



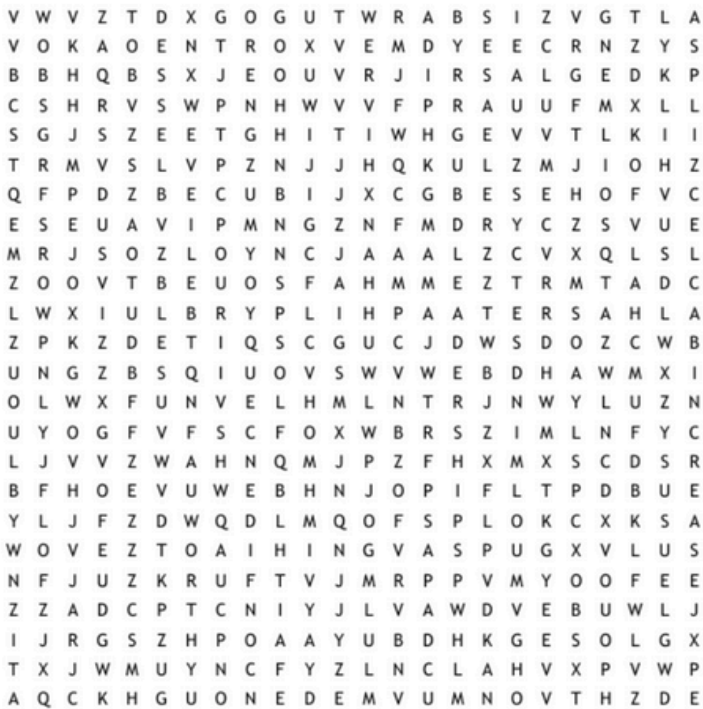
MENTAL WELLBEING NEWSLETTER



2024 : Term 3



Try our mental wellbeing wordsearch!



Unstoppable	Confidence	Leadership
Beautiful	Self Love	Increase
Amazing	Believe	Blessed
Mindset	Release	Enough
Growth	Strong	Worthy

Some yoga poses for you to try!



Yoga

Yoga is vital for mental well-being as it reduces stress, promotes relaxation, and enhances overall mental health. Through deep breathing, mindfulness, and physical postures, yoga helps release tension in the body and calm the mind. Yoga equips individuals with tools to manage negative thoughts and emotions effectively by fostering emotional regulation, mindfulness, and self-awareness. With its mood-boosting benefits, improved sleep quality, and sense of inner peace, yoga is a powerful practice for promoting mental wellness and resilience in the face of life's challenges.



About us

The Mental Well-being Ambassadors have organised fun and engaging activities to promote well-being at our school. During Mental Well-being Week, we conducted activities in each classroom to educate students on managing everyday stress and essential techniques for mental well-being. To support our chosen Orphanage we gathered donations from students, showcasing our commitment to both the mind and physical well-being within our school community.



"YOU DON'T HAVE TO CONTROL YOUR THOUGHTS
YOU JUST DON'T HAVE TO LET THEM CONTROL YOU "

• Dan Millman

Joan & Anwesh