



Circular
“Mental Health Week - AY 2022-23”

Circular No: HB/AC/22-23/13

Dated: 16/05/2022

"Your feelings are valid, prioritize your mental health"

Dear Parents,
Greetings!

This is to inform you that we are conducting ‘**Mental Health Awareness**’ week 17th to 20th May 2022. The theme is ‘**Let’s tackle loneliness together**’ considering Mental health awareness in coordination with E.safety.

In recent scenarios, the virtual world of the internet has a great influence on an individual's mental wellness.

Have you ever had thoughts on the below questions ?

- What is the screen time of your family put together?
- Do you monitor your child’s online activity?
- Have you taken any online safety measures for your child’s well being?

Hence, a well balanced reel life is a necessity of the hour to keep your mind safe and calm.

The below activities will be conducted aligning with the theme for the students.

SL. No	Grade	Activity
1	KG1 to Grade 12	Introduction of Mental Health week theme and Mindfulness Meditation
2	KG1 to Grade 12	Awareness Video (Theme - Social media and Mental health)
2	KG1 & KG 2	E.safety assembly & Peer mentoring activity
3	Grade 1 & 2	Parental engagement activity (Digital Art Presentation)
4	Grade 3 to 8	Group activity - Poster making
5	Grade 9 to 12	Peer mentoring activity - Case study presentation
6	Grade 1 to 12	Pledge

Further details regarding the activities will be shared by the class teachers through the parent portal and whatsapp broadcast group.

Meanwhile, E.safe posters for parents will be shared via the E.safety blog (school website) and whatsapp broadcast group for enlightening you regarding the same.

Note:

- **In order to assess the impact of the awareness created this week, we will be sending a survey link, kindly share your feedback to help us improve our strategies better.**



**Principal
Bala Reddy Ambati**