**Newsletter announcement template for new Mentally Healthy Schools**

As of [Month, Year], [School name] has signed up to become a part of the Mentally Healthy Schools program to promote the Act Belong Commit ethos throughout our whole school community. At [School name] we believe that student (and staff) mental health and wellbeing are one of our biggest priorities, and that to work to the best of our ability, we need to keep mentally healthy.

Act Belong Commit is a mental health promotion campaign that encourages everyone to take action to protect and promote their own mental wellbeing. Being active, having a sense of belonging and having a purpose in life all contribute to happiness and good mental health. At [School name] there are so many opportunities for our students to act, belong and commit, and we hope to highlight these events and activities throughout the year. Look out for [examples of upcoming activities you hope to link with Act Belong Commit eg, Athletics Carnival, Walk to School Day, Book Week etc.] and get involved in some way to boost your own wellbeing, like being a parent volunteer, sitting on a school committee or getting involved in the school fete [School can use own examples].

We hope by promoting the Act Belong Commit message around the school, it not only educates young people about what they can do to prevent the onset of mental illness, but also encourages them to participate in all the activities that are on offer to be active, join in lunchtime and after school groups, and do good things for others. To find out more about Act Belong Commit, visit the [website](http://actbelongcommit.org.au/).