



SAN GABRIEL UNIFIED SCHOOL DISTRICT

MEDIA ADVISORY

FOR IMMEDIATE RELEASE:
Sept. 24, 2018

CONTACT: Lauren Creiman
William Diepenbrock
(909) 833-9853

Gabrielino High School to Hold Mental Health Awareness Day

WHAT: Gabrielino High School will hold the first of four Mental Health Days planned for 2018-19, providing students with information and lunchtime activities that promote mental health awareness and highlight issues with isolation and social connectedness.

Students will take part in a “build the chain” activity that encourages them to find commonalities and make a connection with peers they do not know well.

WHEN: **Wednesday, Sept. 26**
Noon to 1 p.m.

WHERE: Gabrielino High School
1327 S. San Gabriel Blvd., San Gabriel

DETAILS: Mental Health Day was organized by Gabrielino’s Wellness Council in partnership with the school’s Associated Student Body, Peer Helping and Health Occupations Students of America (HOSA) clubs.

The Mental Health Days are one component of a three-part wellness action plan to improve student nutrition, physical activity and social/mental well-being.

Coverage and/or inclusion of this event in your calendar of events is welcomed and greatly appreciated.

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