



JOHN MCGLASHAN  
COLLEGE

# MENTAL HEALTH AWARENESS WEEK 23-27 SEPT 2019

## LUNCHTIME ACTIVITIES:

**Monday - *Emotional*** - Chill time in the Library, mindfulness, reading, & live acoustic music

**Tuesday - *Emotional*** - 'Connections, Fun, & Laughter' Theatresports Demo in the Library

**Wednesday - Prefect Wellness Corner** - meet our Prefects in the Chapel for activities

**Thursday - *Physical*** - Student & Staff Longball on the field (or dodgeball in the gym if wet)

**Friday - *Social*** - Bake Sale - all proceeds going to support the *Life Matters Suicide Prevention Trust*, outside the Food tech room



Prioritise your Wellbeing

