



With schools closed due to COVID-19, we would still love to see you wearing your hat for **Hats On! For Mental Health MONDAY, MAY 4, 2020.**

Taking care of our mental health is so important during this time.

Let's encourage each other with supportive words and kindness while we are apart.

\*PLEASE CHECK OUT THE WEEKLY WELLNESS ACTIVITIES ON THE

**GILBERT PATERSON WELLNESS HUB ON TEAMS\***

On Monday, please email a **photo** of you (*and your family or pets if you like 😊*) **wearing a hat** to promote positive mental health habits to [kendra.greve@lethsd.ab.ca](mailto:kendra.greve@lethsd.ab.ca)