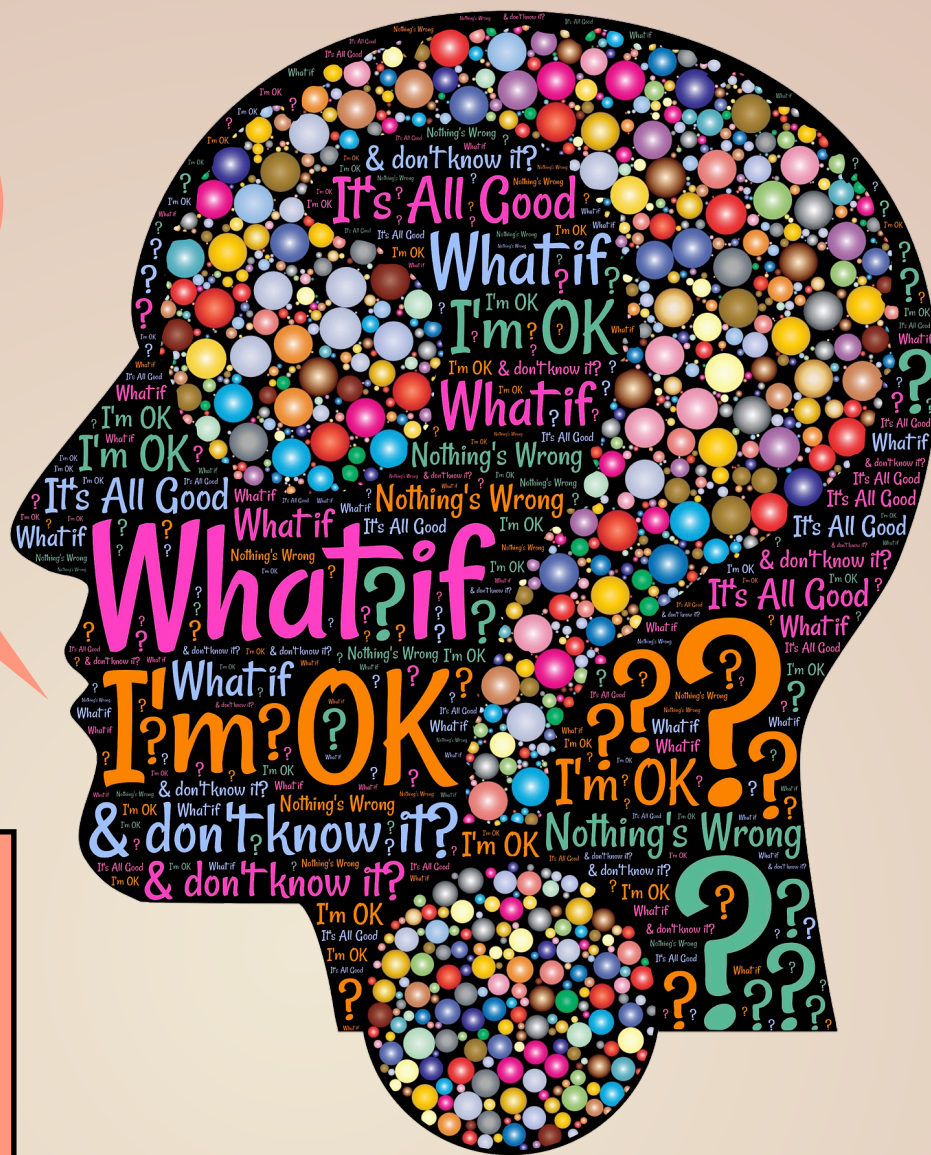


OCTOBER IS EMOTIONAL WELLNESS MONTH

Emotional Wellness

Refers to our ability to process feelings in a healthy, positive way and manage the stress of every day life.



During the month of October RMS will provide you with insight, resources, and tips for creating social and emotional resilient students!

Parent Zoom Night on October 25th from 6:00 - 7:00 pm
Creating Social & Emotional Resilient Students
Meeting ID: 835 6156 7721 Passcode: 555978

