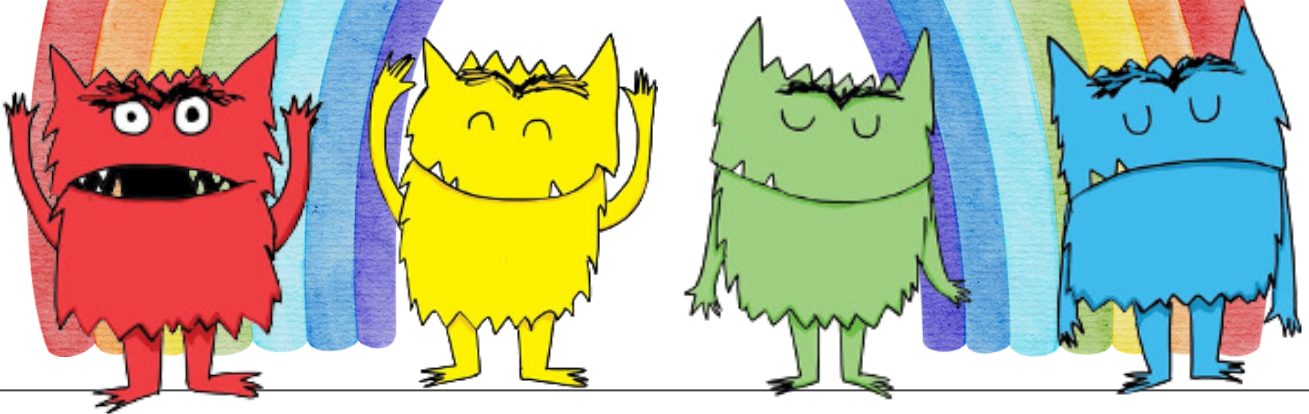


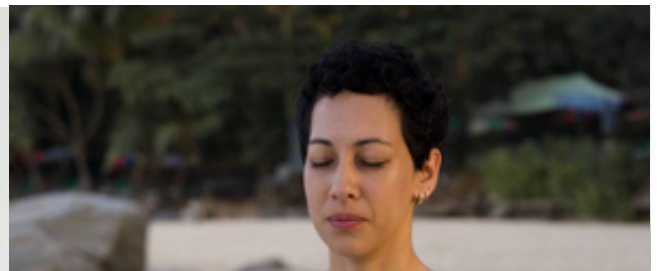
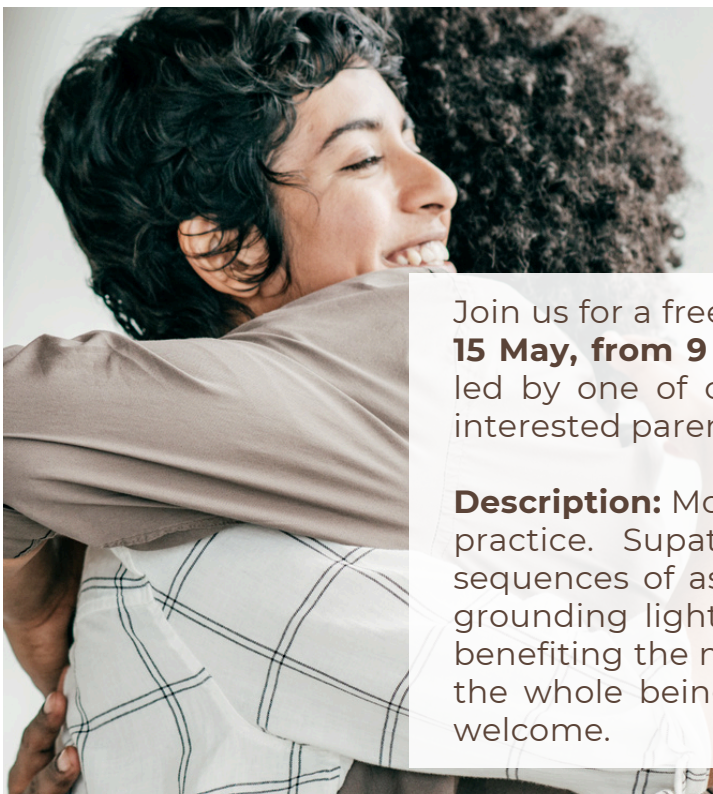


## UPCOMING EVENT

**MENTAL HEALTH WEEK  
13 - 17 MAY**



### **PARENTS YOGA BY PTA**



Join us for a free yoga class organised by the PTA on **15 May, from 9 to 10 AM** in the school **gymnasium** led by one of our **mindful mothers - Supatra**. All interested parents are welcome!

**Description:** Move through an uplifting Vinyasa flow practice. Supatra guides you through powerful sequences of asanas, benefiting the body. Follow a grounding light meditation each class opens with, benefiting the mind. Together, we bring harmony to the whole being – mind, body and spirit. All levels welcome.



## MENTAL HEALTH WEEK



To increase awareness of the importance of mental health, we will organise activities for our students during school hours focusing on emotions, with one emotion explored each day.

Additionally, we're hosting a non-uniform week (13.-17.5.) where students are encouraged to dress in colours representing different emotions. (Let's make sustainable choices by using items from our closets or borrowing from friends—no need to buy anything new!):

- **Monday: Yellow (joy)**
- **Tuesday: Red (anger)**
- **Wednesday: Blue (sadness)**
- **Thursday: Green (calmness)**
- **Friday: Rainbow colours**



## EMOTIONS' WEEK FOR STUDENTS



Please note that these activities are exclusive to students, but we highly encourage discussions and practices regarding mental health at home as well. As a resource, we recommend a book suitable for early learners, which although intended for educators and child health clinics, is equally beneficial for parents [Child's Mind - Mental health promotion in early childhood education - MIELI](#)

