

How is NJS celebrating World Mental Health Day 2024?

On Thursday 10th October we will be focusing on screen time and sleep.



➤ Assembly led by The Guardians of Safety

➤ PJ afternoon in class!

(bring your PJs or comfy clothes to change into for the afternoon)

➤ Activities in class

➤ POSTER COMPETITION!

Create a poster based on what we discuss and learn on World Mental Health Day.

You could include: screen time advice, sleep tips, healthy lifestyle tips, information about mental health and how screen time can affect it, and more!

The Guardians of Safety will pick a winner per year group. Hand to Mrs Wheat by Friday 18th October.