“May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.” - Romans 15:13

**Activity/Day** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday**
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Subthemes | Our Hope in Christ | The Hope Within Us | The Hope Among Us | Hope for the World | A Future Full of Hope
Catholic Education Week Daily Actions | Create a poster (or print this one) for Catholic Education Week and place it in your window. | Who is one person that gives you hope and why? Share with at least one person. | Watch the province-wide Catholic Education Week mass @ 10 am | Paint a rock with a message that ignites hope. Place it where people can see it. | Bring hope to someone who needs it today. Give them a call or send a kind message.
Music | Hope (Chris Rait) | Hope Comes Alive (Josh Blakesley) | Song of Hope (Robbie Seay Band) | Living Hope (Phil Wickham) | Way Maker (Caleb and Kelsey)
Mental Health Week Daily Actions | EMOTIONAL: Be Mindful | SOCIAL: Reach out to Others | SPIRITUAL: Pray | PHYSICAL: Be Active, Eat Healthy & Sleep | COGNITIVE: Notice the Good Things
Actions to Support Wellness | Early Years Resource | Elementary Resource | | | Secondary Resource
Social Media Promotion | Wear green and share a selfie to remind everyone of the importance of Igniting Hope and positive mental health in our Catholic school communities. Use the hashtags below: Catholic Education Week: #ALCDSBCEW and #CEW2020 Mental Health Week: #ALCDSBMMHW and #GetReal and #kidscantwait

Livestream: Province-Wide Catholic Education Week Mass
All are invited to participate in a mass celebrated by Cardinal Collins in Toronto on Wednesday May 6 @ 10 am. Click on the link above!

Mental Health Week: Background Resources
This important week is about: increasing awareness, decreasing stigma, and understanding that help is available and it works!