



Mental Health Week at Somerly 2022



Kindy

Fruit Kebab Making & Fitness Workstations by Kingdom City and Chaplain Elle Wong.
Fun fitness sessions with Ms Ritchie (aerobic exercise and music theme).

Pre-Primary & Year 1

Bunnings Seedlings Workshop – Monday.

Year 2

Fitness Workstations run by Chaplain Elle Wong and Kingdom City – Friday.

Year 3

Origami demonstration from Ed Connect Volunteer Sanny – Tuesday.

Bubbles and mindfulness BluEarth Stations – Thursday.

Year 4

Foodbank Cooking Workshop 2nd lesson – Thursday.

Year 5

Origami workshop with Ed Connect Volunteer Sanny – Tuesday.

Western Force Workshop in Senior Sport – Wednesday.

Year 6

Western Force Workshop in Senior Sport – Wednesday.

Wear Green – Friday 28th October

Everyone is encouraged to wear **green** and bring a gold coin donation. All donations will be going to Paralympics Australia and Kids Helpline.

Whole School Activities to be undertaken throughout the week.

Dance lessons Tuesday - Friday with Schools Go Dance.

Paralympian Guest Speaker Amber Merritt at Monday Morning Communications Meeting.

Paralympian Talk & Question Time for Years 4-6 after Monday Meet.

Perth Glory Workshops throughout Thursday P.E. lessons with Mrs Ochieng.

Special Guest Speaker Morning Communications: Kingdom City Positivity Talk & Special Guest Mark Folkard and Pup.

Kids Helpline: All year groups will participate in a Kids Helpline online presentation throughout Term 4.

FREE Parent Workshop Friday 9.30 – 11 Raising Resilient Children hosted by Helping Minds. This will be held in the Chaplains Room.



Mind



Body



Environment



Life experiences