

Sterling National Junior Honor Society

Making Connections With Our Community



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April 27, 2022

NJHS Activities 2021-2022 School Year

Mental Health Awareness & Say Something Week (March 2022)

Volunteer Work at Family Fun Day

Hunger Games Food Drive

Giving Tree

Winter Warming Tree

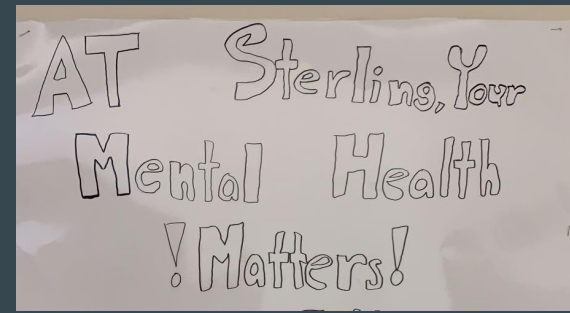
Wellness Initiative for Mrs. Campbell

March Madness, Health triangle, and Track Schedule Bulletin Board

Upcoming Events: Outdoor Spring Cleaning

Mental Health Awareness Week

March 21-25, 2022



7th and 8th grade students and teachers participated in a variety of activities to learn about common mental health issues impacting adolescents and ways to access support, use coping skills, and self-care strategies.

Goal: remove the stigma associated with mental illness and provide education and support to those who may be struggling.

Mental Health Awareness Week Highlights

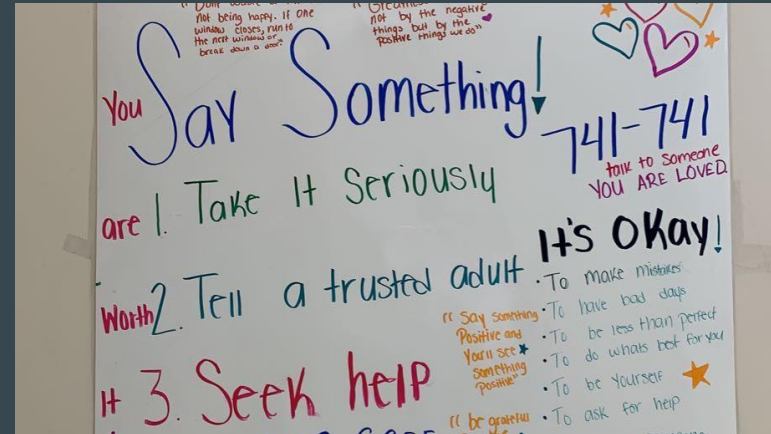
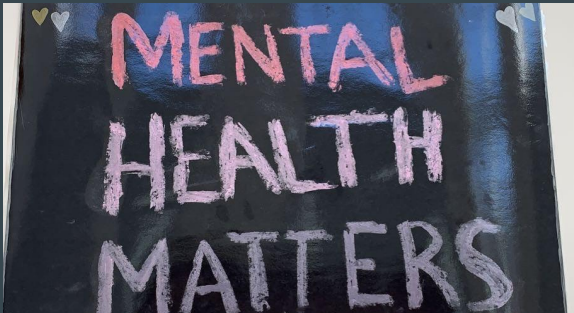


Minding Your Mind Virtual Presentation:

- A young adult guest speaker shared their story of hope and recovery as someone who successfully and productively copes with their own mental health challenges.

Say Something Training:

- 7th and 8th graders learned and discussed how to recognize warning signs and threats of potential violence and the importance of telling a trusted adult.
- The 30-minute training walked through the 3 steps:



Mental Health Awareness Week Activities

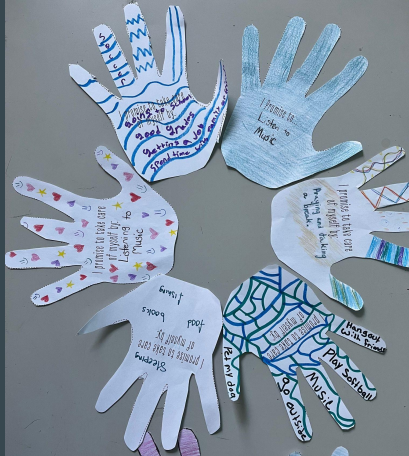
Morning announcements



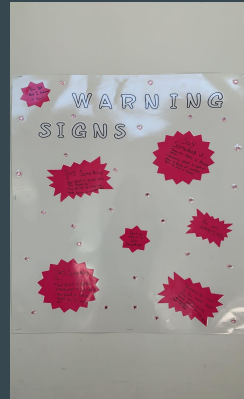
Life Savers



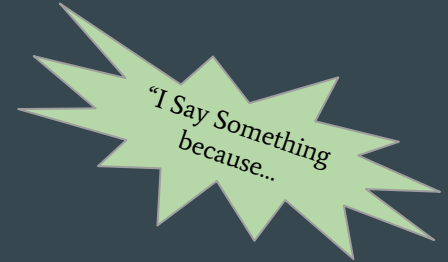
Handprints



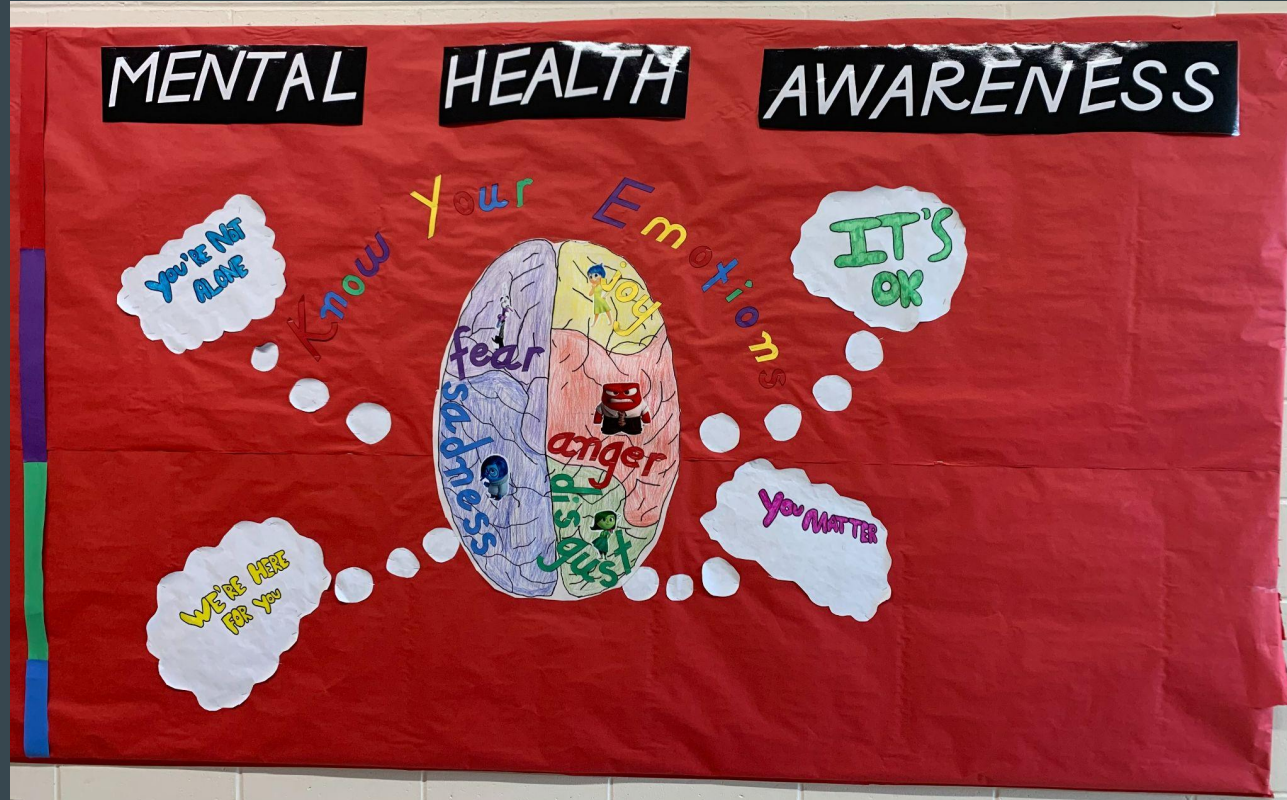
WARNING SIGNS



"I Say Something because..."



NJHS Support During Mental Health Awareness Week



NJHS created a bulletin board for students in our 1st and 2nd grade wing to recognize the importance of mental health awareness at all ages.

Mental Health Awareness T-Shirts



Family Fun Day Volunteer Work

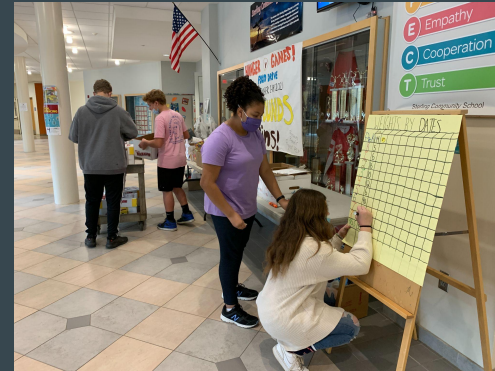


NJHS volunteered to help run the games and events, keep everything sanitary and running smoothly. They also helped with raffles and helped organize a band to play music.

Hunger Games Food Drive



NJHS filled and wrapped 21 boxes with non-perishable food items for the families in need during the holiday season. During the food drive we collected more than 1600 pounds in total.



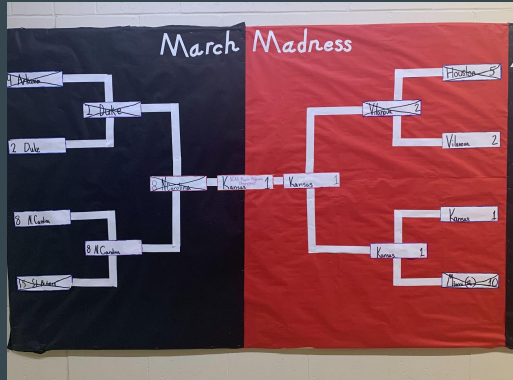
Winter Warming Tree



NJHS decorated a warming tree filled with winter hats and gloves for the students to take if they needed it.

Special Bulletin Boards

NJHS created 4 bulletin boards along the specials hallway to display artwork, the March Madness competition, the track schedule and a mental, physical, and emotional health triangle.



A bulletin board with a black and red background. The left side is titled "Athletics" and lists a track schedule. The right side is titled "PE" and features a white triangle with "SOCIAL" at the top and "EMOTIONAL" and "PHYSICAL" at the bottom corners.

Date	Event
Wednesday - May 4th 2022	Track
Thursday - May 5th 2022	Track
Friday - May 10th 2022	Track
Wednesday - May 18th 2022	Track
Friday - May 20th 2022	Championship
Tuesday - May 24th 2022	Championship

Thank you!