

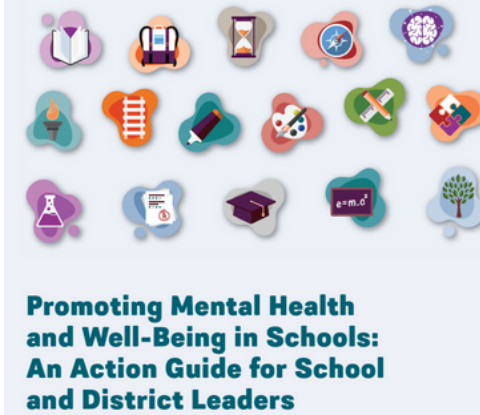


BMHS Wellness Center Annual Impact Report

The BMHS Wellness Center opened in March 2024. We host students during snack, lunch periods, after school, and as needed for 10-15 minute brain breaks. Our team processes referrals from staff, parents, and student self-referrals



GUIDING FRAMEWORK



Promoting Mental Health and Well-Being in Schools: An Action Guide for School and District Leaders

SCAN
HERE
TO
LEARN
MORE



MISSION & VISION

The vision of the Wellness Center is to provide a range of resources and services to support students and families in meeting the challenges of pre-adolescence/adolescence through prevention, early-intervention, and education, in a safe place – at school.

The Wellness Center will empower our students and support our families in learning how to manage their social, emotional and physical health while striving to support all areas of their lives that may impact their academic potential.



PSYCHOSOCIAL EDUCATION

The Wellness Center hosts Lunch & Learn Opportunities every month for students to learn about a particular facet of their brain and body connection. This year we have presented on Stress Management, Financial Literacy, Mental Health Myths, and Environmental Wellness.



SPECIAL INTEREST ACTIVITIES

Twice per month the Wellness Center hosts special interests activities that connect with our Tier 1 supports. These include options like building your own stress ball, understanding color sounds, and group projects that represent our school community learning new tools to regulate their emotions.



BUILDING COMMUNITY

We provide ongoing opportunities for students to meet new people and engage with others on campus. Together we support our Community Garden, campus beautification projects, host game tournaments, and create a safe community for ALL BUCS.

UNIVERSAL REFERRAL



#BEWELLBELLFLOWER 

REDEFINING THE ROLE OF SCHOOL COUNSELORS

