* Staff has as well be affected, tehyre pushed to their limits, tehre is fear and more anger
* Life threatening and pressure
* Peopel are now coping better because we are being forced to cope with it and people are adapting faster and tehy are able to function btu stil
* Social isolation is probably the worse part and some students dont liek quarantine because and its also liek peer pressure.
* One of the big changes in school life is remote learning. Hanna said that Remote learning was bad for students and alot of students came forward for help but it is a bit difficult if you dont really see them physically; it is very scary. Now that it has been a year since teh start of remote learning, Varies per student, some people liek being in class but some students really liked the online learning. Some students are remote learning who want to be in school and that affects them.
* There have been increased measure to help the health of students. There has More communication between staff; more ways to tackle areas of school, well being surve, checking in with all students so people have value. Now that there is more buulidng she is now going around teh schools to be with everyone. Offer for parents about mental health impact. Trying to do as much but cant do so much
* Talk to anyone about it, anyone you trust if you dont feel comfortable do taht recognize your limits so reach forward if you need something
* Teachers are understanding and stay connected with friends even at home alone or tired of
* Always have ahuman connection and have fun
* Get involved in activities even though tehy are limited like outside of school if you feel safe too
* BEing more proactive and wellbeing survey may not take it seriously and collaboration with other staffs to work better for teh students and teh neviornment better

Eveyone its okay to be struggling and fine to have aha rd time because you are not alone

Remember that you have people who will help and support uou