

# THE CHELAN WAY



## BE

**M**OTIVATED

**O**PEN-MINDED

**R**ESPECTFUL

**E**NGAGED

# THE CHELAN WAY



**BE**

**M**OTIVATED

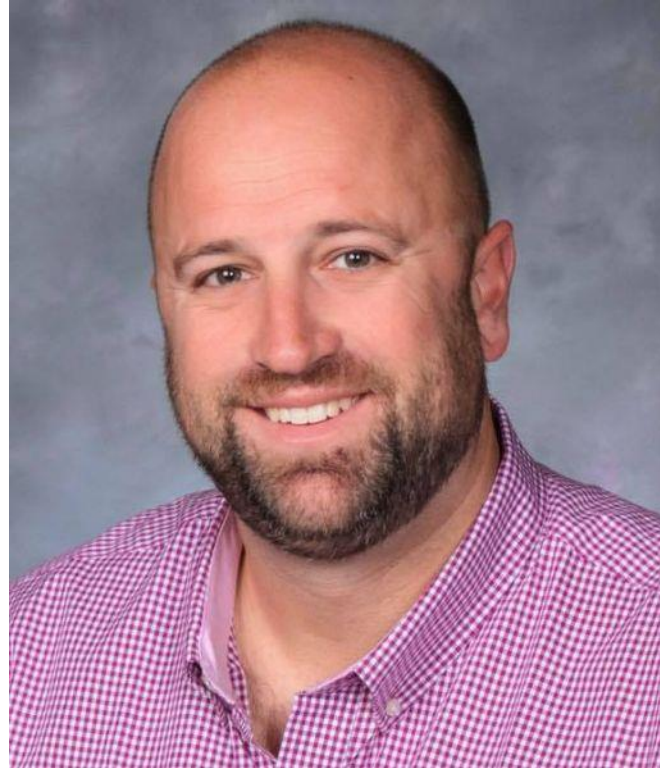
**O**PEN-MINDED

**R**ESPECTFUL

**E**NGAGED

Assistant Principal Appreciation Week!

We took it off!



# THE CHELAN WAY



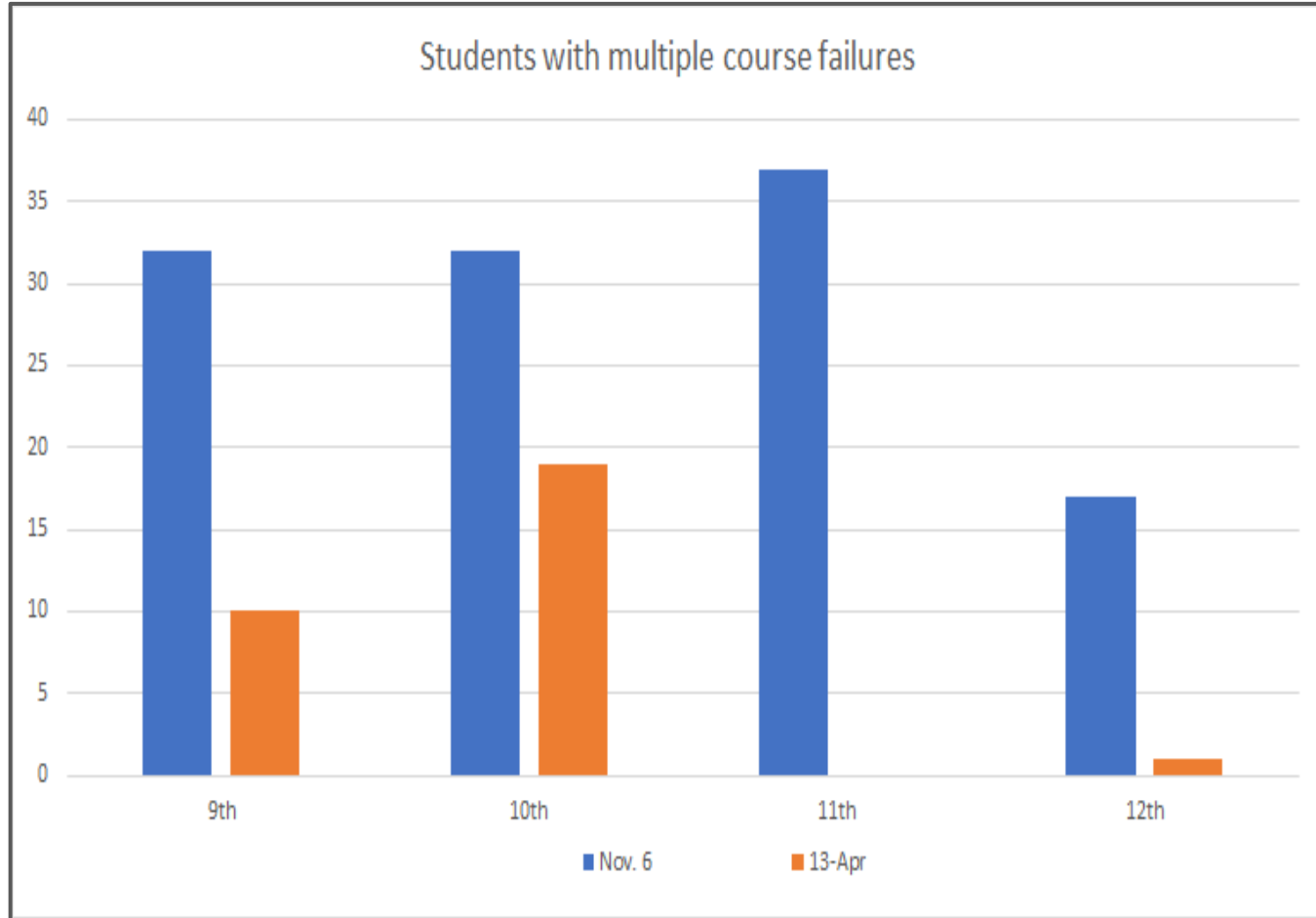
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*Communication*

*Connection*

*Constant Concern*

# CMS/CHS Counseling Website



# Counseling Corner - Chelan Middle & High School

- ❑ Social Emotional Support
- ❑ Managing Stress and Anxiety
- ❑ Community Resources and Information
- ❑ Healthy Grieving Resources
- ❑ Parent/staff resources
- ❑ Advisory Lessons





# MASTER YOUR MINDSET

## S.E.L. & Mental Wellness Training

Using principles from positive psychology and cognitive behavioral training, this program covers mental and emotional topics focused on the needs of teenagers (grades 6 - 12).

### Areas Addressed:

- Anxiety/Depression
- Self-Doubt
- Motivation
- Change/Adversity
- Identity
- Inclusion
- Racism

### Students Will Learn:

- Confidence
- Resilience
- Success Habits
- Mindfulness
- Empathy
- Courage
- Self-Worth



**COLLIN HENDERSON**

**Mindset Coach + Author/Speaker**

# Tiered Systems Approach

\*\*\* See something=Say something

\*\*\* Question, Persuade, Refer (QPR) training in 9th grade health.

\*\*\* One on one check-ins

\*\*\* Screening and response



\*\*\* Crisis Response Planning

