



Welcome to 7th Grade Wellness Class!

Creating Healthy Habits for a Brighter Future



Ms. Roll

Journaling



Wellness Practices

Yoga



Wellness Class



Wellness Classroom



Wellness Literacy Class



Wellness Reading Time



Wellness Garden



Wellness Garden



Wellness Garden



Wellness Anti-Vaping Event



Wellness Garden



Wellness Field Trip



Wellness Newsletter School Year 2025-2026

[Oct- Wildcats Wellness Newsletter 2025](#)

[November- Wildcats Wellness Newsletter 2025](#)

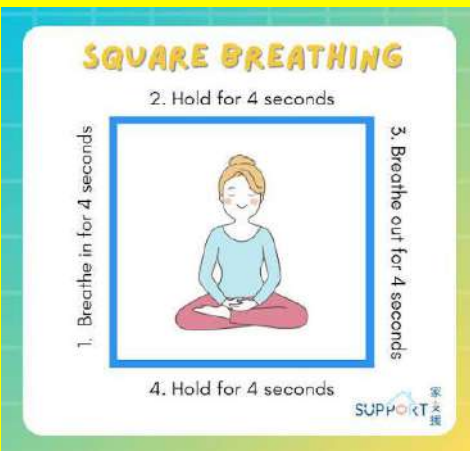
[December - Wildcats Wellness Newsletter 2025](#)



[January Wildcats Wellness newsletter 2026](#)

[February Wildcats Wellness newsletter 2026](#)

[March Wildcats Wellness Newsletter 2026](#)



[April Wildcats Wellness Newsletter 2026](#)

[May Wildcats Wellness Newsletter 2026](#)

[June Wildcats Wellness Newsletter 2026](#)

