

Lord Aylmer School



October 15, 2021

Dear Parent/Guardian,

Lord Aylmer will be taking part in activities for Mental Health Week, October 18-22. The focus will be on inclusion as well as recognizing and respecting feelings. Below is a chart for each day. Children will take part in writing and art activities, dance parties, class discussions, Rainbow Pride Day, and of course, Lord Aylmer Pride Day.

Monday, October 18	Tuesday, October 19	Wednesday, October 20	Thursday, October 21	Friday, October 22
UNDERSTANDING MENTAL HEALTH	HOW TO MANAGE/IMPROVE MENTAL HEALTH	APPRECIATING DIFFERENCES	RAINBOW PRIDE DAY	LORD AYLMER FIGHTS THE STIGMA
Students will learn what is meant by Mental Health vs Physical Health.	Students will look at different activities or ways to actively improve/maintain Mental Health.	Students will look at ways we are different and how differences are a positive piece of who we are.	Junior (K-2) students will look at different family make-ups and how families might look different but are all still families. Senior (3-6) will learn about the Pride Flag and gender identity. Mental Health is a higher concern for youth within this community. Uniting as allies to support the LGBTQ+ community can help improve mental health.	Students will discuss feelings and how feelings are a natural part of who we are. Talking about feelings with a trusted person, especially when we are struggling, can be a very powerful step in improving mental health.
Activities include: -Art activities on inclusion -Videos/stories	Activities include: -Dance party -Videos/stories	Activities include: -Videos/stories	Activities include: -Videos/stories -Wear your best rainbow colours	Activities include: -Videos/stories -Wear your LA gear

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