



**MENTAL
HEALTH
AWARENESS
WEEK**
13-19 MAY 2024

NJS Move-nic!

Friday 17th May

**Mental Health Awareness Week 2024 is focused on the
theme of**

Movement: Moving more for our mental health

Choose from the selection of movement-based activities and sign-up, ready to join this activity on Friday afternoon's whole school "move-nic"!