

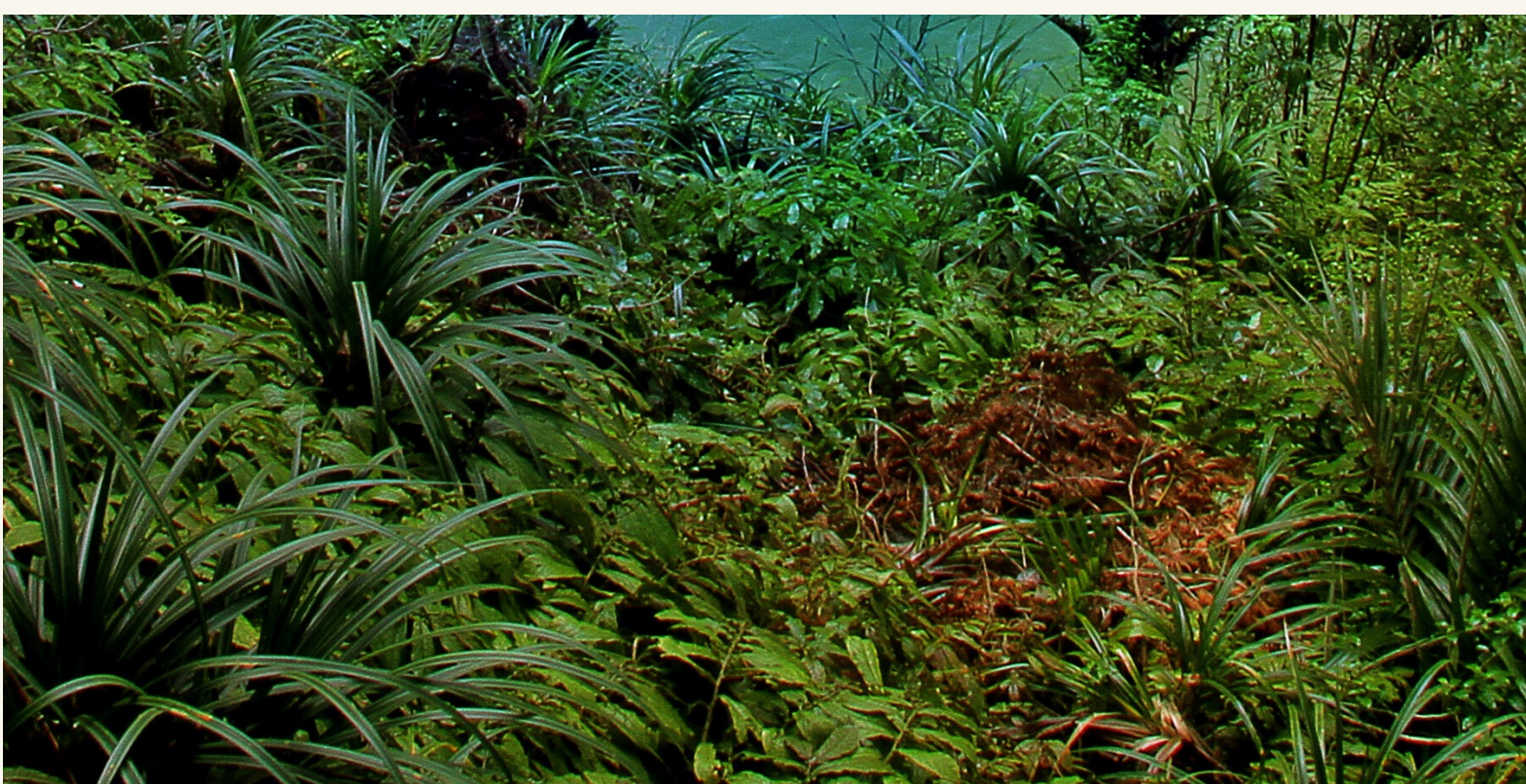
# Health & Wellness

## Finding a New Normal



## WE HEAR YOU SAYING...

I'M UNCERTAIN ABOUT  
WHAT IS GOING TO HAPPEN  
MOVING FORWARD. WHAT  
WOULD IT LOOK LIKE?



## AN INVITATION TO ALL

THE GIFT OF TIME. GIVE YOURSELF  
TIME TO GRIEVE THE "OLD" NORMAL.  
BUT ALSO GIVE YOURSELF THE  
GRACE OF TIME TO FIND A "NEW"  
NORMAL AND A NEW WAY OF BEING.



*Please Click Below  
for Ways to  
Embrace New Ideas*

## **A LOOK INSIDE THE CLASSROOM**

HIGHLIGHTS FROM THE VIDEO:

- learning experiences from students, teachers, and support staff
- ways to keep staff and students safe in our schools

## **NAVIGATING THE NEW NORMAL**

HIGHLIGHTS FROM THE ARTICLE:

- bouncing back
- adopting a positive mindset
- entertaining the art of the possible