

2021 – 2022 Middle School Lessons

Mental and Emotional Health Mandated Lessons

Week of October 25 - Lesson 1 – School and Community Resources

Week of November 8 - Lesson 2 – Emotional First-Aid

Week of November 29 - Lesson 3 – Depression Awareness

Week of December 13 - Lesson 4 – Stress and Anxiety

High School
Wellness Wednesday Schedule 2021-22

September 22, 2021 – Period 2 (School and Community Resources)

October 6, 2021 – Period 3 (Emotional First Aid)

October 20, 2021 – Period 4 (Depression Awareness)

November 3, 2021 – Period 5 (Anxiety)

November 17, 2021 – Period 6 (Stigma, Coping and Resilience)

December 1, 2021 – Period 7 (Supporting Peers, Friends or Family)

December 15, 2021 – Period 1 (Substance Abuse Prevention)

January 19, 2022 – Period 3 (Introduction to Opioids and Prescription Drug Abuse and Misuse)

February 9, 2022 – Period 4 (Alcohol and Marijuana)

February 23, 2022 – Period 5 (Suicide Prevention Awareness)

March 9, 2022 – Period 6 (Human Trafficking)