# We're a mentally

# healthy school



Act

## Provide opportunities

for the school community to be mentally, physically, socially, spiritually and culturally active.



Belong

### **Encourage** connection

to family, language, culture, identity and Country.



Commit

### **Encourage** participation

in activities that involve caring for Country, learning about culture and language and expressing culture through art, song, music, dance or stories.



Visit actbelongcommit.org.au to find out more about being mentally healthy.