

HEALTH & WELLNESS NEWSLETTER

The Office of Student Services

It's Flu Season!

Please do your part to stop the spread of germs and airborne illnesses. If you think you might be contagious, it's important to stay home and rest so you do not share your illness with other on campus and so that your body can get the rest that it needs. Be sure to practice proper hand washing techniques and cover your cough!

WellScreen

This month the School Counselors will be administering the WellScreen universal screening tool to all consenting students. The purpose of the tool is to identify risk factors and mental health concerns among students and provide early intervention when possible.

PAC Town Hall

This month's PAC Town Hall Meeting will focus on Student mental health and well-being. Invited guests will discuss social-emotional learning and mindfulness tools. The PAC Town Hall meeting will be Tuesday, October 22nd, at 6:00pm in the BDCHS Cafe.



Mental Health Awareness Month

The World Health Organization (WHO) recognizes October 10th as World Mental Health Day and the National Alliance on Mental Illness (NAMI) worked with Congress to establish the first full week of October as Mental Illness Awareness Week. This October, consider the following suggestions from WHO on ways you can take action:

- Improve awareness of the significant of suicide as a global public health problem;
- Improve knowledge of what can be done to prevent suicide;
- Reduce the stigma associated with suicide; and
- Let people who are struggling know that they are not alone.





TUF Life Skills

In an effort to enhance mental and emotional health education within our curriculum, BDCHS will be utilizing the TUF Life Skills social emotional learning curriculum.

- In grade 9, students will learn about self-awareness and self-management, with topics such as self control and work ethic.
- In grade 10, students will learn about healthy relationships with topics such as communication and conflict resolution.
- In grade 11, students will learn about social awareness with topics such as empathy and citizenship.
- In grade 12, students will learn about decision making, with topics such as financial literacy and internet safety.

For more information about the curriculum, please attend the PAC Town Hall Meeting on Tuesday, October 22nd at 6:00pm in the BDCHS Cafe.

Mental Health Awareness on Campus

The BDCHS School Counseling Team, alongside the Student Government Association (SGA) has developed lessons and activities for each week. Our main purpose is to remove negative stigma associated with mental illness, in addition to providing students with the tools for maintaining mental health.

The activities taking place on campus are listed below:

- “Mindful Monday” featured segments on The Rise and Shine Phoenix Morning Show each week.
- Monday, October 14th - SGA and School Counselors will be handing out ribbons to support awareness of specific mental health causes (more information on Student Services Edsby)
- Wednesday, October 16th - Students will have the opportunity to fill out a starfish representing someone that made a difference in their life. The starfish will be displayed in the upstairs hallway. For more information on the Starfish Story: <https://www.youtube.com/watch?v=Z-aVMdJ3Aok>
- Friday, October 25th - SGA and School counselors will conduct a Mental Health Awareness lesson in each homeroom.

