

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. Stand up- 1/10 7th
3. Creating a Dopamenu- 1/14 Per 2
4. Focus on Art - 1/21 Per 5
5. Discovering your strengths and values- 1/31 Period 6

SELF-CARE



PEER MEDIATION
REQUEST

