

The Perch

Isbell Middle School Wellness Center

Room 42



What is the Wellness Center?

The wellness center is a safe space to promote mental health awareness by connecting our students, families, and staff with resources to support one another and reduce the stigma regarding mental health.



Wellness Center - The Perch

- The wellness center is located in room 42
- Tuesday - Friday from 8:00am - 2:35pm
- Mondays open during nutrition break
- Students are welcomed to drop in during nutrition and lunch break and participate in activities
- Students are welcomed to stop by the wellness center as needed with teacher/staff permission

Wellness Center Counselor: Mrs. Jimenez

This is my 10th year at Santa Paula Unified School District and my 1st year as Isbell's Wellness Center Coordinator/Counselor. I'm excited for the opportunity to reduce the stigma associated with mental health and help anyone who walks into the wellness center's door! I am also here to support our wellness center peers who help promote the wellness center and help host activities and workshops.

Wellness Center Peers

- Students who assist in promoting mental health
- Refer students to the center
- Promote workshops and events
- Facilitate activities and presentations
- Distribute information about resources
- Conduct awareness campaigns
- Update website and social media account
- Create posters and other means of communication to promote the center
- Participate in outreach to students who may be experiencing mental health challenges
- Maintain confidentiality according to school policies and procedures

What's happening this month?



October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		01  Board Games	02  Drum Circle	03  Table Drawing	04 Fun Friday!	05
06	07	08 Peer Mentor Meeting	09  Stress Balls	10  Slime Making	11 Fun Friday!	12
13	14 	15  Board Games	16  Drum Circle	17  Rock Painting	18 Fun Friday!	19
20	21	22 Peer Mentor Meeting	23  Drum Circle	24  Pumpkin Painting	25 Fun Friday: Game Day	26
27	28	29  Board Games	30 BRITE World	31  Pumpkin Painting		