



### **A Focus on Wellness...**

For February, we are going to place an emphasis on wellness. Information sent last time on behalf of the Mental Health Committee, was information on Gratitude. Wellness will be a focus for the month of February, please see attachments and the **Ted Talk** by [Dave Mochel](#). *Staying Grounded in the Midst of Uncertainty, Challenge, and Change* - [Dave Mochel](#).

Mindfulness and neuroscience expert Dave Mochel with his science-based wellness wisdom will help us find calm and confidence in the presence of discomfort. Dave is a wonderfully engaging speaker, his session promises to think and practice self-wellness in a great way for our staff.

We hope that our school community will find meaning and explore the attachments to learn more about Wellness and tools to support your well-being and to share with your students.

It has been a tough year for everyone, thank you to all of you to your commitment to the safety and well-being of our community over the past year especially.