.
- Be kind to yourself and recognize that everyone experiences fear and discomfort.
- Set goals and visualize success.
- Develop your resilience.

Wellness center happenings:

Click on the activity to sign up

1. Tobias - 1/7 Per 1-3
2. Creating a Dopamenu- 1/14 Per 2
3. Focus on Art
4. Stand up 1/10 7th



SELF-CARE



PEER MEDIATION
REQUEST



WELLNESS CENTER

FEBRUARY NEWSLETTER

Awareness Month Information: February is Teen Dating Violence Awareness month. During this month we work to increase the awareness and education of dating violence to help prevent it from happening before it starts. You will learn about warning signs, steps to take to get help, and resources available to you.

RESPECT MHS

T stands for trustworthiness.

Definition: trustworthiness refers to the quality of being reliable, dependable, and worthy of confidence. It involves consistently demonstrating integrity, honesty, and behaving according to your values.

Tips to improve your trustworthiness

- Be open and honest.
- Keep promises and commitments
- Identify your personal values.
- Act and behave according to your values.
- Maintain consistency in your behavior and actions over time.
- Take responsibility for yourself and your actions.

Wellness center happenings:

Click on the activity to sign up

1. Tobias- 2/3 4-6
2. Schwartz- Music heals your soul
3. Healthy relationships- a safe place- 2/18 per 7
4. Sound Bowl/Yoga
5. Stand up 2/7 2th



SELF-CARE



PEER MEDIATION

REQUEST



WELLNESS CENTER

MARCH NEWSLETTER

Awareness Month Information: On March 3rd we celebrate Teen Mental Health Awareness day. The purpose of this day is to bring awareness to the mental health issues that teenagers deal with every day. The end goal is to reduce the stigma around mental health issues in order to increase the comfort to reach out for support and talk about what they are experiencing.

RESPECT MHS

M stands for Motivation

Definition: Motivation refers to factors that drive, direct, and energize behavior toward achieving a goal or fulfilling a need. It involves the desire, willingness, and determination to pursue and persist in activities that lead to desired outcomes or rewards.

Tips for increasing motivation

1. Find your WHY for wanting something.
2. Set clear goals and visualize success.
3. Celebrate progress
4. Break tasks into manageable steps.
5. Stay positive.
6. Find a support system of people.

Wellness center happenings:

Click on the activity to sign up

1. Tobias - 3/3 6-8
2. Mane in heaven- 3/3
3. Schwartz- the science behind anxiety
4. Leslie- manage your nerves
5. Stand up 3/7 7th



SELF-CARE



PEER MEDIATION

REQUEST



WELLNESS CENTER

APRIL NEWSLETTER

Awareness Month Information: April is Youth Violence Prevention month and Sexual Assault Awareness month. The goal of both of these awareness topics is to increase the knowledge teens have about warning signs and what they can do to protect themselves and others. Visit the different booths during your lunch to learn more.

RESPECT MHS

H stands for Hopefulness

Definition: Hopefulness is the state of being optimistic, positive, and confident about the future. It involves the belief that desirable outcomes are possible or likely, even in the face of challenges, setbacks, or uncertainty.

Tips for increasing hope:

- Identify what you are grateful for.
- Set realistic and meaningful goals
- Visualize success with your goals and the future you want.
- Learn from your setbacks or mistakes
- Identify what is in your control.
- Stay positive.

Wellness center happenings:

Click on the activity to sign up

1. Tobias- 4/1 2-4
2. Anger management
3. A safe place-sexual assault awareness- 4/15
4. Writing for wellness
5. Stand up 4/11 2th



SELF-CARE



PEER MEDIATION

REQUEST



WELLNESS CENTER

MAY NEWSLETTER

Awareness Month Information: May is Mental Health Awareness month. During this month we increase the awareness of mental health issues, work to reduce the stigma surrounding mental health, and increase resources and strategies students can utilize and access. The Wellness Center will offer workshops and activities during lunch to support mental health.

RESPECT MHS

S stands for Solidarity

Definition: Solidarity is the unity of support within a group, community, or society, especially in the pursuit of common goals, interests, or values. It involves a sense of shared connectedness, and cooperation among individuals regardless of differences in background, beliefs, or circumstances.

Tips for improving a sense of solidarity:

1. Be accepting and open to people that are different from you.
2. Show empathy and understanding for others.
3. Address conflict within your group, without threats or violence.
4. Have open and honest communication.
5. Build trust and mutual respect between you and others.
6. Be helpful to others.

Wellness center happenings:

Click on the activity to sign up

1. Tobias- 5/5 Per 5-7
2. Raise your Vibrations
3. Focus on art
4. Mindfulness nature walk
5. Stand up 5/2 Per 7th



SELF-CARE



PEER MEDIATION
REQUEST

