

Central Elementary School

where "Engineering is Elementary"

154 Hayes Street • Hillsborough, NC 27278
Phone (919)732-3622 Fax (919)732-2352

Jayne Bell-Williams, Principal
Emily Myers, Assistant Principal

Mental Health Awareness Week The Week of May 10th-13th

Dear Parents and Guardians,

The end of the year is fast approaching and all of our students have worked hard this school year! May is National Children's Mental Health Awareness Week. Throughout this month in guidance lessons, we will be talking about the importance of being healthy not just in our bodies but in our minds. This means recognizing that all feelings are normal. Everyone feels happy, sad, worried, angry, or scared at times. It is important that we know how to recognize and express our feelings in a healthy way.

To show support and raise awareness for mental health, Central Elementary School will be participating in a spirit week, the week of May 10th-13th. All students and staff are encouraged to participate in this fun school-wide event!

Please see the schedule below for the Spirit Week days, and please let us know if you have any questions and/or concerns.

Sincerely,

Kayla Roberts, School Counselor & Lakisha Brown, School Social Worker

Date	Daily Activity
Monday, May 10th	Wear Green Monday (Wear green for Mental Health Awareness. Green represents the green light to reach out for help if needed)
Tuesday, May 11th	Tie Dye Tuesday (Colors can represent a wide range of emotions. It's okay to express them!)
Wednesday, May 12th	Mellow Wednesday (Wear your pjs to relieve stress and lower your cortisol levels)
Thursday, May 13th	CES Fam Thursday (Wear your Red, Royal Blue, or CES Gear to show support for our CES family)

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