

# Student Wellbeing Digest

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## R U OK Day Thursday 9th September



In 2021, R U OK Day was celebrated on Thursday 9th of September inspiring and empowering everyone to meaningfully connect with the people around them and start a conversation with those in their world who may be struggling.

Staff were fortunate enough to receive a gift of caffeine, bacon and eggs from our fabulous P and C association. Staff were gifted free coffee and bacon and egg burgers were put on our our schools wonderful Chaplain – Jules.

The day then continued with bright, sparkly, drowned in yellow teachers welcoming students into the school with songs and dance. A small gesture but one that was well received and provided many smiles onto the way into the school.

A R U OK day Mental Health video was played to students in Peer Support which highlighted teachers, divulging about the importance of connecting with one another and having important conversations. Special thanks to Mr Griffiths, Ms Stebbings, Mrs Roberts, Mrs Larsen, Ms Whittington and Mr Moran.

The day itself saw a new painting mural on A parade depicting faces and emojis with the R U OK day symbol with students involving themselves in music, lob-a-choc, board games corner, Chappy sausage sizzle, purchase a face on our mural or the famous “pass the ball competition”.

R U OK day is always a vibrant, high energy and all-round positive day. Thanks to the year 11 students and staff who gave up time to run an activity for the school and to emphasise the importance of good health to our students. The school raised a fantastic \$498 to donate to a wonderful cause.

By starting a conversation and commenting on the changes we have noticed, R U OK day can help that family member, friend or workmate. If they are ok, that person will know you’re someone who cares enough to ask. Thanks for a great day.



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