



**BACK TO SCHOOL 20|21**  
WALK IN • LOG IN • LEARN

## **Mental Health and Wellness FAQ for Parents and Guardians**

**Are student support services still available for my child and my family if we select eLearning at home or at school?**

**Yes.** Whether a student chooses to return to campus or continue with eLearning at home, our staff remains committed to providing students the support they need to thrive. The District will continue to provide mental health and wellness support to students along with personalized guidance, intervention, and grief recovery. Our celebrated work on mindfulness will continue to be incorporated each day.

**Is the District continuing to provide individualized mental health services and resources to students?**

**Yes.** Mental Health Services are provided in both virtual and face-to-face settings, with a special focus on crisis response and counseling services for students, families, and small groups. In addition, the District has launched a self-reporting tool that students can use to voluntarily request services for mental health, child abuse, homelessness or location displacement, and social service needs. These tools are available on each student's Clever portal.

**Is the District continuing to provide mindfulness and social and emotional learning tools and exercises?**

**Yes.** The District has made these practices part of all students' daily routine and all students spend a minimum of 10 minutes each day practicing mindfulness exercises. Through Canvas, the overall focus on student well-being continues to be integral to student growth. The District will continue to develop, promote, and monitor resources that increase participation and emotional well-being. These resources include grief counseling, recovery services, wellness seminars, and other tools students and families count on to stay connected to one another.