



**Bell**  
Let's Talk

The **Health Action Team** and the **Positive School Climate** committees are wanting to recognize and bring awareness about Mental Health. The whole school will be writing positive messages and ideas on how to create a positive change for mental health. These messages will be displayed around our school.

**Wednesday, January 25<sup>th</sup> is Bell Let's Talk Day**

There will be announcements each day leading up to the **Bell Let's Talk Day** to educate students about self care strategies and their own mental health.

Wear **blue** on the 25<sup>th</sup> to show support for positive change.

Mrs. Mason and Mrs. Dahmer

