SCHOOL SPOTLIGHT : MANSFIELD HIGH SCHOOL

Since 2022, Mansfield High School has been a standout leader in promoting mental health awareness through its Active Minds chapter. With over 30 dedicated members—and sometimes more than 40 students joining meetings—the chapter fosters an inclusive environment where students feel empowered to engage in meaningful discussions on topics like "The Power of Positivity," "No Need to be Perfect," and "What's So Scary About Mental Health?"

Using Active Minds' Peer Powered Curriculum, the group combines impactful conversations with stress-relieving activities like slime-making, crafting bracelets, and designing snowflakes with uplifting messages. Their outreach efforts extend to the entire school, with initiatives such as:

- Adding mental health hotline numbers to student IDs.
- Creating displays on themes like "The World Needs You Here Because…" based on anonymous student submissions.
- Leading mental health-themed events during the school's annual Wellness Week, including the mental health themed spirit week and "Chalk Out Stigma" posters.

Led by chapter co-advisors Lisa Buron and Vanessa Wehmeyer, the chapter also shares mental health knowledge through their HornetsCare Newsletter, named in honor of KyleCares, and looks forward to hosting a Minding Your Mind speaker in January. Through their creativity, dedication, and collaboration with KyleCares, Mansfield High School is making a lasting impact in their community by breaking down stigma and building a culture of support. Keep up your exceptional work, MHS!!!





