



A CSH & TAB Collaboration

October

Introduction



Today's classroom environment is filled with many demands and can be very stressful on both students and adults. We recognize and appreciate the many hats that our staff members wear to help our students be successful and the burden that this can sometimes create. We know that a strong mind creates a strong community and strive to ensure that our Cleveland City Schools family feels supported. With this in mind, CSH & TAB have partnered for the 2023-2024 school year to address the mental and physical health needs of both our staff members and our students.

One Body

Self Challenge

Self-Regulation: 5 for 5
Challenge



Community Challenge

Practice this with
your community



One Mind

Self Challenge

Watch this video.



AND this video.



Community Challenge

Watch this video with your community.



For young learners watch this instead.

One Community

BONUS Challenge

October 10 is World Mental Health Day. Do something on that day to focus on your mental health and get a bonus entry!

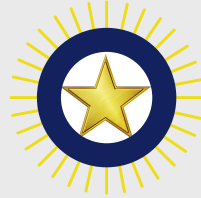


World
Mental
Health
Day





ENTER
To
WIN



Complete Challenges

Complete as many challenges as you wish. More challenges = more chances to win



Fill in the Google Form

Complete the SMSC Form-October for your chance to win- more entries=more chances!



Win Prizes!

Winners will be chosen at the end of each month.

Contacts

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