THE WAY

THE WAY WEEKLY RECAP I
FRIDAY 20 AUGUST 2021



FROM THE DEPUTY PRINCIPAL - SENIOR SCHOOL STUDENT DEVELOPMENT

As the date for a return to normal appears to be more and more distant, it is easy to focus on 'what was' or simply start focusing on the negative impacts that these changes have had upon life.

At this point, we are very conscious of the fact that this extended lockdown is impacting student wellbeing. Part of our support of students is the launch of an initiative called 'The House Sports Challenge'. Here is a video explaining the challenge.

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The Challenge itself has something for most students, from ball-based skill development to simple exercise sessions. The House Sports Challenge does require Mum and Dad to authenticate the exercises as having been completed; this then allows students to contribute to their House Points Tally. The site can be accessed via the following link:

https://sites.google.com/thac.nsw.edu.au/housesportchallenge/home

Although this is being launched on Tuesday afternoon when there would regularly be sport, it is something students can undertake every day. Indeed, the various exercises/challenges are something that you might choose to do as a family together. Why not have a go? One thing is for sure… in order to break the cycle of negativity that can weigh us down, it is important to remain ACTIVE! Doing this together is just an added encouragement.



There will be a further initiative, similar to the Junior School 'Wellbeing Wednesday', which we will talk about next week. Thanks for your support and for your prayer at this time.

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Hebrews 12:1 - 1 'Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us..'

Mr Roger Young
Deputy Principal - Senior School Student Development

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