

## Northwood High School Wellness Center – Speech by Edgar Trigo.

First of all, I would like to thank the Board of Education for giving me the opportunity to speak on behalf of the Northwood Wellness Center and how it has been beneficial for me and other students that attend Northwood high school. My name is Edgar Trigo and I'm a senior at Northwood high school. I was introduced to the Wellness Center my junior year. When I walked into the Wellness Center, I felt like there were a lot of opportunities for me. At the same time I felt as if the Wellness Center was just another simple service giving group. Standing here today, I realized that I was completely wrong. Little by little I felt more connected with the Wellness Center and the services they provide. Today, I see all of the staff members as part of my family, I feel as if I've known them forever.

The Wellness Center is committed to working with students and making sure that they reach their full potential.

For health matters, I feel as if we have a small little hospital at Northwood. They offer free somatic health services that give students the opportunity to receive treatment of all sorts. Health services for students include: Hearing and visual assessments, sports physicals, medical laboratory testing, community health care resources and health insurance information for families. There are also private counselors for students and they provide individual, family, and group counseling. They support and they work towards mental health. There is a team between the nurse's office and the Wellness Center, as a whole both work together for the health care of a student.

The Wellness Center focuses on students and family assistance. Thanks to the Case Management services, resources help both the student's and families fulfill their needs. There are recreational, financial, food, sexual health, educational, and employment resources. They also work on insurance, housing, and family issues to help the individual and/or family too.

For just one organization, wouldn't you think the Wellness Center is offering a lot for just one high school? Writing this speech makes me realize the amount of activities I've involved myself in. It all started when I joined the Student Wellness Advocacy Team. We are Northwood's determined SWAT team, and as an elite 12 of us, including myself; we take in consideration the words teamwork and leadership. It's a great way to represent Northwood students, as well as inform them and the community about the Wellness Center services. The

I love leaving the Wellness Center at the end of the day knowing I have made a difference somehow or in some way. I realize I have learned so much about myself and others, and if the Wellness Center hadn't existed, I wouldn't be presenting my words in front of you today. With the liberty of doing so, I want to thank you. Please support the Wellness Center. Let it expand and let it never lose its composure. Thank you.