

Join in the activities and raise awareness of the...

MENTAL HEALTH WEEK Student Activities:

Catherine McAuley College is celebrating Mental Health Week 2018

Monday 10th September – Friday 14th September

Coolock

FIVE WAYS TO WELLBEING



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



Your time,
your words,
your presence



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

MONDAY:

Take Notice

BeyondBlue Wrist
Bands for all students

Guess Who? – in library

TUESDAY

Give

BBQ Fundraiser for
Mercy Works outside
Food Tech Room.

Guess Who? – in library

WEDNESDAY

Be Active

Staff vs Student netball
match – lunchtime in
gym

Guess Who? – in library

THURSDAY

Connect

R U OK? Day.
Wear a touch of yellow with
your uniform.

Guess Who? – in library

FRIDAY:

Keep Learning

Kahoot! Quiz in the
library. Prizes to
be won!

Guess Who? – in library