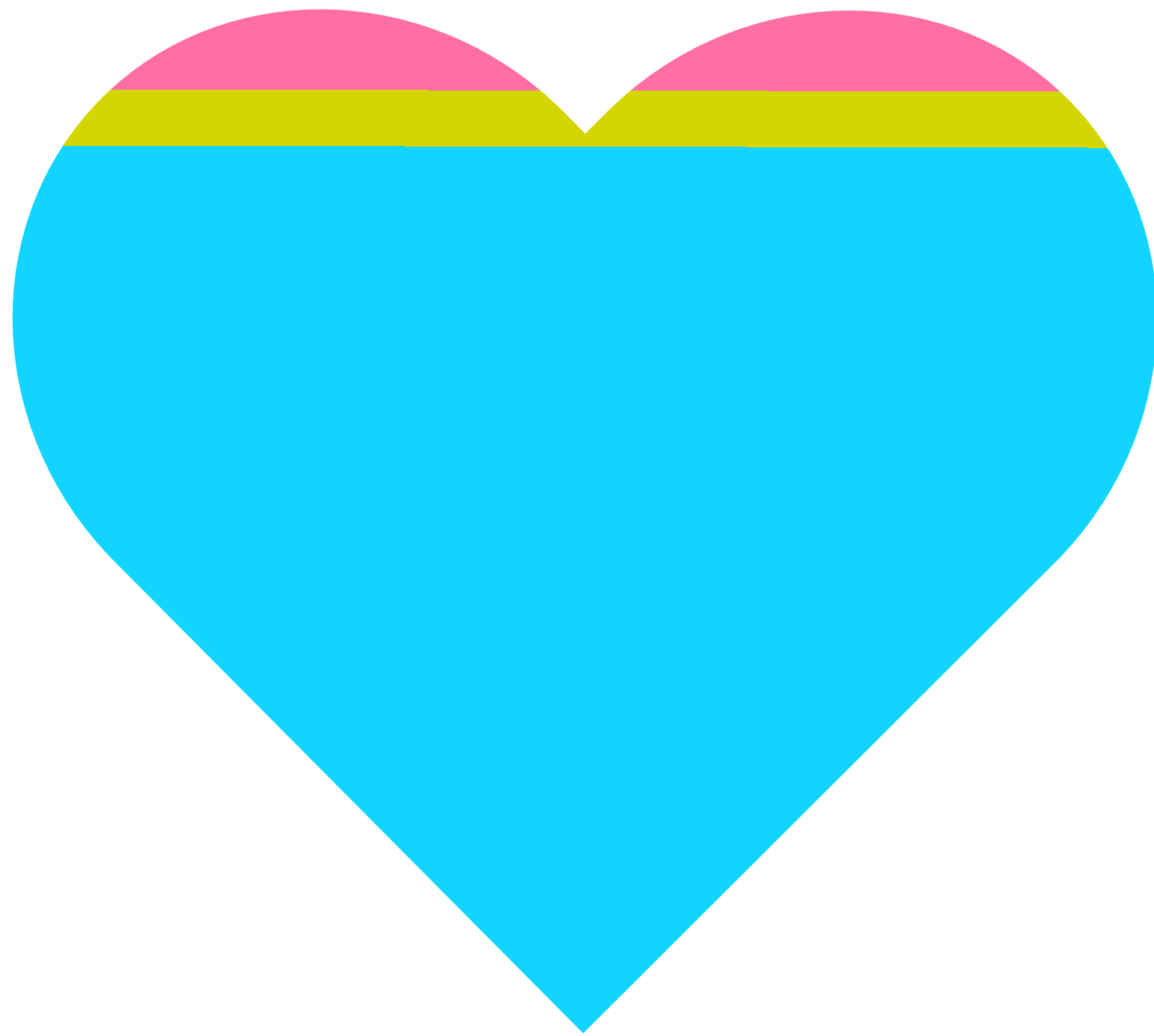


# Wheatley Area Public School

CK Public Health Wellness Grant 2018-2019

## Wellness Day



**15**

staff organizer

**10**

student leaders

**155**

people took part



"This was a great leadership opportunity for our Student Council Reps. We assisted with creating the centres and then led a group of 15 students around to each wellness station. We were able to collaborate with others and work as a team."

"The stations were a lot of fun. We did lots of moving and learned about the sun and how it can harm your skin. The smoothies were tasty."

"The students learned so much about healthy bodies and healthy minds. Everyone was engaged the entire day and students learned about incorporating healthy habits in to their daily routines."