

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. Look out for the different resources and activities in the commons.

Character Value: HOPE

Hope is a feeling of expectation and desire for a certain thing to happen. It often involves a belief or optimism that circumstances, situations, or outcomes will improve or turn out positively, even in the face of uncertainty or challenges.

1. Emotional Hope: A positive emotional state fueled by anticipation of a desired outcome.
2. Philosophical Hope: A concept rooted in faith or belief in possibilities beyond what is currently observable.
3. Practical Hope: Actions or efforts taken toward achieving a goal, grounded in the belief that change is possible.

Hope serves as a motivating force, offering strength and resilience during difficult times. . By fostering hope, we can build stronger connections, support each other's dreams, and create a more positive and resilient school community.

Wellness center happenings:
Click on the activity to sign up

Mindful monday- mindful eating

9/15 per 5

Discovering your inner superhero

9/4 per 2

Body positivity - 9/26 per 3

Save a life from suicide - 9/9 per 7

Stand up suicide prevention- 9/18 per 7

Self-Care



Peer Mediation

Request

