



Shorian Nation Mental Health Matters Week featuring P2 Favorites

January 31st-February 4th, 2022 – Sponsored by Michigan Insurance and Financial Services Gives Back Program

Our 2nd annual **Mental Health Matters Week** (MHMW), taking place on January 31st-February 4th, is a week-long campaign to spread awareness about the importance of our health and to celebrate the resilience in you. **Wear P2 shirts or GREEN on your assigned day for Mental Health!**

Students, teachers, staff, and alumni were invited to write how they take care of their mental health on a flag, which became part of a Lake Shore Public Schools display. Please visit the Saint Clair Shores Library to read their responses!

What is something someone has done for you that changed your entire day for the better? The following activities will show how our students display the #MaddyMatters #PositivityInAction philosophy:

Monday – January 31st, 2022

LSHS and NLHS P2 FAVORITES: Love and Gratitude

FACT: Love and gratitude increases feelings of happiness and reduces stress, anxiety, and depression.

BE THE DIFFERENCE: Lake Shore High School and North Lake High School will write the answer to this question on a heart cutout: Who is your person? (front) Why? (back) These heartwarming notes will hang in the commons as a way to remind our visitors of their love and gratitude.

Tuesday – February 1st, 2022

KMS P2 FAVORITE: Humor

FACT: When it comes to relieving stress, more giggles can lighten your load mentally.

BE THE DIFFERENCE: Kennedy Middle School staff will hand out hot chocolate, provided by EOS, to families at drop-off. Students even customized cups with a joke of the day!

Wednesday – February 2nd, 2022*

MASONIC HEIGHTS P2 FAVORITE: Kindness

FACT: When we pay it forward, we feel connected to each other, kinder, more patient and supportive.

BE THE DIFFERENCE: Masonic Heights Elementary students will pay it forward at EOS by randomly paying for coffees.

*All teachers will receive special Mental Health Matters gifts inside their mailbox!

*All students will receive a Mental Health Matters sticker!

Thursday – February 3rd, 2022

RODGERS P2 FAVORITE: Creativity

FACT: Positive affirmations reinforce our strengths and keep our brains producing positive neurochemicals.

BE THE DIFFERENCE: Rodgers Elementary students looked themselves in the mirror and were asked, "What do you see?" They were asked to share one positive affirmation as a way to recognize their beauty within.

Friday – February 4th, 2022

VIOLET P2 FAVORITE: Teamwork

FACT: There is no doubt that collaboration is essential when encouraging a strong mental well-being. Our friends can keep us grounded and help manage problems that life throws at us.

BE THE DIFFERENCE: Violet Elementary students partnered with Harmon Elementary at Lakeview Public Schools to pen pal with our rival. We believe making friends is more important.