

# THE WELLNESS COACH

## **Meet Your Wellness Coach:**

**Jared Jones**

Hello! My name is Jared Jones, and I am the Wellness Coach here at Main Street Elementary. I'm passionate about supporting students, staff, and families by promoting healthy habits in all aspects.

## **My Role as Wellness Coach:**

Support social-emotional well-being.

Provide tools for stress management, mindfulness, and resilience.

Work with parents, teachers, and school staff to create a positive, healthy environment.

## **What This Means for Parents & Staff**

For Students: Helping them build strong habits, manage emotions, and feel confident inside and outside the classroom.

For Parents & Families: Offering strategies and resources to support wellness at home.

For Staff: Being a partner in promoting balance, energy, and overall wellness in our school community.

### **My Goal**

My mission is to empower every student to thrive academically, socially, and emotionally while building lifelong wellness skills.

### **Contact Information:**

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