



Ridge View Elementary

WELLNESS CENTER

Goal: To get the student back INTO something, not OUT of something. Come to calm; Return to learn.

THE WELLNESS CENTER IS...

- open to all students.
- an opportunity for 10 minutes of self-regulation time away from possible triggers.
- trauma informed. It creates an environment to increase student accountability and opportunities to be more successful.

THE WELLNESS CENTER IS NOT...

- a reward.
- a consequence.
- forced or punitive.
- a replacement activity for school work.
- group meditation (social worker or psychologist).
- a place to address physical altercations or very elevated behaviors.

