

Mentone Girls Secondary College



As part of MGSC Health & Physical Education Week, the Mentone Girls Secondary College Community celebrate LOVE YOUR BODY WEEK

Join us and connect online to celebrate YOU!

Day	HPE Love Your Body Week - What's On!	
<p>Monday 13th of September Lunchtime Online</p>	<p>Mindful Monday Meg James Meditation</p>	<p><i>Join us online with your yoga mat and ease into the week with a mindful meditation session.</i></p> <p>Meditation Focus: Nurturing Self Love</p>
<p>Tuesday 14th of September Lunchtime Online: 1.05pm</p>	<p>Jemima Montag <i>Olympian</i></p>	<p><i>Join us for a chat with an Olympian, Jemima Montag (born 15 February 1998) is an Australian racewalker. Jemima has recently returned from the Tokyo Olympics, finishing 6th in the 20km walk. She was the gold medallist of the 20 kilometres race walk at the 2018 Commonwealth Games.</i></p>
<p>Wednesday 15th of September Lunchtime Online</p>	<p>Workout Wednesday 30min HITT Session</p>	<p><i>Join our Sport and House Leaders for a 30min HITT Session</i></p>
<p>Thursday 16th of September Lunchtime Online</p>	<p>Affirmation Jar Creation</p>	<p><i>Join the student voice team to create your own affirmation jar. Bring a clean, empty jar and create your very own!</i></p>
<p>Friday 17th of September Lunchtime Online</p>	<p>Show Your Individuality Selfie Post!</p>	<p><i>Each individual at MGSC is different and this is what makes us great! Get involved in today's activity by showing your individuality! Send us a photo that represents you for the school collage</i></p>