



WHAT IS THE WC?

A calming space
A place to de-escalate
A place to reset
A safe place



**Located in room 5 - look for us near the MPR!*

East Avenue Middle School Wellness Center

WHEN IS IT OPEN?

Monday-Friday,
8:30-10:15 am

Tuesday and
Thursday, during
both lunches

HOW TO ACCESS THE WC:

- Get a **Wellness Center pass** from your **teacher** or a **Yard Supervisor**
- Come to **room 5**
- **Check in** on laptop & with the staff member
- Your **10 minute timer** starts...use fidgets, color, relax, etc...
- If needed, make an **appointment** to speak with Ms. Haley, Mrs. Hart, or Ms. Nicole at a future time



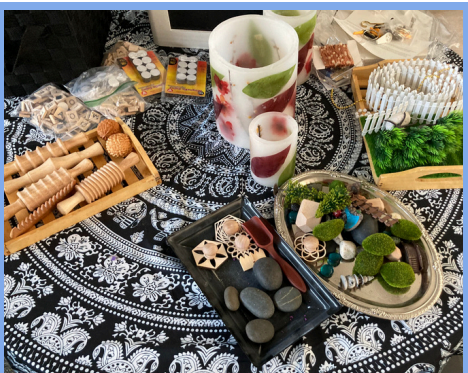
WHAT IS AVAILABLE IN THE WC?

- *Fidgets *Sensory tools *Puzzles
- *Coloring pages *Art supplies
- *Soft music *Comfortable seating

East Avenue Middle School Wellness Center

At East Avenue Middle School,
we recognize that:

academic success is closely linked to social and emotional wellness. The purpose of the EAMS Wellness Center is to provide a safe space for the establishment of mental health supports and the Social Emotional Learning (SEL) needed for all students to thrive.



At our school, when students visit the Wellness Center they will complete an online check-in form, complete a brief lesson, and have access to de-escalation materials, sensory items, art supplies, and resources.