

Welcome Back!

TO A NEW SCHOOL YEAR!

WAVES of GROWTH, TIDES of CHANGE

Stronger
Together.
Healthier
Every Day.

OUR HEALTH. OUR TEAM. OUR FUTURE.



Just like waves, growth comes in motion—and change brings new opportunities. This year, let's focus on our health and wellness so we can show up as our best selves for our students, our coworkers, and our community.

This Year, Let's Make Wellness a Priority!



NOURISH

Choose balanced meals and stay hydrated.



MOVE

Find ways to get active and keep your body strong.



RESET

Take time to rest, relax, and manage stress.



CONNECT

Build positive relationships and support one another.



PROTECT

Get plenty of sleep and take care of your mental health.



THRIVE

Small daily choices today lead to a better tomorrow.

Every healthy choice creates
a **ripple** of impact.

YOU MATTER. YOUR HEALTH MATTERS.
TOGETHER, WE CAN MAKE WAVES!

Look Forward To:

- ✓ Wellness Challenges
- ✓ Fun Activities & Events
- ✓ Helpful Resources
- ✓ Encouragement & Support

All Year Long!

Let's ride the **WAVES OF GROWTH**
and embrace the **TIDES OF CHANGE**—

TOGETHER, WE WILL MAKE THIS OUR
HEALTHIEST, HAPPIEST, MOST SUCCESSFUL YEAR YET!