



## WES WILDCATS "BAND" TOGETHER for MENTAL HEALTH AWARENESS

May is **Mental Health Awareness Month** so please use the calendar printed on the back of this May Spirit Day notice to talk with your children about the important connection between a **healthy mind** and a **healthy body**. Use the daily prompts to practice **healthy mindfulness** and exercise random acts of **kindness** and **caring**.

Have some MHA fun by participating in the following WES Wildcat Spirit Days!!

- **May 6<sup>th</sup>** – It's **SNUGGLE UP and GET COZY Spirit Day!!** Feeling physically cozy helps with stress so wear your coziest pjs or outfit to school, **BAND-UP** by putting on your **GREEN MHA** wrist band and remember to always **BE KIND!!**
- **May 13<sup>th</sup>** – It's **FEEL GOOD FRIDAY Spirit Day!!** **DAILY MIND + BODY EXERCISE = GREAT MENTAL HEALTH** so wear your favorite workout gear to school, don't forget to **BAND-UP** and **BE KIND!!**
- **May 20<sup>th</sup>** – It's **GOING GREEN Spirit Day!!** Wear as much **GREEN** as you can to show you support **MENTAL HEALTH AWARENESS** then **BAND-UP** and **BE KIND...IT COUNTS!!**
- **May 27<sup>th</sup>** – It's **MUSIC MANIA Spirit Day!!** Use **MUSIC** to lift your mood!! Wear your favorite band t-shirt to school, **BAND-UP...and REMEMBER TO ALWAYS BE KIND!!**

