



Hayley Rollins

Seaside High School has celebrated Art Day each year in April since 2016. Numerous local artists visiting the school to lead workshops on a variety of artistic forms and styles.

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instructor, as in previous years, artists volunteered their time to lead workshops.

In addition to supporting artists in the community, the association emphasizes identifying “ways to get more art into schools,” Sokol said.

“Any time there is availability, especially in a fun Art Day like this, I think it’s a really powerful, important thing,” she added.

As a licensed art therapist, she recognizes art’s potential to support mental and emotional health. Rollins and other students also described how art — in its myriad forms — helps with self-discovery; processing and expressing thoughts, emotions and ideas; and creating social change.

Because of its universality, Rojas said, “you can say stuff without saying anything, and people can understand it and connect to it.”

She believes the process of creating, especially in a collective setting such as that provided by Art Day, is also a bonding experience. Stripped of any competi-



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During Seaside High School’s Art Day celebration, which will be held Friday, April 12, students can attend one of two dozen art workshops and learn new art forms, styles and techniques.



Brenna Visser

Jasper Lycette shows Meagan Sokol, the arts education director at Cannon Beach Arts Association, a booklet he made during a book binding class during the Visual Arts Camp.

tive or judgmental elements, she said, the resulting sensation is, “I’m proud of my

work, and I’m proud of your work, and I’m glad we did this together.” **CW**



Seaside High School students give a presentation at Astoria Middle School, encouraging the institution to celebrate Honorary Artists of Oregon Day (April 14). The high school will be holding its celebration Friday, April 12.