



JVHS WELLNESS CENTER NEWS

GROWTH MINDSET

This month, the Wellness Center will be supporting students with having a growth mindset by encouraging them to think about goals, challenges or obstacles that might sometimes get in the way, and how to grow from the hardships to reach success.



Planting Seeds

Students will have an opportunity to participate in a hands-on, fun, and empowering activity during Wellness Wednesday on March 6th!



[Staff Referral Form](#)