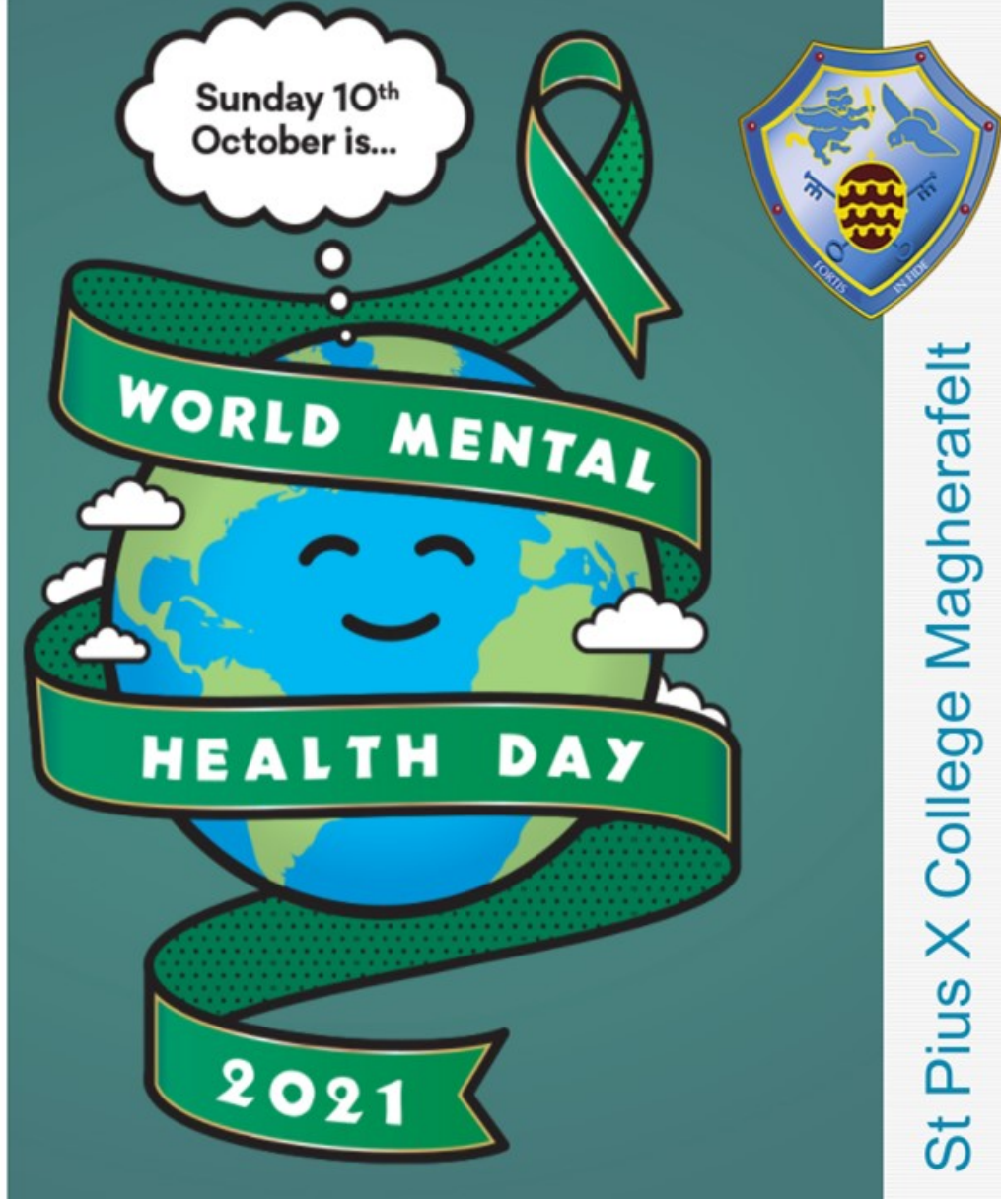


# World Mental Health Day

10 October 2021



Sunday the 10th of October marks World Mental Health Day. This year's theme is; Mental Health in an Unequal World. To promote Wellbeing, we have a busy schedule of events for all pupils.

- ❑ On Wednesday year 8 will take part in a workshop - Be Kind, focusing on the importance of being kind to self and others.
- ❑ On Thursday year 9 will take part in a workshop - Take Five, exploring and promoting the Take Five model for Wellbeing.
- ❑ On Friday year 10 will take part in a dance workshop, exploring the power of fun and physical activity on Wellbeing.

SPX is committed to Wellbeing, so period 2 on Friday, the pens will be put down and right across the college all classes will be practising techniques for improved mental health and wellbeing, followed by treats for all.

At home pupils are encouraged to take part in our Random Acts of Kindness on our pupil run insta account [spx\\_beewell](#) - we look forward to seeing all of your kind acts.

## St Pius X College Magherafelt





Year 8

BE  
KIND



On Wednesday year 8 will take part in a workshop - Be Kind, focusing on the importance of being kind to self and others.

Year 8 display of their kind words about each other!  
#thepowerofwords #wmhd



BE  
KIND *Year 8*



# YEAR 9

**Take5** steps to improve  
your Emotional Wellbeing



Making life better,  
together  
Belfast Strategic Partnership

[www.makinglifebettertogether.com](http://www.makinglifebettertogether.com)



On Thursday year 9 will take part in a workshop - Take Five, exploring and promoting the Take Five model for Wellbeing.

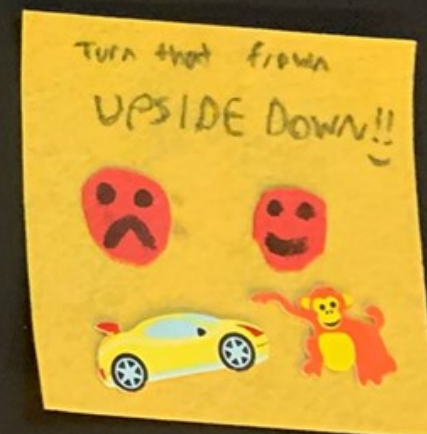
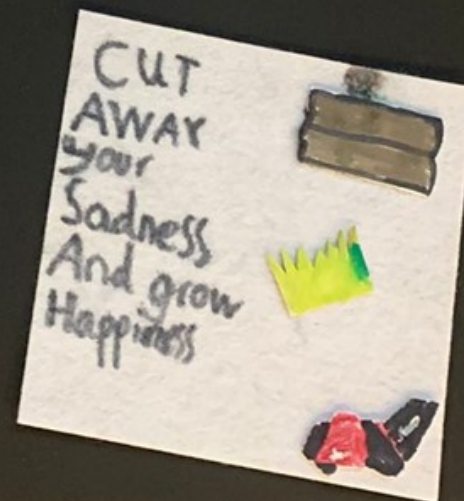
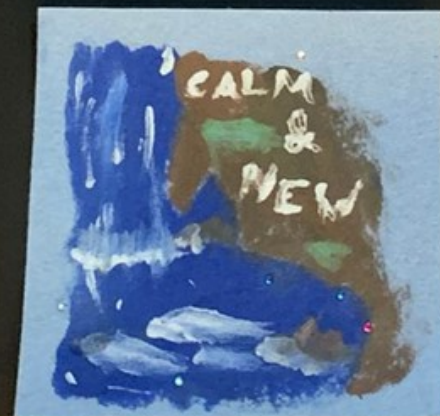
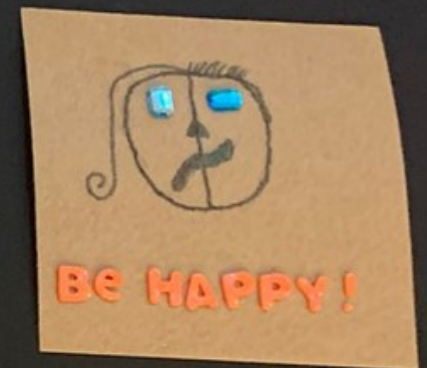
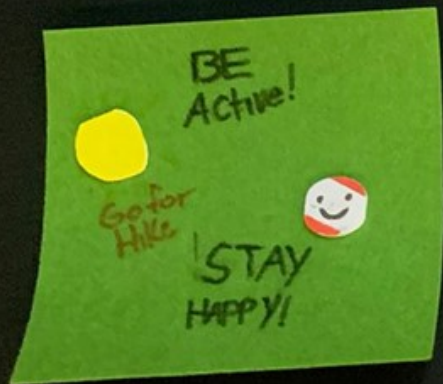


YEAR 9

Today year 9 chatted about communicating and talking about mental health. To promote wellbeing and tackle the stigma attached to mental health every year 9 created their own wellbeing message. We were lucky to be facilitated by our lovely classroom assistant Miss Cassidy, who is an arts and crafts expert. We are so looking forward to putting our little patches together into one big wellbeing quilt!









## Dancing for Wellbeing®

On Friday year 10 will take part in a dance workshop, exploring the power of fun and physical activity on Wellbeing.







# BE KIND

**At home pupils are encouraged to take part in our Random Acts of Kindness on our pupil run insta account [spx\\_beewell](#) - we look forward to seeing all of your kind acts.**

