

# ACADEMY OF MARY IMMACULATE WOMEN'S WELLBEING WEEK: 4TH-8TH MARCH



## MONDAY

- Recess- Empowering wall- receive a chocolate/lolly for writing something positive down
- Lunchtime- Pilates class for Years 10-12. Dillon Room- Available to 30 students. Link to be sent out.



## TUESDAY

- Swimming Carnival
- Bike and Blend- Ride a bike to make a smoothie. \$3 for a smoothie. Cash and card payment available

## WEDNESDAY

- Lunchtime guest speaker- Ms Danielle Carpenter (Peter Mac centre)- Drama Studio
- 'March for Women' 2-3pm
- Out of Uniform Day- donation of gold coin leading up to the day



## THURSDAY

- Extended Mentor time
  - Yr 10-12- Guest speaker from Flourish Journey
  - Yr 7-8- Kahoot in mentor groups
- Lunchtime- Pilates class for Years 7-9. Dillon Room- Available to 30 students. Link to be sent out.



## FRIDAY

International Women's Day

- Pop Band singing female songs at lunchtime



**All week-** Mindfulness colouring in competition. Prizes to be rewarded

