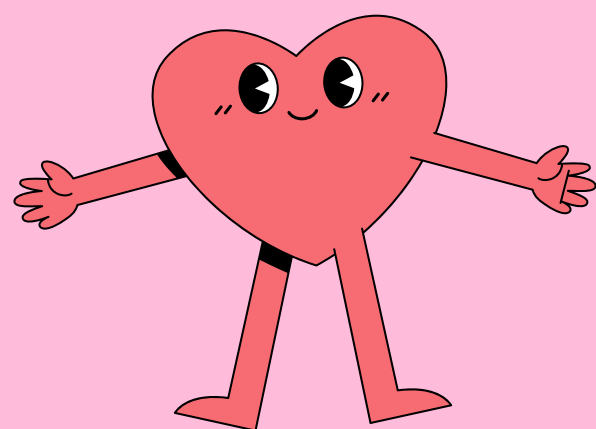


MENTAL HEALTH AWARENESS WEEK

May 5–9th

MINDFUL MONDAY

Get outside for a walk today with your class, at lunch or on your spare.



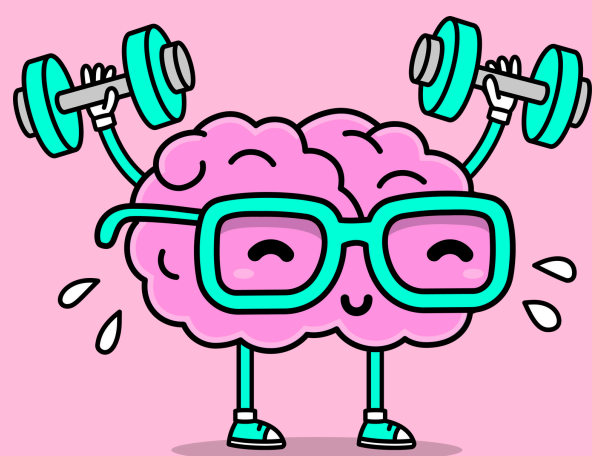
UNPLUGGED TUESDAY

Be screen free today! Today's challenge will be to avoid using screens during class time. Connect with yourselves and others.



WELLNESS WEDNESDAY

Wellness Activities for a chance to win prizes.



COMPASSION THURSDAY

Non-perishable items will be collected in front of the office to donate to Harvest Manitoba.



FUN FRIDAY

Get your dog cuddles in by the East doors at lunch.

