



Peachful. . . PRACTICES

March 2026

Statewide testing can bring a wave of pressure for both students and educators. This month we're focusing on simple, wellness strategies that help calm anxious minds, boost confidence, and create positive classroom environments.

CALM MINDS, CONFIDENT LEARNERS

WELLNESS TIP OF THE MONTH

This month's newsletter highlights three practical strategies to help educators support both themselves and their students during statewide testing.



Monthly Tip

With anxiety rising at this time of year the issue focuses on simple wellness-centered approaches that reduce stress, strengthen emotional balance, and create calmer, more confident learning environments.



WORDSEARCH

N	O	I	T	A	L	U	G	E	R	A	G	M	R
B	A	W	E	N	Y	O	S	T	Q	I	N	P	Z
V	A	Q	A	P	I	U	T	R	V	P	I	U	H
S	X	L	Q	K	A	P	L	E	P	F	G	P	J
M	E	W	A	P	J	N	W	F	Z	J	A	B	I
A	V	N	Y	N	R	B	C	O	I	B	R	J	N
N	J	N	I	R	C	O	N	C	L	F	U	O	P
F	W	S	G	T	Y	E	Y	U	M	F	O	M	O
E	U	I	J	S	U	S	E	S	L	X	C	V	C
R	J	G	F	S	M	O	C	L	P	M	N	F	D
Y	E	Y	C	C	R	H	R	U	C	O	E	I	X
S	E	L	F	T	A	L	K	D	N	L	F	O	B
P	X	O	J	X	Y	I	B	A	O	A	G	A	W
M	M	U	F	Q	C	B	D	Y	A	P	Q	C	V

SPOTLIGHT ON SUCCESS

Whitfield County Schools regularly offers a **Peaceful Pilates class** in the Wellness Center at the District Office.



This class is open to all Whitfield County School staff at no cost. It supports employee wellness while also promoting a positive and connected workplace culture. **#OneWhitfield.**

Thank you to the districts that shared strategies at the **Northeast Ga RESA Wellness in Action series.**



UPCOMING EVENTS

First District RESA Presents the Whole Child Coalition – March 11, 2026, in Metter, GA



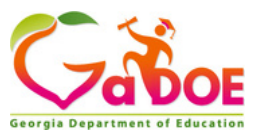
[Click here for more info](#)

PROMISING PRACTICES

Is your district utilizing some creative practices to support your teachers and leaders during challenging times? Feel free to share some of your best practices on our:

[Community Padlet](#)

CONTACT US FOR MORE INFO :



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