



Wellness Workshops

AT OPRFHS



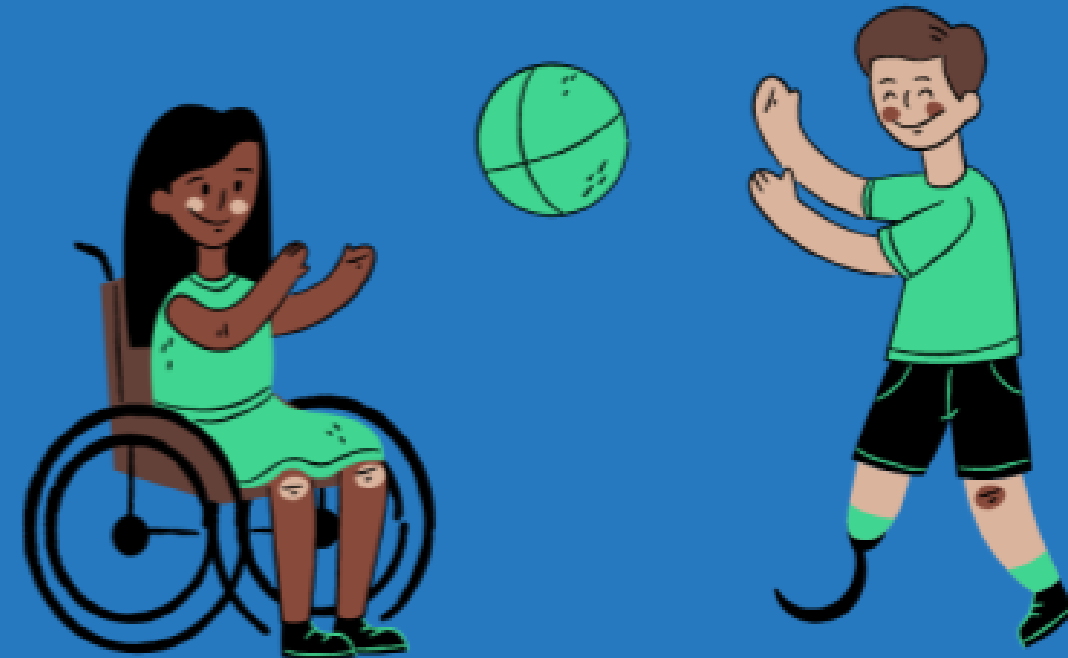


**"Stressed brains
can't learn."**

**— JIM SPORLEDER
HIGH SCHOOL PRINCIPAL/
PAPER TIGERS DOCUMENTARY**

Helps students
**manage stress
and depression,**
& improved their
attitudes about
themselves,
others, and
school

**SOCIAL AND EMOTIONAL
LEARNING**



**IMPROVES MENTAL
WELLNESS**

Social and Emotional Learning (SEL) Is In Demand



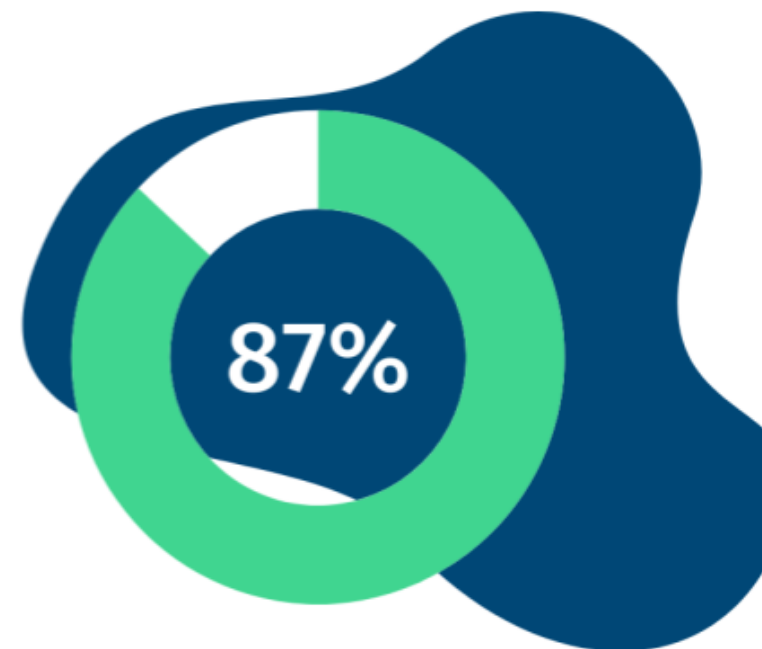
92% of employers

say these skills are equal
to or more important than
technical skills

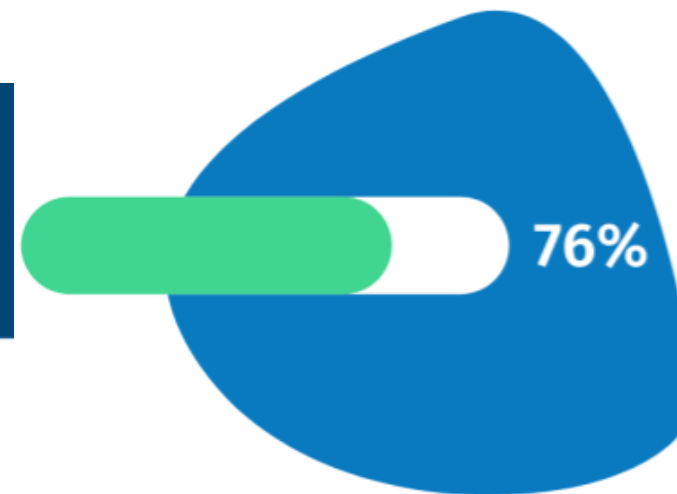
Social and Emotional Learning (SEL) Is In Demand

87% of parents

believe SEL is important in
helping children navigate
today's world

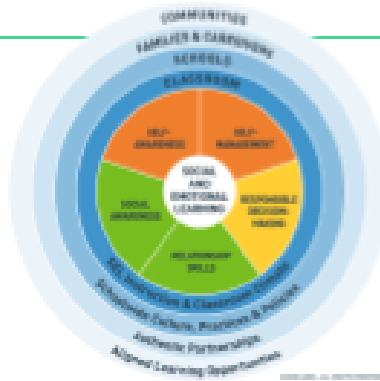


Social and Emotional Learning (SEL) Is In Demand



76% of high schoolers

say they want to attend a
school that prioritizes SEL



THE CASEL 5

Five broad, interrelated areas of competence



self-awareness

Understand one's own emotions, thoughts, and values and how they influence behavior across contexts.



self-management

Manage one's emotions, thoughts, and behaviors in different situations and to achieve goals and aspirations.



social awareness

Understand the perspectives of and empathize with others, including those from diverse backgrounds.



relationship skills

Establish and maintain healthy, supportive relationships and effectively navigate settings with diverse individuals/groups.



responsible decision-making

Make caring and constructive choices about personal behavior and social interactions across diverse situations.

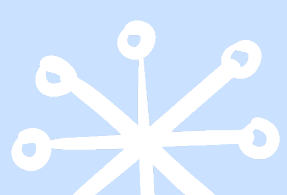








What Motivates You?

**IDENTIFY INFLUENCES THAT
HELP AND MOTIVATE YOU,
AND INFLUENCES THAT GET
IN YOUR WAY**

**DISCUSS TECHNIQUES TO
SUPPORT AND INCREASE YOUR
MOTIVATION**





2,112

STUDENT RESPONSES

65%

**POSITIVELY IMPACTED
BY ACTIVITY**

64%

**WILL USE WHAT I LEARNED
IN SCHOOL**



Student Comments



*"The wellness activity was helpful because I got to get **new ways to help motivate myself.**"*

*"I really liked it and being able to identify what motivates me **has actually motivated me.**"*

*"I loved the time to just be **supported by my classmates** about my struggles staying motivated. thank you so much."*

*"Keep it up I like this idea, it's interesting how everyone copes with different problems and **implementing different strategies.**"*

*"It's nice because it helps me **understand myself better.**"*

*"I liked that we had a **dedicated time+place** to do this, definitely want to do this again"*



Student Comments



*“I thought it was a good break in the day **to just talk as a class** about something other than classwork”*

*“Was so great. i felt super **supported by my teacher.**”*

*“I liked it, i felt like it was a **safe space to share out.**”*

*“I think it was really **helpful to have everyone share.**”*

*“It was a **great relief to have**”*

*“this will make a **positive impact** on our school”*

83

TEACHER RESPONSES

52%

**SOMEHWAT HELPFUL TOPIC
FOR STUDENTS**

40%

**VERY HELPFUL TOPIC
FOR STUDENTS**

=

92%



Teacher Comments



*“I find it very powerful to know we are all **doing the same thing at the same time**, which can be challenging in our large school.”*

*“I liked it! I like that we are **trying something** instead of just talking about it.”*

*“I truly appreciated the **opportunity and TIME** to engage students in a **non-academic activity**. I thought it was fruitful and worthwhile for all.”*

*“The activity went exceedingly well. I genuinely enjoyed it, and I believe that the students did, too. Thank you for pushing me and us as a collective to do something that is **beneficial to students**, even if it is not within my immediate comfort zone.”*

*“My class loved this...had a **large number of students share**, the rest of the class respectfully listening and clapping for their peers and many students requesting that we do SEL activities daily or weekly.”*

All students engaged, which was nice.”

Managing Stress

**IDENTIFY HELPFUL AND
UNHELPFUL STRESS**

**LEARN COPING STRATEGIES TO
MANAGE AND DECREASE
STRESS**





1,135

STUDENT RESPONSES

56%

**POSITIVELY IMPACTED
BY ACTIVITY**

61%

**WILL USE WHAT I LEARNED
IN SCHOOL**

67

TEACHER RESPONSES

54%

**SOMEHWAT HELPFUL TOPIC
FOR STUDENTS**

31%

**VERY HELPFUL TOPIC
FOR STUDENTS**

=

85%

HUSKIE Wellness Wall



Huskie Wellness

What Parents Need to Know

Presented by Principal Lynda Parker
in collaboration with the OPRFHS Student Services Department



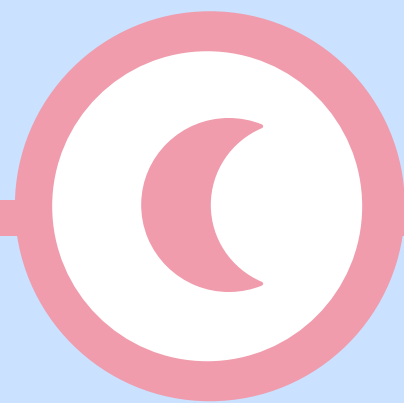
Spreading the message!

2nd Semester



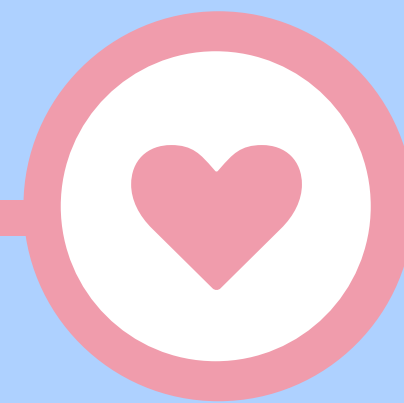
**JANUARY
26TH**

Wellness
Workshop #3



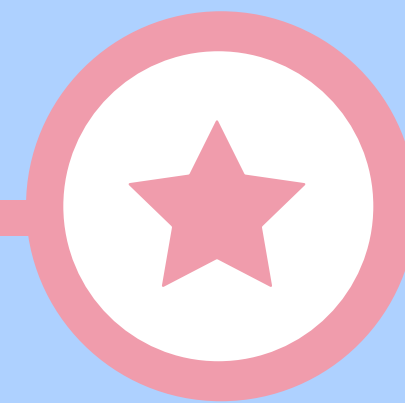
**FEBRUARY
28TH**

Wellness
Workshop #4



**MARCH
21ST**

Wellness
Workshop #5



**APRIL
18TH**

Wellness
Workshop #6

Questions?

THANKYOU

