



## Wellington High School

1700 East 16th St.  
Wellington, KS 67152  
(620) 326-4310



Parents/Guardians of Wellington High School Students:

Beginning September 14, 2018, Crusader Wellness youth groups will be offered at Wellington Senior High School during CruCon hour. Topics to be covered are listed below. These groups are voluntary and a student can choose to attend any of the group sessions that are of interest. Each week, a text message will come out notifying you of the topic of the week. **When you receive the text message, please inform your student if you do not want him/her to attend this particular group due to the subject matter.**

This educational service is intended to promote awareness and discussion within families on a variety of wellness topics by providing information and removing barriers about discussing these issues. The groups will be led by Kaitlin Heaton, who is a social worker, and will have guest speakers from various community agencies with expertise on these topics.

An anonymous voluntary survey using the school's Google forms application will be done at the end of each semester to determine what information was useful to the students and what additional topics that the students would like to see discussed in this program.

If you have questions, please contact Kaitlin Heaton, LMSW by phone or email (620-326-7448 ext 240 or [kheaton@sumnermentalhealth.org](mailto:kheaton@sumnermentalhealth.org)) or WHS Administration (620-326-4310).

Crusader Wellness Group topics for first and second semester are:

- Self-Care
- Managing stress at school
- How to talk to friends about suicide
- Misconceptions about mental health
- Fight, Flight, or Freeze – Education about the body's response to stress
- Physical responses to stress - How stress affects the body
- Health in peer relationships
- Stress within friendships and how to manage
- Boundaries in romantic relationships
- The importance of consent
- Social Media health
- Healthy family relationships
- Bullying
- The importance of community
- Trauma
- Emotional wellness and finals
- Holiday triggers and how to cope

**John Buckendorff**  
Principal

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Learning*

**Stephanie Smith**  
Assistant Principal