

Welcome to **Weekly Wellness**

Good morning! ☀️

My name is Ms. Rodgers, and I am a school counseling intern at Conestoga High School. A little bit about me: I am currently a graduate student at West Chester University completing my Masters in School Counseling. For the past five years, I have been teaching middle and high school English Language Arts. During my time as a teacher, I have become passionate about mental health and social/emotional wellbeing because I recognized that my students were most successful physically and academically when they were healthy from the neck up and had proper coping strategies to deal with the life around them. I then self-reflecting and realized that it applied to me too! Although it is a continuous work in progress, I feel so much better that I have been practicing staying present, and I hope that you do too.

With that being said, I am so excited to introduce Weekly Wellness to all of you!

So, what is Weekly Wellness?

Weekly Wellness is a grounding program that will be launched each week on your Schoology. We will be discussing what mindfulness is, why people practice it, and the benefits it has on personal wellbeing. In addition, there will be an activity to practice throughout the week and a quote to inspire you along the way.

This week, I ask you all to take a few minutes to click on the link below and complete the survey. There are only 7 questions, so it should be quick! This survey is to understand where the Conestoga High School student and staff community currently identifies with stress and/or anxiety, as well as mindfulness practices and grounding techniques. The results will be used in comparison with another survey that will be sent out toward the end of the first semester to see how the Weekly Wellness program has benefited the CHS student and staff participants. This survey is anonymous, so please be honest with your responses. It is important to collect accurate data to know how to make appropriate adjustments along the way!

Link: https://forms.office.com/Pages/ResponsePage.aspx?id=qxqZ1-C_6EaDFd7YfRIuY0gjswQd_FRJsN7EmSalzARUQThISFFKTFZKOTIaUFM4M0xMUk1CTDVIRi4u

Thank you for completing the survey! Your voice is so important in helping to make this program best serve you.

Before you go, I would like to end on a quote to inspire you this week. The goal for grounding is to be in the present moment and find inner peace despite the chaos around you.

So, for this week's quote:

“Peace does not mean to be in a place where there is no noise, trouble, or hard work. It means to be in the midst of those things and still be calm in your heart.”

In other words, the goal is not to change all the stressors in the world, but to change how you cope with it and find inner peace.

I hope you all have a wonderful week! 😊

If you have any questions, concerns, comments, or would like to chat, please do not hesitate to email me at rodgerss@tesd.net