



April 18th, 2021

Dear Royals and Families,

We are excited to share that our student-led Wellness Committee, in collaboration with our Student Government, has developed a RHS Wellness Week for April 19th to 23rd! The intent of this week is to inspire, to empower and to engage youth on the importance of good mental health, wellness and resiliency.

Our student-led committee has organized a daily guest speaker series for this week that will focus on and share educational activities and strategies. Topics for each day have been selected by students for students and is based on identified issues from student discussions, surveys, and data. This week's topics include:

- Understanding the difference between mental health and mental illness (mental health continuum)
- How to deal with Anxiety and Depression
- Nutrition and healthy eating habits
- Strategies for reducing stress
- Sexual Health, Safety in Relationships, and Consent
- How to be safe online and with texting communication
- Understanding the teenage brain and strategies to help us understand and cope with problems in our lives

Guest speakers will use Microsoft Teams to present for 20 minutes and then answer student-submitted questions. Both students at-school and at-home will participate as the classroom teacher either broadcasts the session to the entire class or provides a link for students to join directly.

During the lunch hour, there will also be physically-distanced activities and information booths for students to further engage in learning. Look for student live performances, sidewalk chalk art, yoga, sharing circles, wellness wall, and activities in the mall!

We hope all our Royals benefit from this wellness week!

Take care,
RHS Staff