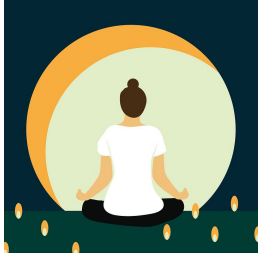











Spirit Week/Mental Health Week - October 5 - 9, 2020

	Monday October 5	Tuesday October 6	Wednesday October 7	Thursday October 8	Friday October 9
Mental Health Moment	Meditation Monday 	Technique Tuesday 	Wisdom Wednesday 	Thought Provoking Thursday 	Focus Friday 
Spirit Activity	Funky Hat day 	Spirit Wear/ School Colours 	Wacky Sunglasses Day 	Crazy Hair Day 	Silly Sock Day 

*Mental Health Moment will occur over the PA at 10:15am each morning

*Spirit Dance due Friday @12pm