

# Shorian Nation Mental Health Matters Week January 11th-15th



Our 1st inaugural Mental Health Matters Week is where Lake Shore Public Schools and our local partners teamed up to spread awareness about the importance of mental health and to celebrate the resilience in you.

To kick off our week, Senior President Lexi Batayeh and members from Lake Shore High School's Class of 2021 and Student Council leaders from Violet Elementary give pieces of advice through these powerful poster presentations.

As an added bonus, we will be delivering smoothies by following these rules:

- Be a fan of our Facebook page: <https://www.facebook.com/myLSPS>
- Tag someone and share something positive about him/her by 7pm that same day
- That's it! You have 5 chances to win by participating everyday so begin brainstorm people to tag and compliments to give.

**BONUS:** Smoothie King is sponsoring a BOGO deal! LSPS will purchase the first smoothie for the randomly chosen winner and SK will gift the second to the tagged person! It truly a buy one, gift one deal.

## Mental Health Matters Monday – January 11th, 2021

**WEAR:** Superhero!

**WATCH AND LEARN:** Social Workers from LSPS discuss "what is mental health" and provide resources on how to pay attention to our mental health.

**TRY IT:** Answer 3 questions using this Edpuzzle: <https://bit.ly/362qeeo>

**EXTRA:** By following these instructions, you may now use the Down Dog Fitness App until July 1<sup>st</sup> for free:

[https://www.downdogapp.com/schools/instructions/shorian\\_org](https://www.downdogapp.com/schools/instructions/shorian_org).

**GIVEAWAY:** Smoothie delivery

## Tired Tuesday – January 12th, 2021

**WEAR:** Pajamas!

**WATCH AND LEARN:** Board Members, Parents, and Teachers compile a Tip List to assist the Shorian Nation with staying on top of studies and avoiding late nights: <https://bit.ly/2KauhNT>.

**EXTRA:** Learn about how sleep impacts your health through this 5 minute TedTalk: "What would happen if you didn't sleep?": <https://bit.ly/39bAOSx>.

**TRY IT:** All 370 teachers send 1 #myLSPSMascotMail postcard to 1 student.

**GIVEAWAY:** Smoothie delivery

## Wellness Wednesday – January 13th, 2021

**WEAR:** A favorite jersey or team gear!

**WATCH AND LEARN:** Cheryl Muscott from the American Heart Association talks about some of the ways you can get more movement into your day! Learn about tips for using exercise to reduce symptoms of anxiety and depression. Andrienne Gasperoni from CARE talks about social-emotional wellness. Jamie Kaniarz from Defeat the Label shares the importance of being an upstander to end injustice and intolerance.

**TRY IT:** Find your way to move! Watch this Flipgrid to view exercises created by our own Shorian Nation: <https://flipgrid.com/7011b87e>.

**GIVEAWAY:** Smoothie delivery

## Talk P2 Thursday – January 14th, 2021

**WEAR:** Green to represent the Positivity Project!

**WATCH AND LEARN:** Because of our goal, through the Positivity Project, is to inspire students to build positive relationships and become their best selves while recognizing that our virtual and hybrid learning models feel like relationship obstacles, we invited our Shorian Nation to remind you of all 24 character strengths.

**TRY IT:** Using Padlet, post your top character strength: <https://padlet.com/tcandela/3yehyasml0q6cepk>. If needed, take the VIA Character Strengths Survey: <https://www.viacharacter.org/survey/account/register#youth>. Use this P2 list as a resource:

<https://www.facebook.com/myLSPS/posts/3896781583671123>.

**GIVEAWAY:** Smoothie delivery

## Fun Friday – January 15th, 2021

**WEAR:** Something that demonstrates a passion!

**WATCH AND LEARN:** The greatest gift you can give yourself is a little bit of your own attention. Fifth grader Mason Schornak reminds us of his talented vocal performance from our 2020 virtual talent show by singing Memories by Maroon 5: <https://www.facebook.com/myLSPS/posts/3456003131082306>.

**TRY IT:** Let's create an upcoming virtual talent show. Submit this form so we can contact you to compile talent show clips across the district:

<https://forms.gle/qYvrybUEaySHAYuG9>.

**GIVEAWAY:** Smoothie delivery