



A CSH & TAB Collaboration

February

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

For this challenge, you will have a daily activity to complete. (Don't worry if you don't complete each day's activity, just do your best!) Earn a maximum of 28 hearts (one heart for each day's activity). At the end of February, enter your number of hearts into the Google form. Click the heart to get started!



Community Challenge

Earn an additional heart (and entry) for each activity completed with your community.

A large, dynamic blue brushstroke graphic that sweeps across the top and left side of the page, framing the 'One Mind' title.

One Mind

Self Challenge

Did you know your mental health significantly impacts your physical health?

Watch this short [video](#) and then find your stress score [here](#).

Community Challenge

Complete one stress relief activity from the provided list each day for 10 days. (Can complete two 10 day challenges for two entries)

[Stress Relief Activities](#)

December & January Winners!



Brian Beeh

7th Grade teacher - CMS



Jay Garcia

Music teacher - Stuart

This month's winners will receive the gift of time
provided by:

Adam Moss

*Learning Acceleration Program
Coordinator*

Mrs. Autumn O'Bryan

Director of Academics

Thank you Mr. Moss and Mrs. O'Bryan!

What's in the Bag?



Prize Pack Includes:

"Cleveland Connects" T-Shirt

1 Jean Pass/Month

The Gift of Time: 1-hr duty coverage

\$20 Terra Running Gift Certificate

Just Hanging Out Bracelet

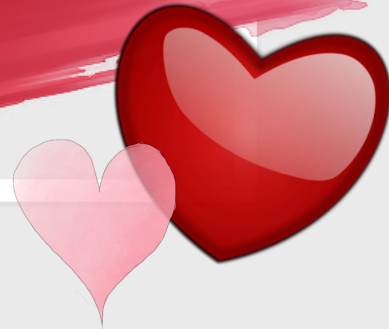
And, Coordinated School Health Swag

One Community

BONUS Challenge: February



**Wear red for
heart health on
February 2 for a
bonus entry!**





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 February Form 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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