



*Education Week is an opportunity for all primary and secondary schools and early childhood services to showcase the work they are doing for students to help ensure healthy minds and bodies.*

*Next week, Somerville Rise Primary School aims to profile and celebrate everything from sport, dance, mentoring, yoga, meditation, reading and art, to breakfast clubs, healthy canteen menus, stress management and resilience; and more.*

**On Tuesday, May 23, Somerville Rise has planned a Whole School Day, where students will have a chance to participate in a range of activities promoting healthy minds and healthy bodies.**

**A gold coin donation on the day is requested to support these programs:**

*Yoga: Gratefully provided by a member from the parent community*

*Mindfulness: Provided by Peninsula Mindfulness*

*Karate: Zen Do Kai provided by Amphibian Dojos and SMAC (Somerville Martial Arts Centre)*

*Zumba: Lunch time disco*

**We will be gathering in multi-age, house colours for the day, so all students are encouraged to wear their house colours. If they do not have house colour clothing, an appropriately coloured ribbon will be provided. Healthy lunches are also encouraged so Nude Food (no packaging) is the order of the day!**

**A special parent Mindfulness Information Session will take place at 9:00-9:30 in Djilak Djirri, our newly named Junior School Building. All are welcome and expressions of interest can be made by filling in the form below and returning it to school by Friday, May 19.**

*Looking forward to a fabulous celebration of Health and Happiness – Somerville Style!*

*Di Wheeler*

*Respectful Relationships Coordinator*

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**I intend to participate in the Parent Mindfulness Information Session at 9:00 – 9:30 on Tuesday, May 23.**

**Name** \_\_\_\_\_