

Students take a little off the top in support of mental health awareness

By Julie Slack
CANADIAN CHAMPION STAFF

Getting extreme can sometimes be the best way to prove a point.

Hope Hawkins and Amos Lee are optimistic that's the case, especially after shaving their heads for mental health on Friday morning.

The E.C. Drury School for the Deaf school held a mental health awareness week with a variety of activities designed to support anyone suffering from mental illness.

It culminated with a head shaving that took place in the auditorium in front of the entire school.

Cheers, clapping and laughing ensued as Amos and Hope's stylish 'dos were trimmed off with electric clippers by principal Deb Van Hees and educational assistant Cindy Higgins.

Hope, who had put her hair in three large pony tails, proudly held up her locks for everyone to see, while Amos was more reserved, looking a little shell-shocked by the feel.

"We're doing this to support solidarity for mental health," Hope said. "It doesn't matter what your hairstyle is, it's what's inside that matters."

"Everyone of us is awesome," she added. "All of you are awesome."



E.C. Drury School for the Deaf students Hope Hawkins (above) and Amos Lee (right) have their heads shaved to show their support for anyone struggling with mental health issues.
Julie Slack / Canadian Champion




Added Van Hees: "We need support services and resources for mental health awareness." Earlier in the week, the entire student body participated in a Mannequin Challenge, which saw them pose, holding a word that speaks to their feelings in front of a video camera. Students came up with things like: artistic, smile, overwhelmed, anxious, timid, and happy.




Christian Garcia (above) and Jessyca Babao pose while someone films a mannequin challenge video to raise awareness of mental health issues. The video was shown during a school assembly Nov. 25. *Franki Ikeman / Special*





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