

MENTAL HEALTH AWARENESS

24-28th May 2021
@CSSchool

SEE BELOW FOR SOME OF THE PLANNED ACTIVITIES
SHARE ACTIVITY IDEAS WITH MRS QUYE OR MR LONGHURST

DAILY STATISTICS AND INFORMATION STAND UP - SPEAK UP

What is mental health?
Where can you go for help?
How can you help yourself and others?
Morning Meditation sessions



SANCTUARY SPACES



Look out for the signs showing silent **sanctuary spaces** to meditate, read, draw or talk to the school dog (sessions with the dog must be pre-booked)

SAFE

BARE FACED & BEAUTIFUL

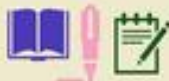
Be confident being the real you
No make up - No mask
You are beautiful :)

CELEBRATE BEING YOU



Book a **"walk and talk"** session
in our beautiful local area

DOODLE & DRAW IN D4/5 @ LUNCH



Drop in sessions - meet at reception at the start of lunch - you can bring your lunch (no hot food - sorry)

FUNDRAISING NON UNIFORM DAY

Friday 29th May 2021

all funds go towards mental health resources in school

Just a reminder:

24-28th May is Mental Health Awareness week at Church Stretton School

Non uniform day – Friday 28th May - £1

"Lucy dog" returns to Church Stretton School for mental health awareness week



As part of mental health awareness week (last week of term) we will be having a dog in school on some days.

For some of you this is exciting or calming but some of you may have concerns or fears.

If you don't like dogs, please don't worry - the dog will be kept locked away so you won't accidentally bump into the dog in corridors or classrooms.

A lot of careful planning and risk assessments have taken place and any contact with the dog will only take place with parental consent and via booked sessions.

Some of you may already know Lucy the Labrador as she was in school with students during Lockdown.

Lucy is not a therapy or assistance dog but Mrs ~~Quye~~ **Quye's** pet who is in good health, fully vaccinated and has always shown a good temperament.

You may also have seen Lucy in the holidays or weekends when she volunteers with the National Trust at Carding Mill Valley and the Long ~~Moor~~ **Moor**.

