



R U OK? DAY

On Thursday 11 September the College facilitated an R U Ok? Day. The day is designed to create mental health awareness and encourage individuals to check in with one another. Throughout the day there were various activities planned to facilitate conversations between staff and students while raising awareness.

During PC students engaged with interactives which provided opportunity to create a deeper connection with their peers and PC teacher. At recess student's purchased cupcakes and slices and had photo's taken at the R U Ok? Day photobooth. At lunch students had the opportunity to purchase some sausages from the Sauage Sizzle. Funds raised from the sale of cupcakes and Sausage Sizzle are donated to the U R Ok? Day charity.

The day also provided the opportunity for students to volunteer and continue developing their leadership skills, whether this was putting up decorations, serving their peers and teachers at recess and lunch or on the BBQ.

If you wish to know more about R U Ok? Day, please feel free to visit the website at the button below.

[R U OK?](#)

The College wants to thank all those involved on the day and we look forward to continuing to support such an important charity

Mr Hayden Ward

Coodinator of Student Growth & Welfare
