



MENTAL HEALTH WEEK 13 - 17 MAY

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



PARENTS YOGA BY PTA



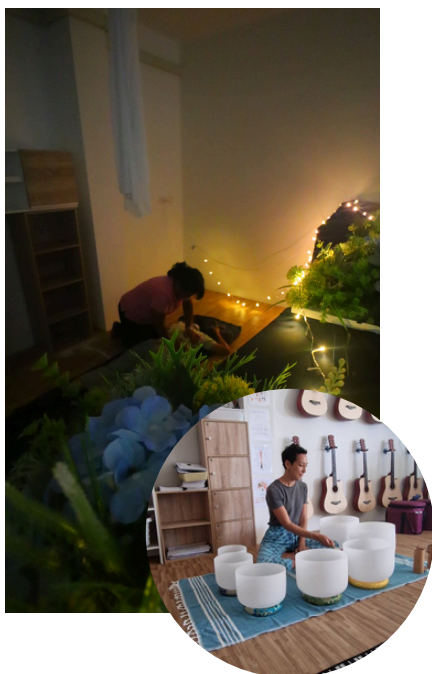
Thank you to all parents who joined us for our first **Parents Yoga Morning** on 15th May, **organised by the PTA!** Your presence made it a serene and supportive experience. Let's continue to prioritise wellness together!

K3 TRANSITION MEETING FOR PARENTS

We would like to **express our gratitude to those K3 parents who attended our recent transition meeting.** Your attendance is greatly appreciated as we work together to ensure a smooth transition for your child from Kindergarten to Grade 1.



HAPPY STAFF, HAPPY CHILD



At Finnway International School Phuket, we believe that a **happy staff positively** impacts the entire school community. That's why this week, we are not only focusing on mental health awareness for our students but also prioritising wellness for our teachers and staff.

As part of our commitment to supporting **well-being**, we're **treating Finnway staff to massages** to show our appreciation for their dedication. Let's join hands in promoting a healthy and supportive school community!

Special thanks to Khun Supatra (PTA Rep) for organising **Sound Healing** for the Finnway staff as well!"