



Coonabarabran High School

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MENTAL HEALTH AWARENESS LESSON WORLD RECORD ATTEMPT

On Friday, 9 November, Year 10 students will be involved in an attempt to set a world record for the number of students involved in a Mental Health lesson. This lesson is being conducted at the Quay Centre Olympic Park and being streamed live to regional schools.

The arrangements are as follows:

- * Year 10 will have an early recess at 10.35 am. They will be able to access the canteen.
- * Move to the Library at 10.50 am.
- * The lesson commences at 11.00 am. Our students will have thumbs-up/down cards to express their thoughts as well as being involved in a meditation session. The lesson will go for 40 minutes.
- * At 11.40 am they will watch the entertainment from the centre and an announcement regarding the success of the world record attempt will occur just before 12 noon.
- * Following the announcement students will have time to relax and discuss their thoughts under supervision in the COLA.
- * Students will attend Period 4 as normal.

If you have any concerns please contact Mr Duncan Graham at the school.

Yours sincerely

Mr J Ramage
ORGANISING TEACHER

Mr D Graham
RELIEVING DEPUTY PRINCIPAL