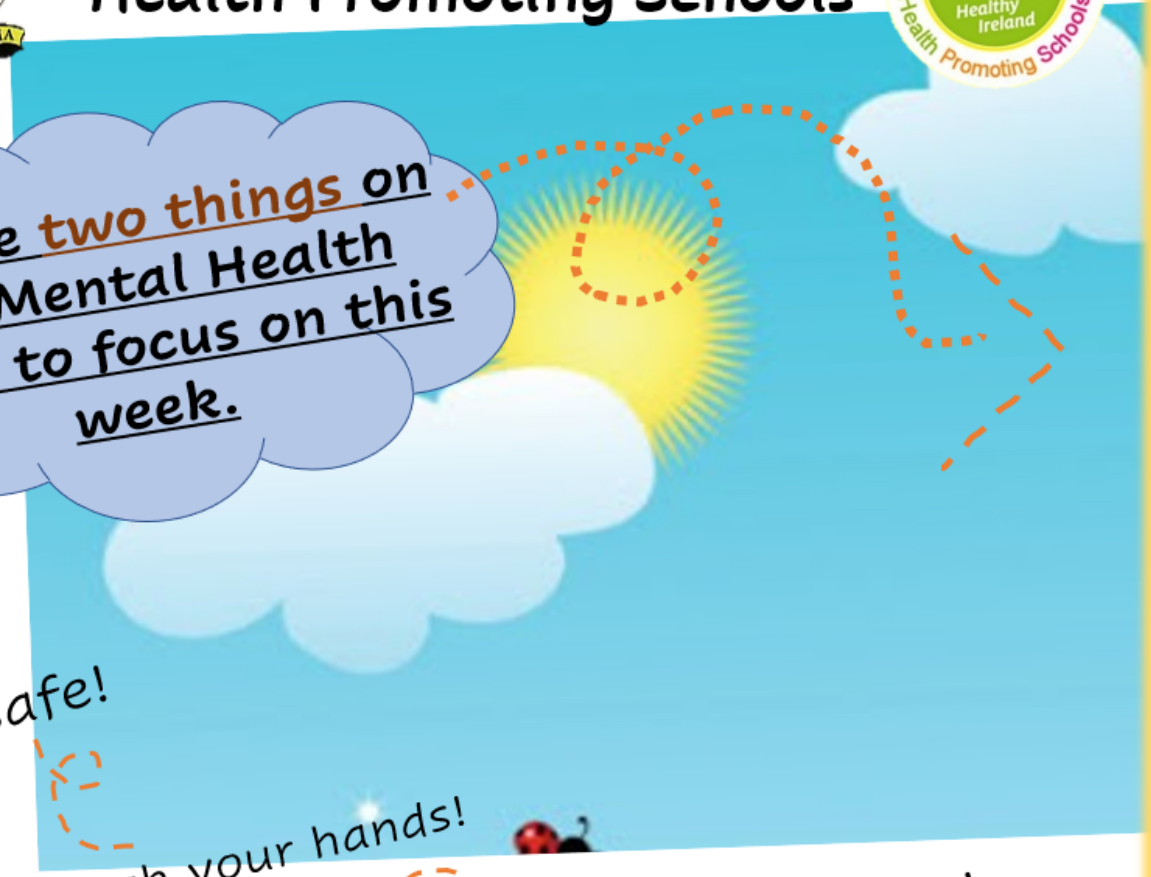
St. Clare's College
Health Promoting Schools

Choose two things on the Mental Health Menu to focus on this week.



Stay safe!

Wash your hands!

Keep working!

Menu

Mind Your Mind:
Try to get into good sleeping habits – go to bed and wake up as you would on a normal school/ work day

Or

Healthy Eating
Try to cook yourself a healthy meal that contains NO processed foods or meats – Go natural

Or

Get Moving
Try to get at least half an hour of exercise every day this week. It can be anything from farming, to walking your dogs or even a garden circuits class