November 2020 Wellness Spotlight

Dr. Epps, the principal at Lake Worth High School, has really shifted his focus this year to **prioritize the mental health and wellness of his teachers and staff**. Every week, he sends out a newsletter that consists of mental health coping strategies, support resources, and words of encouragement. He's be diligent in encouraging teachers to focus on their own mental health throughout the pandemic, quarantine, and simultaneous teaching. Dr. Epps has worked to **boost teacher confidence and morale** by celebrating faculty and staff members of the month - which focuses on people who are making a positive difference in the school. He has also made a point to **partner with local businesses to celebrate teachers** with meals and gifts of appreciation. All of these efforts combine to make a school environment in which teachers feel supported and safe - regardless of how challenging the school day may be.

The focus on mental health at our school has also impacted the way in which we teach our students, [with the implementation of SEL practices]. Our **teachers and staff are more empathetic to the needs of our students** and our students are feeling much more comfortable because they know that their mental health is a priority for all of the adults that they encounter at school. Dr. Epps is **going above and beyond** to ensure that no one feels overwhelmed, burned out, or left behind.

Dr. Epps has been **entirely supportive of me and wellness initiatives at our school**. He has been very involved in promoting the wellness initiatives and rewards deadlines via email, over the daily announcements, and at our faculty meetings. He made sure that our teachers were able to take advantage of the biometric screening on campus by providing coverage for their classes. He encouraged teachers to stay informed by checking in regularly [with me]. **This is my first year as Wellness Champion at Lake Worth High, and I am so proud to be a part of this team!**

~ Tiffany Cox, Wellness Champion at Lake Worth High School