

# 2022 Education Week & Children's Mental Health Week @ Westminster Woods

May 2<sup>nd</sup>-May 6<sup>th</sup>

## IMPORTANT:

- **If possible, please send a rock to school on Monday with your student to paint! It will stay at school to line our front gardens after it has been painted 😊**
- **Friday is 'School Spirit Day'! Students are encouraged to wear school colours (Green, white, black) to show your school pride**

Day	Theme	Activities
<b>Monday, May 2<sup>nd</sup></b>	<b>'Learning'</b> <i>Thinking about the power of education; celebrating the learning that has happened this year</i>	-classes are challenged to take their learning outside for at least one full period today -classes are encouraged to talk about the power of education to influence positive change
<b>Tuesday, May 3<sup>rd</sup></b>	<b>'Gratitude'</b> <i>Learning about the benefits of having an 'Attitude of Gratitude'</i>	-classes are encouraged to learn about how an 'attitude of gratitude' can benefit our bodies and minds -students will be invited to add their statements of gratitude to a school-wide mural in the library
<b>Wednesday, May 4<sup>th</sup></b>	<b>'Wellness'</b> <i>Focusing on activities that keep us grounded and centered</i>	-classes will be invited to the gym to paint a rock, which will be used to re-edge our front gardens -classes will be encouraged to try guided mindfulness or yoga/stretching following nutrition breaks
<b>Thursday, May 5<sup>th</sup></b>	<b>'Connection'</b> <i>Feeling the power of connecting with others—we are one!</i>	-grade teams will be encouraged to partner up for learning buddies and to get in a little extra Daily Physical Activity and lapping our field as many times as possible during their DPA time
<b>Friday, May 6<sup>th</sup></b>	<b>'Moving Forward'</b> <i>Moving forward to build new relationships with our school community after facing a lot over the past two years.</i>	-students are encouraged to wear school colours -inter-class "learning buddies" will be encouraged -school-wide BINGO and 'Name that sound' games after 2 <sup>nd</sup> break