

# Kicking off Your School Year with the Wellness Strategies You Need NOW!

**WSASCD Webinar:** Kicking off Your School Year with the Wellness Strategies You Need NOW!

**Wednesday, September 23, 4:00 – 5:00p. PST.**

To register for this **FREE** webinar visit:

<https://wsascd.org/workshops-and-conferences/>

**The webinar will explore emotional + mental wellness:**

- Participants will understand the stages of grief and how these stages affect students, staff, and families
- Participants will learn simple self-care strategies and ways to access inner peace during a pandemic
- Participants will leave feeling equipped with tools and reenergized by their why, even if their how has changed

**This webinar is eligible for one clock hour.**

Clock hour fee: \$5.00

Register for this webinar and become a **WSASCD member** at a **special rate of \$35!** More details on 9/23. Visit <https://wsascd.org/membership-overview/> for WSASCD member benefit information.



**Dr. Mona M. Johnson, CPP** Dr. Mona Johnson serves as the Executive Director of Wellness & Support in the South Kitsap School District. In this role she manages a wide variety of programs focused on ensuring that students and staff district-wide are healthy, safe, engaged and supported in their pursuit of individual social emotional wellness and academic success. Before joining the South Kitsap team, Mona was the Director of Student Support at the Washington State Office of Superintendent of Public Instruction where she provided strategic leadership and policy guidance to a diverse team of professionals responsible for coordinating non-academic supports in schools/districts focused on promoting student health, safety and well-being. Mona also served as Chief of School Behavioral Health at the U.S. Army Medical Command Child, Adolescent, and Family Behavioral Health Office on Joint Base Lewis McChord.



**Ken Turner, Ed.D.** is the Program Supervisor for Health and Physical Education at the Office of Superintendent of Public Instruction (OSPI) in Washington State, he also serves on the WSASCD board. Ken has over 16 years of classroom and field-based education experience with instruction in science, health, and physical education/recreation courses in high schools (Atlanta and Seattle), several colleges, and with Outward Bound. His research has included examining the physical activity gap between students from lower incomes and their privileged classmates and advocating for more student movement to increase academic success.

