

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

MENTAL HEALTH WEEK Student Activities:

Catherine McAuley College is celebrating Mental Health Week

Monday 10th September – Friday 14th September

St Marys

WINNING WAYS TO WELLBEING



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



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

MONDAY:

Take Notice

Headspace Wrist Bands
Take notice – Prizes
Statistics and quotes on
Wright St.
Bus Man class Food
Stalls
Guess Who?
competition (in library)

TUESDAY

Be Active

Staff vs Student
netball
Guess Who?
competition (in
library)

WEDNESDAY

Give

BBQ fund raiser for
Mercy Works
Live music on the steps
Yoga
Guess Who? competition
(in Library)

THURSDAY

Connect

R U OK day. Wear PE or normal
uniform with **something yellow.**
Yellow stall – hair, face paint
SRC Stalls
Bus Man class Food Stalls
Guess Who? (in library)

FRIDAY

Keep Learning

Guess Who?
competition (in
library)