



Sample Announcements

Read them during morning announcements and share them in staff emails.

01 Week 1 • *Pause*

ANNOUNCEMENT 1

Good morning! November is Educator Mental Health Awareness Month. In 2025, Georgia educator Dr. Shamira Webb wrote and submitted a proclamation that was signed by Governor Brian Kemp, making Georgia the first and only state to recognize this month. All November long, we encourage every educator to pause, reflect, and reset.

ANNOUNCEMENT 2

This week's focus is to pause. Educator Mental Health Awareness Month is for every adult in our building who works with students. Today, we invite you to take a moment just for you. Step outside, take a deep breath, or enjoy a quiet minute before whatever comes next. You deserve that pause.

02 Week 2 • *Reflect*

ANNOUNCEMENT 1

This week, our focus is to reflect. As we continue Educator Mental Health Awareness Month, take a few minutes to notice how you are doing. What has brought you joy lately? What would you like more of? Reflection is a gift you can give yourself.

ANNOUNCEMENT 2

Reflection can be simple. Jot down one thing you are proud of this week, or share a kind word with a colleague. Educator Mental Health Awareness Month reminds us that caring for ourselves is part of the work, not separate from it.

03 Week 3 • *Reset*

ANNOUNCEMENT 1

As we continue recognizing November as Educator Mental Health Awareness Month, this week's focus is to reset. A reset can be as simple as a stretch, a few steps in the sunshine, or a favorite song. Choose one small way to reset during your day, and give yourself permission to enjoy it.

ANNOUNCEMENT 2

As we head into Thanksgiving break and wrap up our recognition of November as Educator Mental Health Awareness Month, thank you for taking time to pause, reflect, and reset. Let's keep caring for ourselves all year long.