

2023 Trinity College Wellness Week

“Strong Minds, Strong Bodies – Thriving together”

Date/Theme	Activities	Time	Venue	Staff
28 August Mindful Monday	<i>Silent Disco</i> <i>Year 7 & 8</i>	<i>Recess & Lunch</i>	<i>Foley Centre</i>	<i>HOYs</i>
	<i>Mindful Colouring-In</i>	<i>Recess & Lunch</i> <i>Lunch</i>	<i>Senior School Library</i> <i>Junior School Library</i>	<i>Scheduled Staff</i> <i>Scheduled Staff</i>
	<i>Box Breathing</i>	<i>Lunch</i>	<i>A115</i>	<i>Mr Chan</i>
	YSafe Presentations Year 9 & 10 Managing Peer Conflict Online Respectful Relationships Digital Footprint Year 7 & 8 Cyberbullying and Online Conflict Sexting and the Law Online Wellbeing Year 5 & 6 Cyberbullying and bystander empowerment Safety on Social Media and Games Digital Footprint Year 4 Private Information Chatting Safely Seeking Help	<i>Period 2</i> <i>9.35-10.30am</i> <i>Period 3</i> <i>11.00-11.50am</i> <i>12.40-1.30pm</i> <i>2.10pm- 3.00pm</i>	 <i>Sports Centre</i>	 <i>PCG Staff &</i> <i>Timetabled Teaching Staff</i>

Date/Theme	Activities	Time	Venue	Staff
29 August Thankful Tuesday	Staff Gratitude Cards & Coffee	Before School	NA	Ms Marocchi & Year 11 Wellbeing Team
	Silent Disco Year 9 & 10	Recess & Lunch	Foley Centre	HOYs
	Mindful Colouring-In	Recess & Lunch Lunch	Senior School Library Junior School Library	Scheduled Staff Scheduled Staff
	Zero2Hero Year 7 – Let’s talk Resilience Year 8 – Love Yourself	PCG & P1 8.40-9.35am	SLT (Year 7) Foley Centre (Year 8)	HOYs & PCG Timetabled Staff
	Zero2Hero Year 9 – Leadership & Core Values Year 10 – Love Yourself	P1 & P2 9.40–10.30	SLT (Year 9) Foley Centre (Year 10)	Timetabled Staff
	Year 12 Gratitude Letters- PCG Activity	PCG & Period 1	PCG Classes	Mr Oliver, PCG Staff
30 August Wellness Wednesday	SNEAKER DAY ALL SCHOOL \$2 Gold Coin Blue Tree Project	All Day	Not Applicable	PCG Staff to Collect Donations
	Mindful Colouring-In	Recess & Lunch Lunch	Senior School Library Junior School Library	Scheduled Staff Scheduled Staff
	Silent Disco Year 11-12	Recess & Lunch	Foley Centre	HOYs
	Ergo Challenge	Recess & Lunch	Senior Quad/Rowing Undercroft	Mr Jurjevich and Rowing Staff
31 August Taste it Thursday	Food Trucks	Recess & Lunch	Forecourt Canopy	Mr Fritz
	Junior School Yoga	Year 4 & 5 Year 6	9.00-9.45am 11.00-11.45am	Foley Centre
	Mindful Colouring-In	Recess & Lunch	Senior School Library	Scheduled Staff

Date/Theme	Activities	Time	Venue	Staff
1 September Fit Friday	Year 7 Parkour	7.30am-8.15am	Foley Centre	Mr Fritz & Ms Marocchi
	Year 4 Parkour Year 5 Parkour Year 6 Parkour	8.50am-9.40am 9.40am-10.30am 11.10am-12.00pm	Foley Centre	Junior School Staff
	Year 11/12 vs Staff Indoor Soccer	Lunch	Sports Centre	Mr Testa & Mr Oliver
	Year 7 Mindful Weaving	MS Sport 1.20 – 1.50pm	Classrooms	Ms Marocchi & Year 7 Sports Coaches
	Year 7 Meditation	MS Sport 1.55 – 2.25pm	Foley Centre	Ms Marocchi & Year 7 Sports Coaches
	Year 7 Yoga	MS Sport 2.30 – 3.00pm	Sports Centre	Ms Marocchi & Year 7 Sports Coaches
	Year 8 Meditation	MS Sport 1.20 – 1.50pm	Foley Centre	Mr Oddie & Year 8 Sports Coaches
	Year 8 Yoga	MS Sport 1.55 – 2.25pm	Sports Centre	Mr Oddie & Year 8 Sports Coaches
	Year 8 Mindful Weaving	MS Sport 2.30 – 3.00pm	Classrooms	Mr Oddie & Year 8 Sports Coaches
	Year 9 Yoga	MS Sport 1.20 – 1.50pm	Sports Centre	Mrs Mariotti & Year 9 Sports Coaches
	Year 9 Mindful Weaving	MS Sport 1.55 – 2.25pm	Classrooms	Mrs Mariotti & Year 9 Sports Coaches
	Year 9 Meditation	MS Sport 2.30 – 3.00pm	Foley Centre	Mrs Mariotti & Year 9 Sports Coaches