



**LOWELLVILLE LOCAL SCHOOL DISTRICT'S
MENTAL HEALTH AWARENESS WEEK
May 6th-10th, 2024**

The month of May is nationally recognized as Mental Health Awareness Month.

Lowellville Local Schools will honor the month with a MENTAL HEALTH AWARENESS WEEK. Please, see the list of activities, events and themes for the week.

★ **Monday: MENTAL HEALTH AWARENESS WEEK Kick-Off**

- **Wear Break the Stigma t-shirt or Green for Mental Health Awareness.**
- **School-wide picture to be taken at 8AM. Awareness item give-away.**

★ **Tuesday: TWIN TUESDAY: Twin with Someone to Show You're Not Alone**

- **Students are encouraged to dress alike or in the same color as a classmate.**

★ **Wednesday: WEAR WHITE to WHITE-OUT NEGATIVE THOUGHTS**

- **Students are encouraged to wear WHITE.**
- **Gr. 6-12 RemedyLIVE "Get Schooled Escapism Tour" 12:30PM**
- **Journals to be given to all students and staff to encourage healthy outlets.**

★ **Thursday: TELL US HOW YOU FEEL THURSDAY**

- **Students are encouraged to wear a color that describes their emotions.**

★ **Friday:**

- **GRADES 7-12 WEAR LIGHT BLUE for PHYSICAL HEALTH or HEALTHY ACTIVITIES**
- **GRADES K-6 WEAR YOUR GRADE LEVEL COLOR and participate in physical activities for K-6 FIELD DAY**

*For questions, please contact: Tracy Vivo; Behavioral Health & Wellness Coordinator
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