



# THE WAY



## 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.



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

**Mr Luke Robinson**

*Director of Co-curricular*