The Nest
OHS WELLNESS

MONDAY - FRIDAY
8AM-4PM

November

Wellness Calendar

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

MONTHLY THEME

Making Connections

*ALL ACTIVITIES TAKE PLACE DURING LUNCH UNLESS OTHERWISE NOTED. EVERY WEDNESDAY, ACTIVITIES WILL TAKE PLACE IN THE QUAD

fall VIBES

2

3

COCO CONNECTS TO MENTAL HEALTH BY SHOWING THE IMPORTANCE OF FAMILY, EXPRESSING EMOTIONS, COPING WITH LOSS, FINDING YOUR IDENTITY, AND FEELING SUPPORTED.

CLINICAS

Wellness Wednesday

4 *LATE START

NEST LEADER MEETING AM

FARM 2 SCHOOL HARVEST OF THE MONTH

GRATITUDE CARDS

CLINICAS LIFT

5

GRATITUDE BINGO

CLINICAS

6

GAME DAY!

9

MINDFUL MONDAY WORDSEARCH

10

ATHLETE WORKSHOP
11-11:48AM PER.2

GRATITUDE LEAF WREATH

CLINICAS

Wellness Wednesday

11

H O L I D A Y!
NO SCHOOL

CLINICAS LIFT

12

GRATITUDE LEAF WREATH

CLINICAS

13

VCOE YOUTH MENTAL HEALTH CONFERENCE
ALL DAY

UMITED AVAILABILITY

16

CALM ART WORKSHOP
PER. 2 11:15AM -12:15PM

17

FEATHERED FRIENDS

CLINICAS

Wellness Wednesday

18 *LATE START

NEST LEADER FRIENDSGIVING

CLINICAS LIFT

19

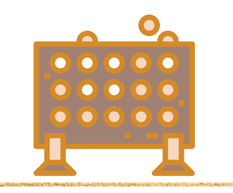
ATHLETE WORKSHOP
1:15-2PM PER.3

FEATHERED FRIENDS

CLINICAS

20

SOUNDBATH
PER.2 11-11:48PM



GAME DAY!

GRATITUDE WEEK!

23

FALL BREAK

24

25

26

27