

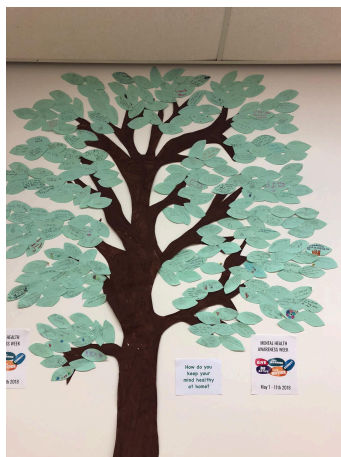
Mental Health Prayers

Monday - Students from JK - Grade 6 presented on the different ways in which they practice mindfulness in their classroom, and linked it to how it helps to keep their minds healthy.

Friday - In lieu of Prayers, JK to Grade 4 participated in “Healthy Mind Activities” from 8:30-9:00 in their classrooms (mindful meditation, Rreading books on feelings and emotions, reflective writing on visual prompt). During this time, Grades 5 and 6 came to the gym for a presentation by Dr. Karen Wang, who spoke to the girls about how to maintain a healthy mind and deal with stress and anxiety.

School-Wide Activity

Wednesday - Each student in the school was given a leaf, and asked to think about what they do to keep their mind healthy. Students were then provided with a couple of minutes to write a brief sentence or draw a picture on the leaf to represent their answer. Come by the front office to see the tree, along with of the students’ ideas.



Lunch and Recess Activities

Different activities were organized throughout the week during morning and lunch recess to keep bodies and minds healthy!

- Mellow Monday (Gr. 4-6)
- Zumba Tuesday (Gr. 1-6)
- Workout Wednesday (Gr. 1-6)
- Yoga Thursday (Gr. 1-6)
- Fit Friday (Gr. 1-6)
- Reflection Friday (Gr. 4-6)