



WELLNESS WEEK 2025

1 September to 5 September

*Health for the inside & out,
build a better you!*



Mindful Monday

- Live Music
- Year 7 & 8 – Self Esteem
- Year 9 & 10 – Decision Making
- Year 11 & 12 – Stress Management
- Year 4 & 5 – Self Awareness & Managing Emotions
- Year 6 – Year 7 Transition



Cyber Tuesday

- Live Music
- Paul Litherland – Year 7 & 8
- Paul Litherland – Year 9 & 10
- Paul Litherland – Year 11 & 12



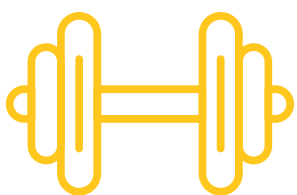
Wellness Wednesday

- National HPE Day Games
- \$2 Gold Coin Blue Tree Project
- Live Music



Thankful Thursday

- Staff Gratitude Cards & Coffee
- Year 12 vs Staff Indoor Soccer
- Junior School Yoga
- Live Music



Fit Friday

- Year 7 – Guest Presenter
- Year 7 – Silent Disco
- Year 8 – Silent Disco
- Year 8 – Guest Presenter
- Year 9 – First Nations Experience