



Mental Health and Education Week May 2-6, 2022 “MOVING FORWARD TOGETHER - *Learning, Wellness, and Connection*”

French Translation: “Allons de l'avant ensemble: apprentissage, bien être et relation humaine”
(Logo by Jordan Chang)

From May 2-6, 2022, the Upper Grand District School Board will be participating in our annual Mental Health and Education Week. This year's theme is, 'Moving Forward Together: learning, wellness and connection.'

Each day will have a new theme and have resources, activities, and challenges for students and educators to explore together. We also encourage parents/guardians to explore these themes with their children at home.

The week's themes are listed below:

Monday = Learning

Tuesday = Gratitude

Wednesday = Wellness

Thursday = Connection

Friday = Moving Forward

Across the ages of development, it is so important that we understand that it is through the rich soil of mental health, wellness and equity that all learning will flourish.

Throughout the week, classes at Hogarth will engage in a variety of activities that may include discussing feelings and learning about mental health, writing letters of gratitude, exploring stress management strategies such as yoga, breathing and muscle relaxation as well as connecting with others.