

# Wellness at Loudoun Valley High School

## Why

To promote mental and physical wellness for the Loudoun Valley Community .

## How

Provide interactive and self-paced activities for all. Use data to identify the needs of our community (student and staff surveys, research based articles, direct feedback from students).

## Who

### *Unified Mental Health Team*

Amy Emery

Pamela Lindo

Ann Smith

Charles Smith

Matthew Siler

Adria Frie

Candy Grim

Joseph Neidrick

Shelli Cook