

The Wellnest

Microsoft Lists used to check in students during 2024-2025 school year:

[July 2024 Wellness Center Check-In](#)

[August 2024 Wellness Center Check-In](#)

[September 2024 Wellness Center Check-In](#)

[October 2024 Wellness Center Check-In](#)

[November 2024 Wellness Center Check-In](#)

[December 2024 Wellness Center Check-In](#)

[January 2025 Wellness Center Check-In](#)

[February 2025 Wellness Center Check-In](#)

[March 2025 Wellness Center Check-In](#)

[April 2025 Wellness Center Check-In](#)

[May 2025 Wellness Center Check-In](#)

[June 2025 Wellness Center Check-In](#)

PowerPoints with information about the Wellnest:

[Freedom High School Wellness Center for Staff](#)

[Freedom High School Wellness Center for Students](#)

Our 6 step process for the Wellnest



- 1 Student asks you to go to the Wellnest.
- 2 Questions to ask yourself \the student: Is it the first or last 15 minutes of class? Has the student already gone today, or during this period already this week? Do they think a 15 minute check-in or break is enough for them or will they need to see their building counselor for longer? Do they want to relax or practice a coping skill?
- 3 Check the Microsoft List to see if their are the maximum (8) number of students active in the Wellnest. If there are not, the student can be sent.
- 4 Send student with physical pass to Wellnest.
- 5 Student stays in the Wellnest for 15 minutes.
- 6 Student returns to class.

Reminders of our policies:

Students cannot come from the same period more than once a week.
Students will not be allowed to visit the center during the first and last 15 minutes of class.
Student who requests to visit more than twice a week should be referred their building counselor (tier 2).
If a student requests to visit more than once a day, they should be referred to their building counselor (tier 2).
If students want to see a counselor for a longer period of time, they should not come to the center but to their building.

Wellnest vs. Building Visits

