

BEE WELL!

MENTAL HEALTH AWARENESS MONTH COMMUNITY NEWSLETTER

MENTAL HEALTH MATTERS

Why is **green** the color of mental health awareness month? Green signifies new life, new growth, and new beginnings. That is why we wear green to show support!

New mental health features we are excited about this year include:

"Tip of the Day" on our social media platforms. Our very own students will share their favorite "BEE WELL" tips.

First annual **"Window Paint-A-Thon"** on Saturday, May 4th from 10:00-1:00 at local business' in town!

BREAKING THE STIGMA

Normalize talking about mental health. Check in with people you know and share your experiences and/or coping skills.

SCAN ME!



Mental Wellness Resources

CRISIS TEXT LINE: TEXT "GOTS" TO 741-741

#BEEWELL

EVENTS COMING UP!

- May 3rd: Gratitude Chains
- May 4th: Paint-A-Thon 10:00-1:00
- May 6th-10th: Teacher Appreciation Week
- May 8th: Wellness Community Cafe
- May 10th: District Digital Detox
- May 17th: Chalk the Walk
- May 18th: Baker Junior Prom
- May 20th: Special Champions
- May 23rd: Hive Hype Banners
- May 31st: Bville Green Out/ Mental Health Day



COMMUNITY CALENDAR

WEEK THEMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRATITUDE	Don't forget to register for the district Community Cafe on 5/8! WELLNESS FOR THE MIND AND BODY		1 Write a gratitude note for someone and deliver	2 Thank someone in your life	3 District-Wide Gratitude Chains
SELF-CARE	6 Laugh a little!	7 Try a new healthy food	8 Listen to a podcast COMMUNITY CARE	9 Organize something in your life	10 District-Wide Digital Detox
NATURE	13 Read a book outside	14 Go for a 15 minute walk	15 Check in on Someone's Barred Swell	16 Eat a meal outside	17 District-Wide Chalk-the-Walk
EXPRESS YOURSELF	20 Special Champions Building Sendoff SPECIAL CHAMPIONS EVENT	21 Write 3 "I am" affirmations	22 Compliment someone	23 District-wide HIVE HYPE Banners	24 Flex Day - choose your own!
BVILLE SPIRIT WEEK	27 No School	28 Bville Swag Day	29 Comfy Clothes/PI Day	30 District-wide Green Out	31 District-Wide Green Out

Share on @BCSDBEES

BUZZY SCHOOL VISITS

CLICK ON THE CALENDAR TO VIEW

