2026-27 RUHS Wellness Center Calendar

Wellness Center Ext: 4176 Wellness Intern Ext: 4175 Alexa Ara Ext: 4174

Interns:

Emily Gutierrez, Wyatt Ruiz, Jen Minich

Peer Counselors:

Period One: Esther K., Scarlett D.

Period Two: Salem O.

Period Three: Avery M., Marlo L., Zach A.

Period Four: Will H., Rogan H., Bailey W., Khloe S.

Period Five: Brandon M., Derrin F.

Period Six: Sophia W., Kyle R.

Staff: Wellness Pass Procedures here! If you run out of Passes, please fill out this form.

Date	Schedule	Wellness Center Schedule
Monday, November 9	C Schedule, periods 135 **Ara out morning - District Counselor Meeting**	Period One: OPEN Snack: OPEN Period Three: OPEN Lunch: OPEN Period Five: OPEN Interns: Mr. Wyatt
Tuesday, November 10	B Schedule, periods 246	Period Two: OPEN Snack/SSH: Healthy Lifestyles Group Period Four: OPEN Lunch: NAMI Club Meeting w Guest Speakers Paul Stansbury & Period Six: OPEN Interns: Ms. Emily, Mr. Wyatt
Wednesday, November 11	**No School**	**Veterans' Day**
Thursday, November 12	B Schedule, periods 246	Period Two: OPEN Snack/SSH: *School Connections Group* Period Four: OPEN Lunch: OPEN Period Six: OPEN Interns: Ms. Emily
Friday, November 13	C Schedule, periods 135	Period One: OPEN Snack/SSH: OPEN Period Three: OPEN Lunch: 'got spam? Learn skills to stop the overthinking cycle' w counselor Melissa Hogan Period Five: OPEN Interns: Mr. Wyatt

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Date	Schedule	Wellness Center Schedule
Monday, November 16	A Schedule, periods 1-6 ***Staff Meeting***	Period One: OPEN Period Two: OPEN Snack/RUHS Time: OPEN Period Three: OPEN Period Four: OPEN Lunch: OPEN Period Five: OPEN Period Six: OPEN Interns: Mr. Wyatt
Tuesday, November 17	B Schedule, periods 246 'Safer Choices Assembly' - Rally Schedule	Period Two: OPEN Snack/SSH: Healthy Lifestyles Group Period 4 (10:45 – 1:10): OPEN Rally A (10:25 - 11:30) Rally B (12:05 - 1:10) Lunch: NAMI Club Meeting Period Six: CLOSED Interns: Ms. Emily Mr. Wyatt
Wednesday, November 18	C Schedule, periods 135	Period One: OPEN Snack/SSH: OPEN Period Three: OPEN Lunch: OPEN Period Five: OPEN Interns: Ms. Emily, Ms. Jen
Thursday, November 19	B Schedule, periods 246	Period Two: OPEN Snack/SSH: School Connections Period Four: OPEN after RUHS Time Lunch: *Student-Athlete Workshop w Priya Price* Period Six: OPEN Interns: Ms. Emily
Friday, November 20	C Schedule, Periods 135	Period One: OPEN Snack/SSH:OPEN Period Three: OPEN Lunch: CLOSED Period Five: CLOSED Interns: Mr. Wyatt
Fall Break: November 23-27	**No School**	**Fall Break**

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, November 30	A Schedule, periods 1-6	Period One: CLOSED Period Two: OPEN Snack/SSH: OPEN Period Three: OPEN Period Four: OPEN Lunch: OPEN Period Five: OPEN Period Six: OPEN Interns: Mr. Wyatt Healthy Tech Habits with therapist Omar Marchand
Tuesday, December 1	B Schedule, periods 246	Period Two: OPEN Snack/SSH: STRESS MANAGEMENT GROUP Period Four: OPEN Lunch: NAMI Club Meeting, Wellness for the Creative Soul in the RUHS Black Box Theater Period Six: OPEN Interns: Ms. Emily Mr. Wyatt
Wednesday, December 2	C Schedule, periods 135	Period One: OPEN Snack/SSH: Connections Group Period Three: OPEN Lunch: OPEN Period Five: Closed- Supervision Interns: Ms. Emily, Ms. Jen
Thursday, December 3	B Schedule, periods 246	Period Two: CLOSED Snack/SSH: Mindfulness Group Period Four: OPEN Lunch: *High School Transitions w Taylor Grant* Period Six: OPEN Interns: Ms. Emily
Friday, December 4	C Schedule, periods 135 **Rally Schedule**	Period 1 (8:30 – 10:05): OPEN Snack/SSH (10:05 – 10:15): OPEN Period 3 (10:45 – 1:10): OPEN - Rally A (10:25 - 11:30) - Rally B (12:05 - 1:10) Lunch (1:10 – 1:45): OPEN Period 5 (1:55 – 3:30): OPEN Interns: Mr. Wyatt

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2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, December 7	A Schedule, periods 1-6	Period One: CLOSED Period Two: CLOSED Snack/SSH: CLOSED Period Three: CLOSED Period Four: CLOSED Lunch: CLOSED Period Five: CLOSED Period Six: CLOSED Interns: Mr. Wyatt Ms. Andrews at Seahawk Summit
Tuesday, December 8	B Schedule, periods 246	Period Two: Closed Snack/SSH: STRESS MANAGEMENT GROUP Period Four: Open after SSH Lunch: NAMI Club Meeting and Creative Workshop in blackbox theater Period Six: Open Interns: Ms. Emily, Mr. Wyatt
Wednesday, December 9	C Schedule, periods 135	Period One: OPEN Snack/SSH: Connections Group Period Three: Closed Lunch: Closed Period Five: OPEN Interns: Ms. Emily, Ms. Jen
Thursday, December 10	B Schedule, periods 246	Period Two: CLOSED Snack/SSH: School Connections Group Period Four: OPEN Lunch: *W with Zoe Griffith* Period Six: OPEN Interns: Ms. Emily
Friday, December 11	C Schedule, periods 135	Period 1 (8:30 – 10:05): OPEN Snack/SSH (10:05 – 10:15): OPEN Period 3 (10:45 – 1:10): OPEN - Rally A (10:25 - 11:30) - Rally B (12:05 - 1:10) Lunch (1:10 – 1:45): OPEN - GUIDED MEDITATION with therapist Erica Gierman Period 5 (1:55 – 3:30): OPEN Interns: Mr. Wyatt

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, December 14	A Schedule, periods 1-6	Period One: OPEN Snack/SSH: OPEN Period Three: OPEN Lunch: OPEN Period Five: OPEN Interns: Mr. Wyatt
Tuesday, December 15	B Schedule, periods 246	Period Two: OPEN Snack/SSH: STRESS MANAGEMENT GROUP Period Four: OPEN after group at 11 Lunch: OPEN Period Six: OPEN Interns: Ms. Emily Mr. Wyatt
Wednesday, December 16	C Schedule, periods 135	Period One: OPEN Snack/SSH: CONNECTIONS GROUP Period Three: OPEN Lunch: OPEN Period Five: OPEN Interns: Ms. Emily, Ms. Jen
Thursday, December 17	B Schedule, periods 246	Period Two: CLOSED Snack/SSH: MINDFULNESS GROUP Period Four: OPEN after group at 11 Lunch: OPEN Period Six: OPEN Interns: Ms. Emily
Friday, December 18	C Schedule, periods 135 ***Holiday Staff Breakfast***	Period One: CLOSED Period Two: CLOSED Snack/SSH: CLOSED Period Three: OPEN Period Four: OPEN Lunch: OPEN- Holiday Party! Period Five: OPEN Period Six: OPEN Interns: Mr. Wyatt
Winter Break: December 21 - January 1	**No School**	**Winter Break**

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, January 4	A Schedule, periods 1-6	Period One: OPEN Period Two: CLOSED Snack/SSH: CLOSED Period Three: OPEN Period Four: OPEN Lunch: OPEN Period Five: OPEN Period Six: OPEN Interns: Mr. Wyatt
Tuesday, January 5	B Schedule, periods 246	Period Two: CLOSED Snack/SSH: STRESS MANAGEMENT GROUP Period Four: OPEN after group at 11 Lunch: NAMI Club Period Six: OPEN Interns: Ms. Emily Mr. Wyatt
Wednesday, January 6	C Schedule, periods 135	Period One: OPEN Snack/SSH: OPEN Period Three: OPEN Lunch: OPEN Period Five: CLOSED Interns: Ms. Emily, Ms. Jen
Thursday, January 7	B Schedule, periods 246	Period Two: CLOSED Snack/SSH: Mindfulness Group Period Four: OPEN after group at 11 Lunch: OPEN Period Six: OPEN Interns: Ms. Emily
Friday, January 8	C Schedule, periods 135	Period One: OPEN Snack/SSH: OPEN Period Three: OPEN Lunch: OPEN Period Five: TBD Interns: Mr. Wyatt

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, January 11	A Schedule, periods 1-6	Period One: OPEN Period Two : CLOSED Snack/SSH: OPEN Period Three: OPEN Period Four: OPEN Lunch: OPEN Period Five: OPEN Period Six: OPEN Interns: Mr. Wyatt
Tuesday, January 12	B Schedule, periods 246	Period Two: CLOSED Snack/SSH: STRESS MANAGEMENT GROUP Period Four: OPEN after SSH Lunch: NAMI Club Period Six: OPEN Interns: Ms. Emily Mr. Wyatt
Wednesday, January 13	**Finals**, periods 1 and 2	First Exam (8:30 – 10:35): OPEN Snack (10:35 – 10:45): OPEN - Guided Meditation Second Exam (10:55 – 1:00): OPEN Interns: Ms. Emily, Ms. Jen
Thursday, January 14	**Finals**, periods 4 and 6	First Exam (8:30 – 10:35): OPEN Snack (10:35 – 10:45): OPEN - Snack/SSH: Guided Meditation Second Exam (10:55 – 1:00): OPEN Interns: Ms. Emily
Friday, January 15	**Finals**, periods 3 and 5	First Exam (8:30 – 10:35): OPEN Snack (10:35 – 10:45): OPEN - Snack/SSH: Guided Meditation w Ms. Karol Second Exam (10:55 – 1:00): OPEN Interns: Mr. Wyatt ***End Q2/S1! Congratulations!***

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, January 18	**No School**	**Martin Luther King Jr Day**
Tuesday, January 19	**No School**	**Semester Break MS & HS**
Wednesday, January 20	C Schedule, periods 135	Period One: OPEN Snack/SSH: Connections Group Period Three: OPEN after SSH Lunch: OPEN Period Five: OPEN Interns: Ms. Emily, Ms. Jen
Thursday, January 21	B Schedule, periods 246	Period Two: CLOSED Snack/SSH: OPEN FOR MINDFULNESS GROUP ONLY Period Four: CLOSED Lunch: CLOSED Period Six: CLOSED Interns: Ms. Emily
Friday, January 22	C Schedule, periods 135	Period One: OPEN Snack/SSH: OPEN Period Three: OPEN Lunch: OPEN Period Five: OPEN Interns: Mr. Wyatt

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, January 25	A Schedule, periods 1-6 ***Staff Meeting***	Period One: OPEN Period Two : CLOSED Snack/SSH: OPEN Period Three: OPEN Period Four: OPEN Lunch: OPEN Period Five: OPEN Period Six: OPEN Interns: Mr. Wyatt
Tuesday, January 26	B Schedule, periods 246	Period Two: CLOSED Snack/SSH: STRESS MANAGEMENT GROUP Period Four: Appointments (blue slips) Lunch: NAMI Club Meeting Period Six: OPEN Interns: Ms. Emily Mr. Wyatt
Wednesday, January 27	C Schedule, periods 135	Period One: OPEN Snack/SSH: Connections Group Period Three: OPEN after SSH Lunch: OPEN Period Five: OPEN Interns: Ms. Emily, Ms. Jen
Thursday, January 28	B Schedule, periods 246	Period Two: CLOSED Snack/SSH: OPEN FOR MINDFULNESS GROUP ONLY Period Four: CLOSED Lunch: CLOSED Period Six: CLOSED Interns: Ms. Emily
Friday, January 29	C Schedule, periods 135	Period One: OPEN Snack/SSH: OPEN Period Three: OPEN Lunch: OPEN Period Five: OPEN Interns: Mr. Wyatt

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Date	Schedule	Wellness Center Schedule
Monday, February 1	A Schedule, periods 1-6	*NATIONAL SCHOOL COUNSELING WEEK* Period One: OPEN Period Two: OPEN Snack/SSH: OPEN Period Three: OPEN Period Four: OPEN Lunch: OPEN Period Five: OPEN Period Six: OPEN Interns: Mr. Wyatt National School Counseling Week
Tuesday, February 2	B Schedule, periods 246	Period Two: OPEN Snack/SSH: STRESS MANAGEMENT GROUP Period Four: CLOSED Lunch: NAMI Club Meeting Period Six: OPEN Interns: Ms. Emily Mr. Wyatt National School Counseling Week
Wednesday, February 3	C Schedule, periods 135	Period One: OPEN Snack/SSH: Connections Group Period Three: OPEN Lunch: OPEN Period Five: OPEN Interns: Ms. Emily, Ms. Jen National School Counseling Week
Thursday, February 4	B Schedule, periods 246	Period Two: OPEN Snack/SSH: OPEN Period Four: CLOSED Lunch: CLOSED Period Six: OPEN Interns: Ms. Emily National School Counseling Week
Friday, February 5	C Schedule, periods 135	Period One: OPEN Snack/SSH: OPEN Period Three: OPEN Lunch: OPEN Period Five: OPEN Interns: Mr. Wyatt National School Counseling Week

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, February 8	C Schedule, periods 135	Period One: OPEN Snack/SSH: OPEN Period Three: OPEN second half Lunch: OPEN Period Five: OPEN Interns: Mr. Wyatt
Tuesday, February 9	B Schedule, periods 246	Period Two: OPEN Snack/SSH: STRESS MANAGEMENT GROUP Period Four: CLOSED Lunch: NAMI Club, Learning Styles Workshop Period Six: OPEN Interns: Ms. Emily, Mr. Wyatt
Wednesday, February 10	C Schedule, periods 135	Period One: OPEN Snack/SSH: Connections Group Period Three: OPEN Lunch: CLOSED Period Five: CLOSED Interns: Ms. Emily, Ms. Jen
Thursday, February 11	B Schedule, periods 246	Period Two: CLOSED Snack/SSH: CLOSED Period Four: CLOSED Lunch: CLOSED Period Six: CLOSED Interns: Ms. Emily
Friday, February 12	**No School**	**Local Holiday**

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, February 15	**No School**	**Presidents' Day - Holiday**
Tuesday, February 16	B Schedule, periods 246	Period Two: CLOSED Snack/SSH: STRESS MANAGEMENT GROUP Period Four: OPEN at 11:15 a.m. Lunch: NAMI Club Meeting/ Audio & Visual Workshop Period Six: OPEN Interns: Ms. Emily Mr. Wyatt
Wednesday, February 17	C Schedule, periods 135	Period One: OPEN Snack/SSH: Connections Group Period Three: OPEN Lunch: **Repairing Relationships: How to Know if a Relationship is Fixable and What Actions to Take with therapist Christina King** Period Five: OPEN Interns: Ms. Emily, Ms. Jen
Thursday, February 18	B Schedule, periods 246	Period Two: CLOSED - Andrews at Training Snack/SSH: CLOSED Period Four: CLOSED Lunch: OPEN Period Six: OPEN Interns: Ms. Emily
Friday, February 19	C Schedule, periods 135	Period One: OPEN Snack/SSH: OPEN Period Three: OPEN Lunch: OPEN Period Five: OPEN Interns: Mr. Wyatt

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, February 22	A Schedule, periods 1-6 ***Staff Meeting***	Period One: CLOSED - district counseling mtg Period Two: CLOSED Snack/SSH: OPEN Period Three: OPEN Period Four: OPEN Lunch: OPEN Period Five: OPEN Period Six: OPEN Interns: Mr. Wyatt
Tuesday, February 23	B Schedule, periods 246	Period Two: OPEN Snack/SSH: STRESS MANAGEMENT GROUP Period Four: OPEN at 11:15 a.m. after group Lunch: NAMI Club Meeting Period Six: CLOSED Interns: Ms. Emily Mr. Wyatt
Wednesday, February 24	C Schedule, periods 135 **Long A Schedule - Career Day - *CONFIRM***	Period One: OPEN Snack/SSH: Connections Group Period Three: OPEN at 12:00 p.m. after group Lunch: OPEN Period Five: OPEN Interns: Ms. Emily, Ms. Jen
Thursday, February 25	B Schedule, periods 246	Period Two: CLOSED Snack/SSH: CLOSED Period Four: CLOSED Lunch: **Preparing for Life After High School with therapist Sok Grubbs** Period Six: CLOSED Interns: Ms. Emily
Friday, February 26	C Schedule, periods 135	Period One: OPEN Snack/SSH: OPEN Period Three: OPEN Lunch: OPEN Period Five: OPEN Interns: Mr. Wyatt

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, March 1	C Schedule, periods 1-6	Period One: OPEN Period Two: OPEN Snack/SSH: OPEN Period Three: OPEN Period Four: CLOSED Lunch: CLOSED Period Five: CLOSED Period Six: CLOSED Interns: Mr. Wyatt Ms. Andrews at Seahawk Summit
Tuesday, March 2	B Schedule, periods 246	Period Two: OPEN Snack/SSH: STRESS MANAGEMENT GROUP Period Four: OPEN at 11:15 a.m. after group Lunch: NAMI CLUB Period Six: CLOSED Interns: Ms. Emily Mr. Wyatt
Wednesday, March 3	C Schedule, periods 135	Period One: OPEN Snack/SSH: CONNECTIONS GROUP Period Three: CLOSED Lunch: OPEN Period Five: OPEN Interns: Ms. Emily, Ms. Jen
Thursday, March 4	B Schedule, periods 246	Period Two: OPEN Snack/SSH: Healthy Lifestyles Group Period Four: OPEN at 11:15 a.m. after group Lunch: **Building Your Emotional Literacy & Intelligence with therapist Sean Lynn** Period Six: CLOSED Interns: Ms. Emily
Friday, March 5	C Schedule, periods 135 **Spring Sports - Rally Schedule**	Period 1 (8:30 – 10:05): OPEN Snack/SSH (10:05 – 10:15): OPEN Period 3 (10:45 – 1:10): OPEN - Rally A (10:25 - 11:30) - Rally B (12:05 - 1:10) Lunch (1:10 – 1:45): OPEN Period 5 (1:55 – 3:30): OPEN Interns: Mr. Wyatt

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Date	Schedule	Wellness Center Schedule
Monday, March 8	C Schedule, periods 135	Period One: OPEN Snack/SSH: OPEN Period Three: OPEN Lunch: OPEN Period Five: Closed Interns: Mr. Wyatt
Tuesday, March 9	B Schedule, periods 246	Period Two: OPEN Snack/SSH: STRESS MANAGEMENT GROUP Period Four: OPEN Lunch: NAMI Club Meeting Period Six: Closed Interns: Ms. Emily Mr. Wyatt
Wednesday, March 10	C Schedule, periods 135	Period One: OPEN Snack/SSH: Connections Group Period Three: CLOSED Lunch: OPEN Period Five: OPEN Interns: Ms. Emily, Ms. Jen
Thursday, March 11	B Schedule, periods 246	Period Two: OPEN Snack/SSH: Healthy Lifestyles Group Period Four: OPEN Lunch: Dopamine vs Serotonin Workshop with therapist Taylor Bowman Period Six: OPEN Interns: Ms. Emily
Friday, March 12	C Schedule, periods 135	Period One: OPEN Snack/SSH: Connections Group Period Three: CLOSED Lunch: OPEN Period Five: OPEN Interns: Mr. Wyatt

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Date	Schedule	Wellness Center Schedule
Monday, March 15	A Schedule, 8:30 a.m. start periods 1-6	Period One: OPEN Period Two: OPEN Snack/SSH: OPEN Period Three: OPEN Period Four: OPEN Lunch: OPEN Period Five: OPEN Period Six: OPEN Interns: Mr. Wyatt
Tuesday, March 16	B Schedule, periods 246	Period Two: CLOSED Snack/SSH: STRESS MANAGEMENT GROUP Period Four: CLOSED Lunch: NAMI Club Meeting Period Six: CLOSED Interns: Ms. Emily Mr. Wyatt Ms. Andrews at TUPE Conference all day
Wednesday, March 17	C Schedule, periods 135	Period One: OPEN Snack/SSH: Connections Group Period Three: OPEN Lunch: OPEN Period Five: OPEN Interns: Ms. Emily, Ms. Jen
Thursday, March 18	B Schedule, periods 246	Period Two: OPEN Snack/SSH: Healthy Lifestyles Group Period Four: OPEN at 11:15 a.m. Lunch: OPEN Period Six: CLOSED Interns: Ms. Emily
Friday, March 19	C Schedule, periods 135	Period One: OPEN Snack/SSH: CLOSED Period Three: CLOSED Lunch: **Art Therapy, What is It?** With therapist Isabella Laughlin Period Five: OPEN Interns: Mr. Wyatt

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Date	Schedule	Wellness Center Schedule
Monday, March 22	A Schedule, periods 1-6 ***Staff Meeting***	Period One: Open Period Two: Open Snack/SSH: Open Period Three: Open Period Four: Open Lunch: Open Period Five: Closed Period Six: Closed Interns: Mr. Wyatt
Tuesday, March 23	B Schedule, periods 246	Period Two: OPEN Snack/SSH: STRESS MANAGEMENT GROUP Period Four: OPEN at 11:15 a.m. Lunch: Open Period Six: Closed Interns: Ms. Emily Mr. Wyatt
Wednesday, March 24	C Schedule, periods 135	Period One: OPEN Snack/SSH: Connections Group Period Three: OPEN at 11:15 a.m. Lunch: OPEN Period Five: OPEN Interns: Ms. Emily, Ms. Jen
Thursday, March 25	B Schedule, periods 246	Period Two: OPEN Snack/SSH: Healthy Lifestyles Group Period Four: CLOSED Lunch: OPEN Period Six: OPEN Interns: Ms. Emily
Friday, March 26	C Schedule, periods 135 **Long A Schedule - Yearbook - *CONFIRM (says May 28 on calendar)***	Period One: OPEN Snack/SSH: OPEN Period Three: CLOSED Lunch: **Building Resilience Through Art** with therapist Charleen Meyer Period Five: CLOSED Interns: Mr. Wyatt

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Date	Schedule	Wellness Center Schedule
Monday, March 29	A Schedule, periods 1-6	Period One: Closed Period Two: Closed Snack/SSH: Closed Period Three: Closed Period Four: Open Lunch: Open Period Five: Open Period Six: Open Interns: Mr. Wyatt
Tuesday, March 30	B Schedule, periods 246	Period Two: OPEN Snack/SSH: STRESS MANAGEMENT GROUP Period Four: OPEN at 11:15 a.m. Lunch: NAMI Club Meeting Period Six: Open Interns: Ms. Emily Mr. Wyatt
Wednesday, March 31	C Schedule, periods 135	Period One: OPEN Snack/SSH: Connections Group Period Three: OPEN Lunch: OPEN Period Five: CLOSED Interns: Ms. Emily, Ms. Jen
Thursday, April 1	B Schedule, periods 246	Period Two: OPEN Snack/SSH: Healthy Lifestyles Group Period Four: OPEN at 11:15 a.m. after grp Lunch: Financial Freedom Workshop Period Six: OPEN Interns: Ms. Emily ***End Q3***
Friday, April 2	**No School**	**No School**
Spring Break: April 5-9	**No School**	**Spring Break**

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, April 12	A Schedule, periods 1-6	Period One: Open Period Two: Open Snack/SSH: Open Period Three: Open Period Four: Open Lunch: Open Period Five: Open Period Six: Open Interns: Mr. Wyatt
Tuesday, April 13	B Schedule, periods 246	Period Two: OPEN Snack/SSH: STRESS MANAGEMENT GROUP Period Four: OPEN Lunch: NAMI Club Meeting Period Six: Open Interns: Ms. EmilyMr. Wyatt
Wednesday, April 14	C Schedule, periods 135	Period One: OPEN Snack/SSH: Connections Group Period Three: CLOSED Lunch: Teen Financial Freedom Workshop Period Five: CLOSED Interns: Ms. Emily, Ms. Jen
Thursday, April 15	B Schedule, periods 246	Period Two: OPEN Snack/SSH: EGG HUNT first 20 people Period Four: OPEN Lunch: Healthy Lifestyles Group Period Six: OPEN Interns: Ms. Emily
Friday, April 16	C Schedule, periods 135	Period One: OPEN Snack/SSH: OPEN Period Three: OPEN Lunch: OPEN Period Five: CLOSED Lunch: Fight Back Against Bullying Workshop with Guest Diana Lam Interns: Mr. Wyatt

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, April 19	A Schedule, periods 1-6	Period One: Open Period Two: Open Snack/SSH: Open Period Three: Closed for filming RUTV Period Four: Open Lunch: Open Period Five: Open Period Six: Open Interns: Mr. Wyatt
Tuesday, April 20	B Schedule, periods 246	Period Two: OPEN Snack/SSH: STRESS MANAGEMENT GROUP Period Four: OPEN Lunch: NAMI Club Meeting Period Six: Open Interns: Ms. Emily Mr. Wyatt
Wednesday, April 21	C Schedule, periods 135	Period One: Open Snack/SSH: Connections Group Period Three: Open Lunch: Open Period Five: Open Interns: Ms. Emily, Ms. Jen WALK UP TO ALLCOVE AFTER SCHOOL
Thursday, April 22	B Schedule, periods 246	Period Two: OPEN Snack/SSH: OPEN Period Four: OPEN Lunch: CLOSED Period Six: CLOSED Interns: Ms. Emily
Friday, April 23	C Schedule, periods 135	Period One: OPEN Snack/SSH: OPEN Period Three: OPEN Lunch: OPEN Period Five: OPEN Interns: Mr. Wyatt

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Date	Schedule	Wellness Center Schedule
Monday, April 26	A Schedule, periods 1-6 ***Staff Meeting***	Period One: Closed Period Two: Open Snack/SSH: Open Period Three: Open Period Four: Open Lunch: Open Period Five: Open Period Six: Open Interns: Mr. Wyatt **Ms. Andrews at SEA HAWK SUMMIT**
Tuesday, April 27	B Schedule, periods 246	Period Two: OPEN Snack/SSH: STRESS MANAGEMENT GROUP Period Four: CLOSED Lunch: NAMI Club Meeting Period Six: CLOSED Interns: Ms. EmilyMr. Wyatt
Wednesday, April 28	C Schedule, periods 135	Period One: OPEN Snack: OPEN Period Three: OPEN Lunch: OPEN Period Five: CLOSED Interns: Ms. Emily, Ms. Jen
Thursday, April 29	B Schedule, periods 246	Period Two: OPEN Snack/SSH: CLOSED Period Four: CLOSED Lunch: Healthy Lifestyles Group in Andrews' Office **Workshop: Recognizing and Addressing Extremism in Your Friends** Period Six: OPEN Interns: Ms. Emily
Friday, April 30	C Schedule, periods 135	Period One: OPEN Snack: OPEN Period Three: OPEN Lunch: CLOSED Period Five: CLOSED Interns: Mr. Wyatt

Date	Schedule	Wellness Center Schedule

2026-27 RUHS Wellness Center Calendar

Monday, May 3	A Schedule, periods 1-6	Period One: Closed Period Two: Closed Snack/SSH: Closed Period Three: Closed Period Four: Closed Lunch: Closed Period Five: Closed Period Six: Closed Interns: Mr. Wyatt Ms. Andrews working off campus all day
Tuesday, May 4	B Schedule, periods 246	Period Two: OPEN Snack/SSH: STRESS MANAGEMENT GROUP Period Four: OPEN Lunch: NAMI Club Meeting Period Six: Open Interns: Ms. EmilyMr. Wyatt
Wednesday, May 5	C Schedule, periods 135	Period One: OPEN Snack/SSH: CLOSED Period Three: CLOSED Lunch: CLOSED Period Five: OPEN Interns: Ms. Emily, Ms. Jen
Thursday, May 6	B Schedule, periods 246	Period Two: OPEN Snack/SSH: OPEN Period Four: OPEN Lunch: Healthy Lifestyles Group CANCELLED Period Six: CLOSED Interns: Ms. Emily
Friday, May 7	C Schedule, periods 135	Period One: CLOSED Snack/SSH: CLOSED Period Three: OPEN at 12:00 p.m. Lunch: OPEN Period Five: OPEN Interns: Mr. Wyatt ***Saturday May 10 NAMI Walk DTLA* Join us!**

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, May 10	A Schedule, 8:30 a.m. start periods 1-6	Period One: Open Period Two: Open Snack/SSH: Open Period Three: Open Period Four: Open Lunch: Open Period Five: Closed Period Six: Closed Interns: Mr. Wyatt
Tuesday, May 11	B Schedule, periods 246	Period Two: OPEN Snack/SSH: STRESS MANAGEMENT GROUP Period Four: CLOSED Lunch: NAMI Club Meeting Period Six: CLOSED Interns: Ms. EmilyMr. Wyatt
Wednesday, May 12	C Schedule, periods 135	Period One: CLOSED Snack/SSH: CLOSED Period Three: CLOSED Lunch: CLOSED Period Five: CLOSED Interns: Ms. Emily, Ms. Jen
Thursday, May 13	B Schedule, periods 246	Period Two: CLOSED- Andrews at PTSA Mtg Snack/SSH: CLOSED Period Four: OPEN Lunch: Healthy Lifestyles Group Period Six: OPEN Interns: Ms. Emily
Friday, May 14	C Schedule, periods 135	Period One: OPEN Snack/SSH: OPEN Period Three: OPEN Lunch: DIAMOND ART Period Five: OPEN Interns: Mr. Wyatt

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Date	Schedule	Wellness Center Schedule
Monday, May 17	A Schedule, periods 1-6	Period One: Closed Period Two: Closed Snack/SSH: Closed Period Three: Closed Period Four: Closed Lunch: Get Your Mental Health Stickers & Pins Period Five: Closed Period Six: Closed Interns: Mr. Wyatt Ms. Andrews at SEA HAWK SUMMIT
Tuesday, May 18	B Schedule, periods 246	Period Two: OPEN Snack/SSH: STRESS MANAGEMENT GROUP Period Four: OPEN 11:00 a.m.-12:15 p.m. Lunch: SOUND BATH Workshop Period Six: CLOSED Interns: Ms. EmilyMr. Wyatt
Wednesday, May 19	C Schedule, periods 135	Period One: CLOSEDPEN Snack/SSH: in quad Period Three: CLOSED we are in quad Lunch: Mental Health Fair in Student Union Quad Period Five: CLOSED Interns: Ms. Emily, Ms. Jen
Thursday, May 20	B Schedule, periods 246	Period Two: OPEN Snack/SSH: OPEN Period Four: OPEN Lunch: Healthy Lifestyles Workshop Period Six: OPEN Interns: Ms. Emily
Friday, May 21	C Schedule, periods 135	Period One: OPEN Snack/SSH: OPEN Period Three: OPEN UNTIL 11:45 a.m. Lunch: Setting Healthy Boundaries with Guest Therapist Melissa Hogan Period Five: OPEN Interns: Mr. Wyatt

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, May 24	A Schedule, periods 1-6 ***Staff Meeting***	Period One: Closed Period Two: Closed Snack/SSH: Closed Period Three: Closed Period Four: Closed Lunch: Get Your Mental Health Stickers & Pins Period Five: Closed Period Six: Closed Interns: Mr. Wyatt
Tuesday, May 25	B Schedule, periods 246	Period Two: OPEN Snack/SSH: Last STRESS MANAGEMENT GROUP Period Four: CLOSED Lunch: Heal with Origami with Kai Parr Period Six: Open Interns: Ms. Emily Mr. Wyatt
Wednesday, May 26	C Schedule, periods 135	Period One: OPEN Snack/SSH: OPEN Period Three: OPEN Lunch: **CLOSED** Period Five: **CLOSED** *Kinesthetic Learning Strategies Workshop re-scheduled for W 6/4/25* Interns: Ms. Emily, Ms. Jen
Thursday, May 27	B Schedule, periods 246	Period Two: OPEN Snack/SSH: OPEN Period Four: OPEN Lunch: Healthy Lifestyles Group Period Six: OPEN Interns: Ms. Emily
Friday, May 28	C Schedule, periods 135 ***CONFIRM – Yearbook Day??***	Period One: OPEN Snack/SSH: OPEN Period Three: OPEN Lunch: **Peer Counselors Only- Celebration** Period Five: CLOSED Interns: Mr. Wyatt

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, May 31	**No School**	**Memorial Day**
Tuesday, June 1	B Schedule, periods 246 Senior Finals Per 6	Period Two: CLOSED (counselor breakfast) Snack/SSH: CLOSED Period Four: OPEN Lunch: OPEN Period Six: OPEN Interns: Ms. Emily Mr. Wyatt
Wednesday, June 2	C Schedule, periods 135 Senior Final 1,3,5	Period One: OPEN Snack/SSH: OPEN Period Three: OPEN Lunch: Beyond the Classroom Workshop Period Five: CLOSED Interns: Ms. Emily, Ms. Jen
Thursday, June 3	B Schedule, periods 246 Senior Final 2, 4	Period Two: OPEN Snack/SSH: OPEN Period Four: OPEN Lunch: Healthy Lifestyles Group (LAST) Period Six: CLOSED (Open at 2:30 p.m.) Interns: Ms. Emily
Friday, June 4	C Schedule, periods 135 Senior Events SIGN THE BENCH!	Period One: OPEN Snack: OPEN- Seniors Sign the Bench Period Three: CLOSED Lunch: OPEN Period Five: OPEN Interns: Mr. Wyatt

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
End of Year: Monday, June 7	**Finals, periods 1 and 2**	First Exam (8:30 – 10:35): OPEN Snack (10:35 – 10:45): OPEN Guided Meditation Second Exam (10:55 – 1:00): OPEN Interns: Mr. Wyatt
Tuesday, June 8	**Finals, periods 4 and 6**	First Exam (8:30 – 10:35): OPEN Snack (10:35 – 10:45): OPEN - Guided Meditation Second Exam (10:55 – 1:00): OPEN CLOSED (Intern Thank you Brunch) Interns: Ms. Emily, Mr. Wyatt
Wednesday, June 9	**Finals, periods 3 and 5** **Last Day of School!**	First Exam (8:30 – 10:35): OPEN Snack (10:35 – 10:45): OPEN - Guided Meditation Second Exam (10:55 – 1:00): OPEN Interns: Ms. Emily, Ms. Jen ***End Q4/S2! Congratulations!***
Thursday, June 10	**No Students**	**Graduation Day?? confirm**

2026-27 RUHS Wellness Center Calendar

PAST DATES

Date	Schedule	Wellness Center ScheduleA
Wednesday, August 19	A Schedule, periods 1-6	Period One (9:10-9:55): Open Period Two (10:05-10:50): Open Snack/RUHS Time (10:50-11): Open Period Three (11:10-11:55): Open Period Four (12:05-12:50): Open Lunch (12:50-1:25): Open Period Five (1:35-2:20): Open Period Six (2:30-3:15): Open Interns: Ms. Emily
Thursday, August 20	B Schedule, periods 246	Period Two: Open Snack/RUHS Time: Open Period Four: Open Lunch: Open Period Six: Open
Friday, August 21	C Schedule, periods 135	Period One: Open Snack/RUHS Time: Open Period Three: Open Lunch: Open Period Five: Open Interns: Ms. Jen, Mr. Wyatt

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, August 24	A Schedule, periods 1-6 Interns: Mr. Wyatt	Period One: Open Period Two Open Snack/RUHS Time: Open Period Three: Open Period Four: Open Lunch: Open Period Five: Open Period Six: Open
Tuesday, August 25	B Schedule, periods 246 Interns: Ms. Emily	Period Two: Open Snack/RUHS Time: Open Period Four: Open Lunch: Open Period Six: Open
Wednesday, August 26	C Schedule, periods 135 Interns: Ms. Emily Intern: Jen Minich	Period One: Open Snack/RUHS Time: Open Period Three: Open Lunch: Open Period Five: Open
Thursday, August 27	B Schedule, periods 246 Interns: Ms. Emily	Period Two: Open - Ms. Ara at PTSA Mtg until 9 am Snack/RUHS Time: Open Period Four: Open Lunch: Open Period Six: CLOSED - Ms. Ara at All Cove
Friday, August 28	C Schedule, periods 135 Interns: Mr. Wyatt Intern: Jen Minich	Period One: Open Snack/RUHS Time: Open Period Three: Open Lunch: Open Period Five: Open - No hot cocoa

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, August 31	A Schedule, periods 1-6	Period One: Open Period Two: Open Snack: Open Period Three: Open Period Four: Open Lunch: Open Period Five: Open Period Six: Open Interns: Mr. Wyatt
Tuesday, September 1	B Schedule, periods 246	Period Two: Open Snack/RUHS Time: Open Period Four: Open Lunch: Closed - NAMI Board Club Meeting Period Six: Open Interns: Ms. Emily
Wednesday, September 2	C Schedule, periods 135	Ms. Ara at LACOE Training Period One: Open Snack/RUHS Time: Open Period Three: Open Lunch: Open Period Five: CLOSED Interns: Ms. Emily, (arrives at 10 am) Ms. Jen
Thursday, September 3	B Schedule, periods 246	Period Two: Open Snack/RUHS Time: Open Period Four: Open Lunch: Open Period Six: Open Interns: Ms. Emily
Friday, September 4	C Schedule, periods 135	Ms. Ara & Ms. Jen at District Office until 10:45 Period One: Open Snack/RUHS Time: Open Period Three: Open Lunch: Open Period Five: Open Interns: Mr. Wyatt, Ms. Jen

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, September 7	**No School**	***Labor Day***
Tuesday, September 8	B Schedule, periods 246	Period Two: Open Snack/RUHS Time: Open Period Four: Open Lunch: Open Period Six: Open Interns: Ms. Emily
Wednesday, September 9	C Schedule, periods 135	Period One: Open Snack/RUHS Time: Open Period Three: Open Lunch: Open Period Five: Open Interns: Ms. Emily, Ms. Jen (10-2)
Thursday, September 10	B Schedule, periods 246	Period Two: Open Snack/RUHS Time: open for *School Connections Group* only Period Four: Open Lunch: Open Period Six: Open (limited capacity) Interns: Ms. Emily
Friday, September 11	C Schedule, periods 135	Period One: Open Snack/RUHS Time: Open Period Three: Open Lunch: Open Period Five: Open Interns: Mr. Wyatt, Ms. Jen (10-2)

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, September 14	C schedule, periods 135 Ms. Ara at District Office until 12 pm	Period One: Open Snack/RUHS Time: Open Period Three: Open Lunch: Open Period Five: Open Interns: Mr. Wyatt
Tuesday, September 15	B Schedule, periods 246 Ms. Ara at Clear until 10 am	Period Two: Open at 9:00 a.m. Snack/RUHS Time: Open Period Four: Open Lunch: Open Period Six: Open Interns: Ms. Emily, Mr. Wyatt
Wednesday, September 16	C Schedule, periods 135	Period One: Open Snack/RUHS Time: Open Period Three: Open Lunch: Open Period Five: Open Interns: Ms. Emily, Ms. Jen
Thursday, September 17	B Schedule, periods 246 **Back to School Night** ***Come by the Wellness Center!**	Period Two: Open Snack/RUHS Time: open for School Connections Period Four: Open Lunch: Open Period Six: Open Interns: Ms. Emily
Friday, September 18	A Schedule, periods 1-6 **MINIMUM DAY; No zero period**	Period 1(8:30 – 9:05): OPEN Period 2 (9:15 – 9:50): OPEN Period 3 (10:00 – 10:35): OPEN Snack/RUHS Time (10:35 – 10:45): OPEN Period 4 (10:55 – 11:30): OPEN Period 5 (11:40 – 12:15): OPEN Period 6 (12:25 – 1:00): OPEN Interns: Mr. Wyatt, Ms. Jen

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, September 21	**No School**	**Local Holiday**
Tuesday, September 22	B Schedule, periods 246	Period Two: Open Snack/RUHS Time: Open Period Four: Open Lunch: Open Period Six: Open Interns: Ms. Emily Mr. Wyatt
Wednesday, September 23	C Schedule, periods 135 Ms. Ara at LACOE Training ALL DAY	Period One: Open Snack/RUHS Time: Open Period Three: Open Lunch: Open Period Five: Open Interns: Ms. Emily, Ms. Jen
Thursday, September 24	B Schedule, periods 246 **Club Rush** Ms. Ara at LACOE Training ALL DAY	Period Two: Closed Snack/RUHS Time: Closed Period Four: Closed Lunch: Closed Period Six: Closed
Friday, September 25	C Schedule, periods 135 **Club Rush**	Period One: Open Snack/RUHS Time: Open Period Three: Open Lunch: Open Period Five: Open Interns: Mr. Wyatt, Ms. Jen

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, September 28 ***Sea Hawk Summit @ AllCove***	A Schedule, periods 1-6 **Afternoon Staff Meeting** Ms. Ara at allcove ALL DAY	Period One - Six: *Limited Capacity* Lunch: Closed Interns: Mr. Wyatt
Tuesday, September 29	B Schedule, periods 246	Period Two: Open Snack/RUHS Time: Healthy Lifestyle Group Period Four: Open Lunch: NAMI CLUB Meeting and 'Checking in with Friends' Guest Speakers Period Six: Open Interns: Ms. Emily, Mr. Wyatt
Wednesday, September 30	C Schedule, periods 135	Period One: Open Snack/RUHS Time: Open Period Three: Open Lunch: Open Period Five: Open Interns: Ms. Emily, Ms. Jen
Thursday, October 1	B Schedule, periods 246	Period Two: Open Snack/RUHS Time: Beach Cities Health Survey Period Four: Open Lunch: Open Period Six: OPEN Interns: Ms. Emily
Friday, October 2	C Schedule, periods 135	Period One: Open Snack/RUHS Time: Open Period Three: Open Lunch: Open Period Five: Open Interns: Mr. Wyatt, Ms. Jen

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, October 5	A Schedule, periods 1-6	Period One: Open Period Two: Open Snack/RUHS Time: Open Period Three: Open Period Four: Open Lunch: Open Period Five: Open Period Six: Open Interns: Mr. Wyatt
Tuesday, October 6	B Schedule, periods 246	Period Two: Open Snack/SSH: Healthy Lifestyles Group Period Four: Open Lunch: Open Period Six: Open Interns: Ms. Emily Mr. Wyatt
Wednesday, October 7	C Schedule, periods 135 **PSAT Testing Day - Juniors** **Ara out - CASC Conference**	Period 1 (9, 10, 12 grade; 8:30-10:25): OPEN SNACK (9, 10, 12 grade; 10:25 – 10:35): OPEN Period 3 (9, 10, 12 grade; 10:35 – 11:45): OPEN RUHS Time (11th returns; 11:45 - 11:55): OPEN Period 3 (All students; 11:55 – 12:50): OPEN Lunch: OPEN Period 5 (1:35 – 3:30): Closed Interns: Ms. Emily, Ms. Jen
Thursday, October 8	B Schedule, periods 246 **Ara out - CASC Conference**	Period Two: *Limited Capacity* Snack: Open Period Two: *Limited Capacity* Lunch: Open Period Six: Closed Interns: Ms. Emily, Mr. Wyatt (until 1:45)
Friday, October 9	C Schedule, periods 135 **Ara out - CASC Conference**	Period One: Open Snack/SSH: Open Period Three: Open Lunch: Open Period Five: Open Interns: Mr. Wyatt, Ms. Jen

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, October 12	**No School**	**Staff Professional Development Day**
Tuesday, October 13	B Schedule, periods 246	Period Two: Open Snack/SSH: Healthy Lifestyles Group Period Four: Open Lunch: NAMI Club (Guest Speaker Luisa!) Period Six: Open Interns: Ms. Emily, Mr. Wyatt
Wednesday, October 14	C Schedule, periods 135 **Safety Net** **Ara out - MATCH Training Pt.1**	Period One: Open Snack/SSH: **Safety Net Lesson** Period Three: Open Lunch: Open Period Five: CLOSED Interns: Ms. Emily, Ms. Jen
Thursday, October 15	B Schedule, periods 246 **Great Shakeout**	Period Two: Open Drill: Closed Snack/SSH: Social Connections Group Period Four: Open Lunch: Open Period Six: Open Interns: Ms. Emily
Friday, October 16	C Schedule, periods 135	Period One: Open Snack/SSH: Open Period Three: Open Lunch: Open Period Five: Open Interns: Mr. Wyatt

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, October 19 **RBUSD United Against Hate Week**	A Schedule, periods 1-6 limited / will close as needed **Staff Meeting** **Ara @ allcove - Sea Hawk Summit**	Period One-Six: Open Limited Capacity Snack: Open Lunch: Understanding Your Best Working Style w therapist Ted Cohen Interns: Mr. Wyatt
Tuesday, October 20 **RBUSD United Against Hate Week**	B Schedule, periods 246	Period Two: OPEN Snack/SSH: Healthy Lifestyles Group Period Four: Open Lunch: Open Period Six: OPEN Interns: Mr. Wyatt
Wednesday, October 21 **RBUSD United Against Hate Week**	C Schedule, periods 135 **Ara out - MATCH Training Pt. 2** limited / will close as needed	Period One: OPEN Snack/SSH: OPEN Period Three: OPEN Lunch: OPEN Period Five: CLOSED Interns: Ms. Emily, Ms. Jen
Thursday, October 22 **RBUSD United Against Hate Week**	B Schedule, periods 246	Period Two: OPEN Snack/SSH: School Connections Group Period Four: CLOSED Lunch: **Healthy Lifestyles Workshop w Lily Arana** Period Six: OPEN Interns: Ms. Emily
Friday, October 23 **RBUSD United Against Hate Week**	C Schedule, periods 135 **Fall Sports/Homecoming Rally Schedule**	Period 1 (8:30 – 10:05): OPEN Snack/SSH (10:05 – 10:15): OPEN Period 3 (10:45 – 1:10): OPEN - Rally A (10:25 - 11:30) - Rally B (12:05 - 1:10) Lunch (1:10 – 1:45): OPEN Period 5 (1:55 – 3:30): open, closed at 2:15 pm Interns: Mr. Wyatt ***End Q1***

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, October 26 **RUHS Red Ribbon Week**	C Schedule - periods 135	Period One: OPEN Snack/SSH: OPEN Period Three: OPEN Lunch: OPEN Period Five: OPEN Interns: Mr. Wyatt
Tuesday, October 27 **RUHS Red Ribbon Week**	B Schedule - periods 246 **Ara out - LACOE RJ Training**	Period Two: OPEN Snack/SSH: Healthy Lifestyles Group Period Four: OPEN after group Lunch: NAMI Club ***Supporting Friends and Loved Ones: Substance Use and Safety*** Period Six: OPEN Interns: Ms. Emily Mr. Wyatt
Wednesday, October 28 **RUHS Red Ribbon Week**	C Schedule - periods 135 **Ara out - LACOE RJ Training**	Period One: OPEN Snack: OPEN Period Three: OPEN Lunch: Open Period Five: CLOSED Interns: Ms. Emily, Ms. Jen
Thursday, October 29 **RUHS Red Ribbon Week**	B Schedule, periods 246	Period Two: OPEN Snack/SSH: School Connections Group Period Four: OPEN after group Lunch: **Tiny Desk Jazz and LACOE TUPE Tabling** Period Six: OPEN Interns: Ms. Emily
Friday, October 30 **RUHS Red Ribbon Week**	C Schedule - periods 135	Period One: OPEN Snack: OPEN Period Three: OPEN Lunch: OPEN Period Five: OPEN Interns: Mr. Wyatt

2026-27 RUHS Wellness Center Calendar

Date	Schedule	Wellness Center Schedule
Monday, November 2	A Schedule, periods 1-6	Period One: OPEN Period Two: OPEN Snack/SSH: OPEN Period Three: OPEN Period Four: OPEN Lunch: OPEN Period Five: OPEN Period Six: OPEN Interns: Mr. Wyatt
Tuesday, November 3	B Schedule, periods 246	Period Two: OPEN Snack/SSH: Healthy Lifestyles Group Period Four: OPEN after SSH group Lunch: Sound Bath w Vedic Vibes Period Six: OPEN Interns: Ms. Emily Mr. Wyatt
Wednesday, November 4	C Schedule, periods 135	Period One: OPEN Snack/SSH: OPEN Period Three: OPEN Lunch: OPEN Period Five: OPEN Interns: Ms. Emily, Ms. Jen (5th per)
Thursday, November 5	B Schedule, periods 246	Period Two: OPEN Snack/SSH: School Connections Group Period Four: OPEN after RUHS Time Lunch: OPEN Period Six: OPEN Interns: Ms. Emily
Friday, November 6	C Schedule, periods 135 **Ara out morning - SARB**	Period One: closed Snack/SSH: closed Period Three: OPEN Lunch: OPEN Period Five: closed

2026-27 RUHS Wellness Center Calendar

2026-27 RUHS Wellness Center Calendar