



“Behold, I make all things new.” - Revelation 21:5

Activity/Day	Monday	Tuesday	Wednesday	Thursday	Friday
Subthemes	Rediscover	Rebuild	Restore	Renew	Rejoice
Scriptural Theme	Revelation 21: 1-5 I am making all things new	Ezra 1: 1-6 Rebuild the Lord’s Temple	Luke 15: 11-32 The Prodigal Son	Psalm 104 You renew the face of the earth	Luke 15: 8-10 Rejoice with me
Catholic Education Week Daily Events (10 am)	Trivia: Catholic Education in Ontario	ALCDSB Video Project	Twitter Challenge: <i>Rebuild, Restore, Renew Together</i>	ALCDSB Mass Music Ministry: Josh Blakesley Band	Catholic Education Week Awards Presentation
Music	Who You Say I Am <i>Hillsong</i>	Too Good to Not Believe <i>Cody Carnes</i>	Way Maker <i>Leeland</i>	Awake My Soul <i>Chris Tomlin</i>	King of Kings <i>Hillsong</i>
Mental Health Week Daily Themes	EMOTIONAL: Tune in to Emotions	SOCIAL: Listen to Others	SPIRITUAL: See Others through God’s Soft & Loving Eyes	PHYSICAL: Move your Body	COGNITIVE: Choose Not to Judge or Notice the Good Things
Wellness Actions to Support Daily Themes	Early Years Resource		Elementary Resource	Secondary Resource	
Social Media Promotion	Wear green and share a selfie to remind everyone of the importance of <i>Rebuilding, Restoring, Renewing Together</i> and positive mental health in our Catholic school communities. Use the hashtags below when promoting CEW and MHW on social media: Catholic Education Week: #ALCDSBCEW and #CEW2022 Mental Health Week: #ALCDSBMHW and #GetReal				

Daily ALCDSB Events

All are invited to participate in the ALCDSB CEW Events, which will be streamed daily @ 10 am. Access the links in the table above!

Link: [Mental Health Week Background Resources](#)

This important week is about increasing awareness, decreasing stigma, and understanding that help is available, and it works!