THE WAY

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THOMAS HASSALL JOINS THE PUSH-UP CHALLENGE

At Thomas Hassall Anglican College, we're preparing to take on a powerful national initiative — the Push-Up Challenge. Set to kick off in Week 6, this challenge goes far beyond physical strength; it’s a movement aimed at raising vital awareness for mental health and wellbeing across Australia.

Over 23 days, participants are encouraged to complete 3,249 push-ups. Why that specific number? Because it represents the number of lives tragically lost to suicide in Australia in 2022 — a sobering statistic that underscores just how important mental health conversations are.

To mark our involvement, we’ll be hosting a special lunchtime event on the Tuesday of Week 6 where students will face off against staff in a friendly push-up competition. But make no mistake — this isn’t about proving who’s strongest. It’s about coming together as a community, standing in solidarity, and showing that support for mental health matters.

Whether you’re knocking out a single push-up or pushing through a hundred, what counts is your willingness to get involved. Every push-up becomes a symbol — a message that says, “We care. We see you. We’re here.”

Let’s use this opportunity to support each other, spark real conversations, and push for change. We’ll see you in Week 6 — ready to make a difference, one push-up at a time.

Mr Luke Robinson
Director of Co-curricular

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