

TO: Year 7-12 Parents

FROM: Julian Fritz and Pia van Straalen

SUBJECT: Wellness Week – Shopfront Collection

DATE: 20 August 2026

Dear Parents

During **Week 7 of Term 3**, Trinity College will celebrate **Wellness Week**, a special opportunity for our students and community to focus on the many dimensions of wellbeing, including physical health, emotional resilience, positive relationships, gratitude, service and connection.

At Trinity, wellbeing extends beyond looking after ourselves. Guided by our College mantra of "Men for Others", we recognise that one of the most powerful ways to enhance our own wellbeing is through serving those around us. Research consistently demonstrates that acts of kindness, generosity and community service contribute positively to our sense of purpose, belonging and overall mental health. Wellness Week, therefore, provides an opportunity for students to not only reflect on their own wellbeing, but also to make a meaningful difference in the lives of others.

A key focus of this year's Wellness Week will be our **Fill the Shopfront Collection**, supporting The Shopfront, a Catholic organisation based in Bentley which assists hundreds of Perth families experiencing hardship, homelessness, and financial stress. As living costs continue to rise, many families are finding it increasingly difficult to access basic household essentials. Through our collective efforts, we can help ensure that vulnerable members of our community remain fed, clothed, and cared for.

To support this initiative, each year group has been allocated a category of goods to donate. However, we warmly welcome donations of **any of the listed items**, regardless of year level. Collection bins will be placed outside Campus Ministry throughout the week, where students, families, and staff can conveniently drop off donations.

Some of the requested items include:

- Non-perishable food staples such as rice, pasta, oats, canned goods, and long-life milk.
- Breakfast and snack items including Weet-Bix, muesli bars, and fruit cups.
- Personal hygiene products such as toothbrushes, toothpaste, shampoo, soap, deodorant, and sanitary products.
- Comfort items including blankets, sleeping bags, socks, beanies, and towels.
- Practical everyday items such as reusable water bottles, backpacks, books, wet wipes, and sunscreen.

Wellness Week Themes

Throughout the week, students will participate in activities designed to educate, inspire, and encourage positive wellbeing practices.

Monday, 31 August – Mindful Monday

A day focused on mindfulness, reflection, and being present. Students can contribute to the Fill the Shopfront Collection before enjoying activities such as live music, mindful colouring, and the School Ergo Challenge.

Tuesday, 1 September – Take Action Tuesday

Students will be encouraged to take action for their own wellbeing and the wellbeing of others. Highlights include wellness walks, guest presentations from Paul Litherland and Red Frogs, leadership opportunities, and ongoing community collection efforts.

Wednesday, 2 September – Wellness Wednesday

A celebration of healthy lifestyles and resilience, featuring Sneaker Day in support of the Blue Tree Project, along with presentations from Project Momentum and Zero2Hero focused on resilience, mental health, and emotional wellbeing.

Thursday, 3 September – Thankful Thursday

A day centred on gratitude and service. Activities include staff gratitude initiatives, Junior School yoga sessions, and a sausage sizzle supporting Feed the Children. This theme closely aligns with our commitment to recognising and supporting the needs of others.

Friday, 4 September – Fit Friday

The week concludes with a focus on physical wellbeing and active participation through parkour sessions, yoga, indoor soccer, and First Nations spirituality experiences. Students will be encouraged to reflect on the importance of maintaining a balanced and healthy lifestyle.

As a College community, we are incredibly proud of the generosity consistently demonstrated by our students and families. The Fill the Shopfront Collection is a practical expression of our belief that we are called to be Men for Others, placing compassion into action and supporting those who need it most. In doing so, we not only help others thrive, but strengthen our own sense of connection, gratitude and wellbeing.

Thank you in advance for your support of Wellness Week and the Fill the Shopfront Collection. We look forward to another meaningful week that celebrates wellness, service, and community.

Kind regards



Julian Fritz
Deputy Principal | Student Wellbeing



Pia van Straalen
Director of Christian Service