



MENTAL HEALTH AND WELLNESS SNAPSHOT

SUPPORTING OUR STUDENTS BY SUPPORTING THOSE WHO CARE FOR THEM

Hello Summer!

This month's Snapshot provides suggestions on summer family time and why it might be okay for parents to let their children get a little bored this summer!

June 2021 Snapshot

You did it!

You made it through a year of school like you have never experienced before!

What it takes to get through a pandemic!

Resilience • Determination • Support People
Self Compassion & Care • Kindness • Patience



One Learning Community June 2021

