

Hoban Wellness

2020-2021

Resources for Teen Wellness
and Substance Use Prevention



Hoban Wellness

Take Care of Yourself - Take Care of Ea

Hoban Wellness Wednesday Newsletter: February 10, 2021

Hoban Wellness Celebrates

BLACK HISTORY MONTH



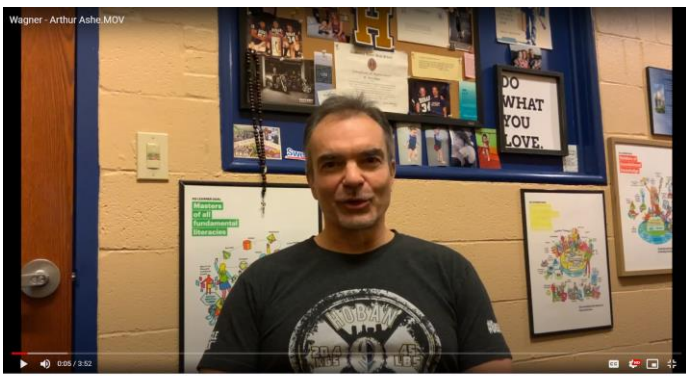
Welcome to this week's edition of the **Hoban Wellness Wednesday Newsletter**. As our school community celebrates Black History Month, please **click on a picture below to see a video message**.



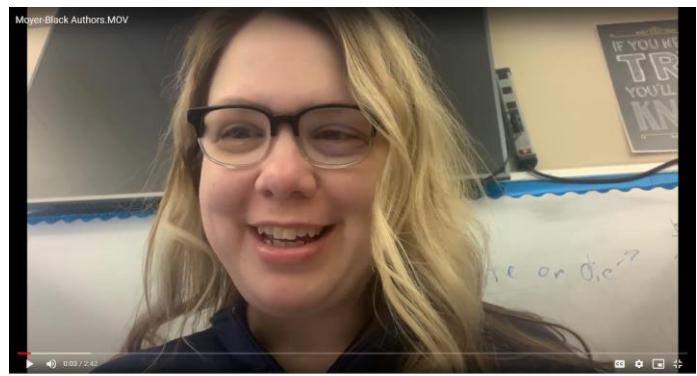
Mrs. Bates speaks about Mae Jemison, who is the first African American female astronaut. In 1992, she flew into space aboard the Endeavour, becoming the first African American woman in space.



Coach Lawrence Wynn with some thoughts on Tommy Smith, 1968 200m Olympic Champion. Smith's protest against racism and injustice, atop the medal podium, is one of the most memorable moments in Olympic history.



Mr. Wagner remembers legendary American tennis champion, author, and activist, Arthur Ashe.



Ms. Moyer with thoughts on several of her favorite authors and stories.



Watch this thoughtful and inspiring talk from actor Denzel Washington.



This powerful and inspiring speech has been viewed nearly 16 million times on YouTube. The Wisdom of a Third Grade Dropout Will Change Your Life | Rick Rigsby

[11 Self Care Tips for Teens and Young Adults from the Clay Center for Young Healthy Minds](#)



[The Black History Heroes You May Never Have Heard Of](#)



Nina Fabunmi's breathtaking artwork explores themes of the African diaspora through personal narratives and cultural references. Her solo exhibition 'Rebirth', is currently showing at the Joyce Gordon Gallery



The San Bernardino County Museum, in partnership with the Southern California Black Chamber of Commerce, presents an art exhibit featuring the works of prominent African American artists from throughout Southern California to recognize Black History Month.
Heather Hilliard Bonds – Lady Sings the Blues



10 Cool Classroom Decor Ideas To Honor Black History Month

These are SO creative.