


2020/2021  
PHM Wellness





# Wellness

1. Social Emotional Needs
  2. Nutritional Education
  3. Physical Movement
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SEL IS THE PROCESS THROUGH WHICH ALL YOUNG PEOPLE AND ADULTS ACQUIRE AND APPLY THE KNOWLEDGE, SKILLS, AND ATTITUDES TO DEVELOP HEALTHY IDENTITIES, MANAGE EMOTIONS AND ACHIEVE PERSONAL AND COLLECTIVE GOALS, FEEL AND SHOW EMPATHY FOR OTHERS, ESTABLISH AND MAINTAIN SUPPORTIVE RELATIONSHIPS, AND MAKE RESPONSIBLE AND CARING DECISIONS.

*-COLLABORATIVE FOR ACADEMIC, SOCIAL AND EMOTIONAL LEARNING (CASEL), 2020*

*Mental health/wellness is not simply the absence of mental illness but also encompasses social, emotional, and behavioral health and the ability to cope with life's challenges.*

# Social Emotional Learning (SEL) & Mental Health

- Dr. Sears, PHM's Director of SEL and Mental Health
  - SEL lessons at each school
  - Youth Service Bureau specialists at Elementary & Middle Schools as well as Pennway
  - School counselors at secondary schools
  - Community Health Providers: [List](#)
  - MOUs with Oaklawn & Reflections Counseling
  - [PHM's site for SEL](#)
  - Resources for Families
  - Professional Development Initiative
  - Adult Mental Wellness
  - ACEs and Trauma
  - Suicide Prevention
  - Restorative Practices
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# Nutrition

- Meeting Smart Snack [guidelines](#) from the USDA.
- Wellness education in schools through PE classes: nutrition and activity [focus](#).
- Free breakfast and lunch for all students
- [PHM's Food and Nutrition site](#)
- Wellness Policy [overview](#) for parents, students, and staff

# Physical Movement

- Wellness education in schools through PE classes: nutrition and activity focus.
- Running is Elementary, Fitness Center, Minds in Motion, Community events (Girls on the Run).
- Changes due to COVID-19
- [PHM's wellness site](#)

