

Wellness Teams:

Each secondary school site has a team supporting our students. These include Administrators, Wellness Leads, Mentors, Behavior Techs, Latino Commission Therapists, Substance Abuse Counselors, Academic Counselors, PBIS Leads, Xinachtli & Joven Noble Circle Keepers and Restorative Justice Circle Leads.

We work in collaboration with our partners to train our staff in our Transformational Justice Model:

- * California Commission for Equity & Justice
- * National Compadres Network
- * San Bernardino County Superintendent of Schools

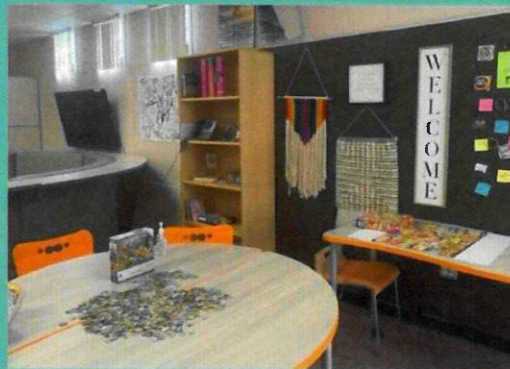


Coachella Valley Unified School District is dedicated to providing all students a safe place to learn about self care and to practice strategies in self regulation, goal setting and coping skills to support social emotional and physical well being.



The CVUSD Wellness Centers offer students both individual and small group support sessions. Students may self refer, using a QR code, or be referred by a staff member. The Wellness Center offers support for students who may be experiencing the following:

- Anger/Sadness
- Anxiousness
- Trouble Focusing Thoughts
- Trouble Sleeping
- Extreme Emotions
- Trouble Regulating Behavior
- Conflicts with others
- Other Health Concerns or Questions



Providing a safe space for student well being. Come visit us today. You are always welcome!

PHYSICAL & MENTAL HEALTH

Students are taught how to self monitor and use the following strategies:

- Heart Rate Regulation
- Breathing Exercises
- Meditation
- Aromatherapy
- Sound Machines
- Music Meditation
- Art for Stress Management

REGULATION TOOLS :

Offered at various sites:

- Oil Diffusers & Singing Bowls
- Water Fountains
- Yoga Mats
- Paint by Numbers & Coloring Books
- Herbal Tea Station
- Zen Sand Gardens
- Logic Puzzles
- Fidget Toys
- Mindfulness Activities
- Sharing Wall
- Journaling

CLASSES & WORKSHOPS:

- Build or Restore Healthy Relationships
- Mindfulness
- Healthy Communications
- Healthy Living
- Meditation
- Yoga