



School Of Knowledge

St. Mary's Group of Schools

SCHOOL SUPPORT DEPARTMENT



Dear Parents,

October 10th is World Mental Health Day.

It is an international day for global mental health education, awareness, and advocacy against social stigma. The goal of this month is to raise awareness about the importance of people's mental health and show that a positive mental health is essential to everyone.

This year, School Support Department is focusing on supporting mental health conversations between parents and their children, especially considering the current pandemic.

To show unity and end the stigma surrounding mental health, we invite all students to **wear Green Ribbon on 10th October 2021**

As part of the mental health awareness, we invite SOK families to explore the linked [Optimistic October](#) as we take the time to pause, breathe and really take in what's all around us. This month we're encouraging you to take some time to look within. Learning to be more mindful can-do wonders for our well-being in all areas of life. It helps us get in tune with our feelings and stops us from dwelling on the past or worrying about the future, so we get more out of the day-to-day. It can also help us identify what we're grateful for, which has been proven to help boost happiness levels!

#greenformentalhealth

Ms. Seena Jose Chiramel
School Counsellor

Ms. June Amanna
Principal

