



BACK 2 SCHOOL



**JSD Health
and Wellness**

Welcome back to school for 2024-2025!

Back to School Student Wellness Focus:

*Ideas for Getting to Know Your
Students*

.....
(Click on links)

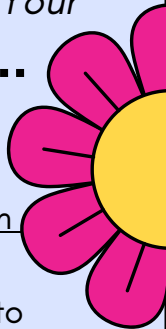
Be visible as much as possible!

Learn correct name pronunciation

Focus on the positive. This could look like reaching out to families to highlight all the perks of having their student at your school!

Visit a class and participate in a lesson.

Be Curious! Ask questions about them.



Teacher Wellness

(Click on link)

Back to school tips for
Teacher Wellness

SafeUT

(Click on link)

Remember to assign and close
tips so you don't get
bombarded as school starts up!

Program spotlight:

(Click on links)

Wellness Reps

- Training Sept 18
- Still time to
nominate a REP

Skill spotlight:

Mindfulness Exercises
for anytime or place

Upcoming CSTAG Training Dates (Level 2&3)

- September 20
- December 6
- February 28

***Click here for times
and to register!***

For more wellness news and tips:

(Click on links)

- Follow us on Instagram
- Visit wellness.jordandistrict.org

