



Mary's Mount Primary School

Dear Parents and Guardians,

Recently we gathered feedback from students, parents and staff in regards to what we would like to see in the future at Mary's Mount.

Upon reflection on this feedback we noticed that one area all stakeholders felt was an important future focus was mental wellbeing.

One initiative we will be developing this year is holding our own Mary's Mount Mental Health Week in Week 10 of Term 3.

Mental Health Week is aimed to raise community awareness about mental health issues and to promote a healthy wellbeing.

Attached to this letter is an outline of the activities and focus planned for Mental Health Week 2017 and a permission form you will need to sign and return to your classroom teacher.

It also outlines some optional activities and videos you can do or watch at home on the holidays as well as some helpful websites.

If you have any further queries please feel free to email Miss Thresher at teagan.thresher@cewa.edu.au

Kind regards
Clinton Payne and Teagan Thresher



MENTAL HEALTH WEEK

Term 3 Week 10




Mental Health Week is aimed to raise community awareness about mental health issues and to promote a healthy wellbeing. Below is an outline of the activities and focus planned for Mental Health Week 2017!

Daily Videos



Monday	Tuesday
<p>Daily Focus: Thinking Positively</p> <p>Daily Video: This Kid Can Teach You Positive Thinking ,) https://www.youtube.com/watch?v=sAzJhu9dHrQ</p>	<p>Daily Focus: Thinking about what makes us HAPPY!</p> <p>Daily Video: Happy thoughts -Captain Positive and the Positive Patter - Happy thoughts for kids https://www.youtube.com/watch?v=st1mefSceAY</p>
Wednesday	Thursday
<p>Daily Focus: We all have bad days, we all make mistakes!</p> <p>Daily Video: Keep Moving Forward https://www.youtube.com/watch?v=LmW3H-EXYSO</p>	<p>Daily Focus: Noticing those AWESOME moments around you!</p> <p>Daily Video: Kid President's Pep Talk to Teachers and Students! https://www.youtube.com/watch?v=RwlhUcSGqgs</p>

Calendar of Events

Monday	Tuesday	Wednesday	Wednesday
<p><u>Lunchtime Activities</u></p> <ul style="list-style-type: none"> •<u>Banner</u>: Students to write down or draw something that makes them happy onto a banner which will be displayed at the end of the week. •<u>Positivity Jar</u>: Students invited to write down a positive thought and place it in the jar. If students are having a down day or need a pump up, they can pick out a piece of paper out and read a positive thought. •<u>Art Station</u>: Coloured pencils, paper and various craft materials will be made available for students to use. •<u>Music Station</u>: Various musical instruments (ie Bongo drums, shakers etc) available for students to play. 		<p><u>Shared Lunch</u></p> <p>School to run a free shared lunch (sausage sizzle) for students.</p> 	
<p><u>Thursday</u></p> <p><u>Free Dress Day</u></p> <p>Students invited to dress in colours that make them feel happy!</p>			
		<p><u>Inside Out Movie</u></p> <p>Whole school to watch the movie Inside Out!.</p> <p>*Please note Inside Out is rated PG and requires parent permission to view. A note has been sent home requesting permission for your child to partake in this whole school event.</p> 	

MENTAL HEALTH WEEK

Helpful Websites

Here you can find reference pages and information about children and their mental health.

- Kids Matter

<https://www.kidsmatter.edu.au/families>

- Copmi

<http://www.copmi.net.au/>



Holiday Ideas

- Make your very own 'calm jar' <http://preschoolinspirations.com/6-ways-to-make-a-calm-down-jar/>
- Watch Kid President's Letter To A Person On Their First Day Here <https://www.youtube.com/watch?v=I5-EwrhsMzY>
- Play a family game of soccer or football at the park!
- Hold a family games night at home and crack out those old board games!

Permission Form

The students will be watching the movie Inside Out as a whole school to celebrate Mental Health Week. This movie is rated PG and therefore requires parent permission to watch. Could you please complete the attached form and return it to the classroom teacher by Monday the 11th of September.





I do / do not give permission for my child _____
to watch the movie Inside Out, which is rated PG.

Signed: _____ Date: _____

MENTAL HEALTH WEEK

Term 3 Week 10

Mental Health Week is aimed to raise community awareness about mental health issues and to promote a healthy wellbeing. Below is an outline of the activities and focus planned for Mental Health Week 2017!

Monday	<p>Daily Focus: Thinking Positively</p> <p>Daily Video: This Kid Can Teach You Positive Thinking ;) https://www.youtube.com/watch?v=sAzJhu9dHrQ</p> <p style="text-align: center;"><u>Positivity Jar</u></p> <p>Students invited to write down a positive thought and place it in the jar. If students are having a down day or need a pump up, they can pick out a piece of paper out and read a positive thought.</p>	
Tuesday	<p>Daily Focus: Thinking about what makes us HAPPY!</p> <p>Daily Video: Happy thoughts -Captain Positive and the Positive Patter - Happy thoughts for kids https://www.youtube.com/watch?v=st1mefSceAY</p> <p style="text-align: center;"><u>Free Dress Day</u></p> <p>Students invited to dress in colours that make them feel happy!</p>	
Wednesday	<p>Daily Focus: Noticing those AWESOME moments around you!</p> <p>Daily Video: Kid President's Pep Talk to Teachers and Students! https://www.youtube.com/watch?v=RwlhUcSGqgs</p> <p style="text-align: center;"><u>Shared Lunch</u></p> <p>School to run a free shared lunch for students.</p> <p style="text-align: center;"><u>Parent Workshop</u></p> <p>The amazing Sarah Youngson is running a parent workshop about Mental Health at 2.00pm in the school Library.</p>	
Thursday	<p>Daily Focus: We all have bad days, we all make mistakes!</p> <p>Daily Video: Keep Moving Forward https://www.youtube.com/watch?v=LmW3H-EXYS0</p> <p style="text-align: center;"><u>Lunch time activities</u></p> <p>Art materials and musical instruments available for students to use during lunch.</p>	
Friday	<p>Daily Focus: It's HI-5 FRI-YAY!!</p> <p>Daily Video: Kid President's Letter To A Person On Their First Day Here https://www.youtube.com/watch?v=I5-EwrhsMzY</p> <p style="text-align: center;"><u>Inside Out Movie</u></p> <p>Whole school to watch the movie Inside Out!.</p> <p>*Please note Inside Out is rated PG and requires parent permission to view. A note has been sent home requesting permission for your child to partake I this whole school event.</p>	