

STUDENT WELLNESS COALITION NEWSLETTER

WILLIAM B. TRAVIS HIGH SCHOOL



TRAVIS STUDENT WELLNESS COALITION

Introduction to the Coalition

Hello Tigers! Welcome to Travis' new Wellness Coalition, made to provide a comforting atmosphere for the students and staff here at Travis. With COVID-19, and the series of unprecedented events, we are all tackling a lot at once, and we hope to cater to you all to lift each-other during these harsh times. We're planning a series of events for the year to promote and push ourselves to better our mental health, and to create a community of positivity and encouragement....stay tuned for a calendar of the events!

To receive resources and events notifications join our band by scanning the QR Code!





UPCOMING EVENTS

Be on the lookout for these engagement activities!
Available to ALL Travis teachers and students!

Nov

Random Acts of Kindness

Show a random act of kindness around your community. Post a picture to social media and tag us and Travis.

Nov 16-20

Guide to Holiday Health

Be on the lookout for an event featuring developing healthy eating habits and the right mindset as we enter the holidays. This will include speakers, activities, and resources.

Nov 19

Thankfulness Activity

Check social media to participate.

FOLLOW US ON SOCIAL MEDIA!

Instagram: @ths.wellnesscoalition
Twitter: @ths_wellness

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“You are braver than you believe, stronger than you seem, smarter than you think, and loved more than you'll ever know.” – A.A. Milne



Watch this video to learn more:

https://www.youtube.com/watch?v=GqngyZ_bLFE&feature=emb_logo

FOR TEACHERS AND STAFF

Thank you for all that you do! You are appreciated for your hard work. Teaching online is new and you are not alone. Juggling online and in person classes may be difficult and stressful, so it is important to take time for yourself!

PLEASE FILL OUT THIS SURVEY!

https://docs.google.com/forms/d/e/1FAIpQLSeCSVqS-6Saw9OIcPtKZAMzzbzLsEJTS336KHSPRkL5ds6aNw/viewform?usp=sf_link

With your feedback we can improve!



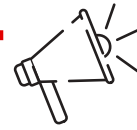
STUDY-AT-HOME TIPS

A guide to effective studying

School in today's atmosphere can be very overwhelming, and surprisingly more stressful than how school used to be! We compiled some of our favorite online school studying tips to share with you.

- 1 Take **breaks** in between classes and clubs to go on a walk outside or to just sit in your backyard and enjoy the continuity of the outdoors! Set good boundaries and settings for school and rest to differentiate between the two activities and elp your mind shut off effectively after work is done.
- 2 **Prioritize** which assignments need to be done first and last. If overwhelmed, consider which assignment or task carries the most weight and tackle it first! For example, if you have both a quiz and a test, study for the test first as it has more weight in your grade. **Communicate** with your teachers if you're feeling stressed or overwhelmed.
- 3 Keep track of assignments and deadlines by updating your notes with all deadlines and dates. Find the **planner method** that works for you whether it be phone reminders, a physical planner, a bullet journal, or a digital calendar app.

TEACHER SPOTLIGHT



Meet the teachers behind the THS Wellness Coalition



Lindsay Franco

I wanted to get involved with the mental health coalition because I think it's important for us to all come together and recognize that it's ok not to be ok. However, there are healthy ways for us to cope with the difficulties life brings and by practicing these, we can all have a happier healthier life. I am so thankful for all of the staff at Travis High School, but my English I team Ms. Moultrie, Ms. Kessler, Ms. Carter, Ms. Jones, and Ms. Sims put a smile on my face when I need it the most! And Mr. Franco is pretty awesome too!

Monet Newsome

I got involved because I am very passionate about self-care. I want to make sure students understand the benefits of self-care and get ideas that they can utilize. I am very thankful for Coach La Buhn for being a great support for students and to me as well! She gives her all each day and it's so inspiring to see her interactions with students.



Ashley Joseph



I got involved in Mental Health Coalition through a student who asked me to be the sponsor. I was more than happy to because I wanted to help students be able to cope with stress and practice good mental health strategies. Small activities like walking outside or stretching can be very beneficial in boosting your emotional health which can impact your thoughts, behavior, and emotions. I am most thankful for my co-planning teacher, Mr. Householder. He has been very helpful with adjusting and creating engaging lessons. More importantly, he has been a great listener and supporter. Thank you for being an awesome friend!

MEET OUR TEAM

Logistics



ASHLEY POOLE

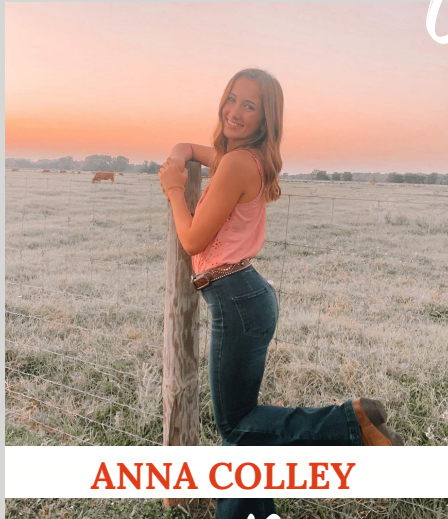


EMMA MARVIN



ROSA RAMIREZ

Outreach



ANNA COLLEY



SERENA VALDIVIEZO



AMANDA RAMIREZ

Resources



**MEHAA
AMIRTHALINGAM**



ZURAI DORSEY



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