

TO: Year 4 - 12 Parents
FROM: Julian Fritz
SUBJECT: Wellness Week – Term 3, Week 7
DATE: 24 August 2023

Dear Parents

Next week the TC community will celebrate our 5th annual Wellness Week, a highlight on the College Calendar. Wellness Week is aimed at highlighting the importance of developing positive mental health and wellbeing.

Our motto for 2023 is ***“Strong Minds: Strong Bodies: Thriving together.”***

Each day of Wellness Week will be themed with various activities and educational experiences planned for students and staff. All week there will be activities that allow the students opportunities to enjoy, de-stress and take some time to think about how they are feeling and what they can do to improve their mental health and personal wellbeing.

Mindful Monday An array of activities will take place during break times including Mindful Colouring in, Silent Discos, and Box Breathing. Boys from Year 4-10 will engage in a topical presentation from **Ysafe** covering topics from Managing Peer Conflict Online, Respectful Relationships, and Digital Footprint.

Thankful Tuesday All boys have taken the time to write a Gratitude Card for a staff member of their choice. On behalf of the College all staff will receive a morning coffee and gratitude card delivered by our Year 11 Wellbeing Committee.

Wellness Wednesday In support of **“Blue Tree Project”** all students are encouraged to take part in **“Sneaker Day”** for a **gold Coin Donation**. From lifestyle to the red carpet, to sports, nowadays sneakers are an expression of yourself. We encourage the boys to get around this initiative, wear their best sneakers and don’t forget to DONATE to a very important cause.

Taste it Thursday There will be an assortment of Food Trucks available to both staff and students during their break times including Boost Juice, Chips on a Stick, Master Panda, Honey Crème, and JD’s Mexican. All Food Trucks will accept cash and card payments.

Fit Friday Parkour activities will be available for boys in Year 4-7 throughout the morning. Friday sport will see the Year 7-9 students take part in a rotation of Yoga, Headphone Meditation, and Mindful Weaving. Year 4-9 students are to wear their Sports Uniform (inc Trinity blue polo) for the day.

Wellness Week is an important event on the College calendar; we believe that it is essential to focus on assisting our students in developing strength, resilience, and enhancing their wellbeing by applying practical skills and strategies.

A full schedule of events can be found [HERE](#).

We look forward in anticipation of a wonderful Wellness Week and encourage all students to participate in the opportunities presented.

Kind regards

A handwritten signature in black ink, appearing to read 'Julian Fritz', with a stylized, cursive script.

Mr Julian Fritz
Deputy Principal - Student Wellbeing