



The Health and Mind Club

observes

RUOK DAY

16th November 2022



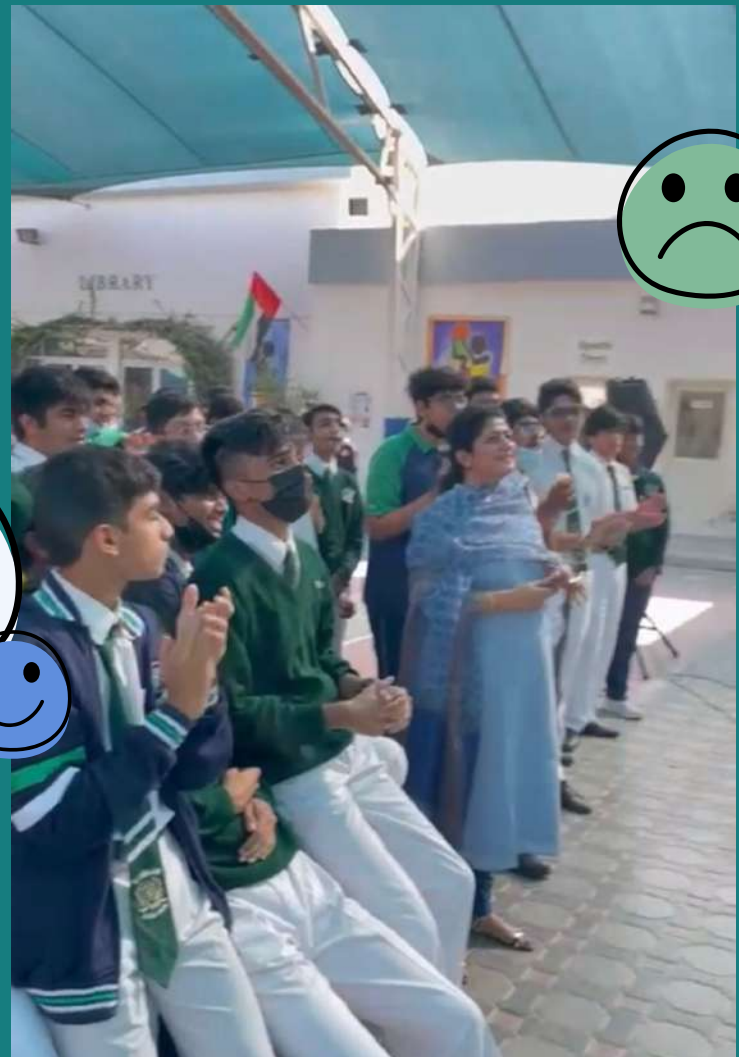


Students of Health & Mind Club hosted a day of action on 16th November as they reminded the whole school community that every day is the day to ask, 'Are you OK?' and start a meaningful conversation whenever they spot the signs that someone, they care about might be struggling with their mental health.





Club members from grades 9-12 inspired and empowered everyone to connect meaningfully with the people around them and start conversations with those in their world.



Grade 10 and 11 boys presented a skit to highlight the importance of positive well-being. The skit was engaging and reminded students to focus on self-care to improve their well-being.

