THE WAY

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PUSH-UP CHALLENGE

At Thomas Hassall Anglican College, we've taken on a powerful national initiative — the Push-Up Challenge. Kicking off this Week, 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.

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.”

We were so encouraged to see lots of students getting involved in the challenge already this week.

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Let’s use this opportunity to support each other, spark real conversations, and push for change.

Mr Luke Robinson
Director of Co-curricular

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