



WELLNESS NEWSLETTER

Brought to you by Millikan 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

- Spread Kindness by Coloring a Puzzle Piece
 - 11/7-11/10
- Healthy Relationships Workshop
 - Thursday 11/17 at Lunch
- Be an Upstander
 - Tuesday 11/29 at Lunch

LAURA'S HOUSE

Helping Hope and Empowering Change to End Domestic Violence

Impact on Academics

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

Need Support?



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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