



November 2022

# WELLNESS NEWSLETTER

*Brought to you by the Bruin Wellness Center*

## Why School Community Matters?



Decades of research on school climate have indicated that students who experience a positive school climate are substantially more likely to experience increased positive outcomes. Community includes both the school climate and the school culture.



**School climate** encompasses the experiences of individuals in the school, including learning and building relationships, while also capturing the collective beliefs and attitudes that are present within a school.

**School culture** is defined as the shared values, rules, belief patterns, teaching and learning approaches, behaviors, and relationships among or across the individuals in a school.

### Upcoming Events

#### Gratitude Day

**Nov 16th at Lunch**

#### Wellness Workshop

**Nov 30th at Lunch**

## Impact on Academics



- Students attain higher grades
- Improved motivation to learn
- Higher graduation rates
- Decreased absenteeism
- Decreased disparities among student minority groups



## Need Support?



Contact Information:  
Mrs. Martinez Aboshehwa  
Room 517



**What is one thing you like about your school community?**



**What would you like to change?**

## What Can Students do?

Communicate needs with school staff and peers

Participate in classroom discussions and school events

Create a student forum to share ideas and suggestions for the school

Speak out against things that make you feel unsafe or unrepresented

## What Can Staff do?

Give students opportunities to share multiple parts of their lives

Acknowledge what's good

Provide time for collaboration and student-to-student interaction

Check in and monitor the lives of groups

Be the host and set the tone

## Social-Emotional Impact

Lower rates of depression, anxiety, and stress

Lower rates of hyperactivity and emotional conduct issues with peers

More likely to engage in prosocial behaviors

Improved staff morale

<https://www.cde.state.co.us/schoolclimate/schoolclimate/whitepaper>

Dramatic decrease in risky behaviors