



## MINDFULNESS MAY

To promote mental health month, the Kids Being the Change and the Staff of Onanole School have a variety of activities planned this month.

1. **The Kids Being the Change** put up a wonderful bulletin board with mindfulness handouts available for anyone looking for additional ideas. They will also share information regarding the board and mental health strategies through a Teams presentation on Monday, May 2nd.
2. On May 4<sup>th</sup>, our school welcomes Val Caldwell into our 5/6 and 7/8 classrooms to teach us about on-line safety, as well as for a parent evening session in the evening.
3. Joyful activities: A variety of activities to celebrate the opportunity for our cohorts to mix outdoors will be provided throughout the month. Play = Joy = Positive Mental Health
4. Drop everything and practice mindfulness breaks.
5. The Resilience Summit Sessions for Parents with Mrs. Ryznar. (please see Mrs. Ryznar's post)
6. Scheduled class sessions with Mrs. Lindsay using the resource: [Nemours KidsHealth - the Web's most visited site about children's health](#) I encourage parents to use this resource when your child has “big” questions for you regarding health, that are tough to answer.

YOU'RE NOT ALONE: KIDS HELP PHONE – 1 800 668 6868