

Bear Wellness

Century Community Charter

September issue

Ways to promote Wellness on the daily:

- Write a journal.
- Body scan.
- Listen to music.
- It's easy to pass on but, EAT breakfast.
- Share in talking with best friends.
- Incorporate exercise into your day.
- Make time to relax.
- Keep your body hydrated.
- Find at least five things to be grateful for.
- Breath.
- Get some sleep.
- Take a walk.
- Practice good hygiene.

Getting stuck happens. Commit to starting anew as many times as you need to

First Wellness meeting

**September 18th
5pm-6pm**

CCCS Gym

****Babysitting will be provided**

Bear Wellness Purpose

To bring awareness of what mental health is, to collaborate and work together to ensure that every child has what they need to experience success, to provide students, families, and CCCS faculty/ staff resources, support, and services that address the well being of entire CCCS community.

What is student wellness?

Student wellness is the recognition by schools, districts, and educational professionals that there are many factors that impact a student's achievement. It is an approach that focuses on supporting the whole child. The dimensions of wellness include: Emotional, Personal, Intellectual, Physical, Environmental, Occupational, and Social factors.

Environmental Wellness: Promote safe and supportive environments in the home, school, and community that encourage wellness.

Social Wellness: Developing a sense of connection, belonging, and a well- developed support system.

Intellectual Wellness: Recognizing creative abilities and finding ways to expand knowledge and skills

Personal Wellness: Expanding a sense of purpose and meaning in life

Occupational Wellness: Personal satisfaction and enrichment from one's effort

Physical Wellness: Learn and model healthy practices and routines

Emotional Wellness: Coping effectively with life and creating satisfying relationships