



MINDFULNESS AND WELLBEING  
COMMITTEE



MEETING: WEDNESDAY FEBRUARY 22,  
3.30PM @ THE COFFEE CLUB

Attendees: Sharon McComiskie; Cindy Stocks; Jenny Walker;  
Michelle Ting; Tamara Paterson; Kerry Keim

***Ideas:***

- ✓ Sharing Morning Tea has been a bit loud and scrappy – change from games to ‘craft’ activity for 2 terms, morning of selection of activities in term 3, teacher/student game with spectators in term 4
- ✓ Thursday or Friday?? mornings in week 10 of each term
- ✓ Preferable to do joint activity at 9am followed by a snack to share
- ✓ Upper school students to maybe bring a picnic rug to lay on the grass
- ✓ Always in Area 2/3 rather than oval – more contained, hill to sit on for spectators in the shade, flat area for activities, toilets close by, possibility of small shade tents put up for shade and defining the area; student teacher match on grass netball courts
- ✓ After student teacher match supply a water iceblock for all students
- ✓ Perhaps start each morning activity with ‘Mindful app’ for whole school
- ✓ Craft activities for term 1 to include painting metal fish (for mounting on fish creek fenceline) and hessian weaving (for mounting on corners of tennis court up high)
- ✓ Jenny W to chase up ideas for hessian
- ✓ Tamara to chase up Men’s Shed re making of metal fish (250 for term 1, 250 for term 2)
- ✓ Checking at Reverse Garbage for ideas
- ✓ Need to check on budget for purchase of hessian/some weaving items/ iceblocks

Term 1: Mindful App; ½ school fish painting; ½ school weaving; small snack to eat with friends;

Term 2: Mindful App; ½ school fish painting; ½ school weaving; small snack to eat with friends;

Term 3: Morning of activities (chosen from list by students prior to the day); small snack to eat with friends

Term 4: Student/Teacher match followed by iceblock

***NEXT MEETING: WEDNESDAY 15<sup>TH</sup> MARCH, 3.30PM, THE COFFEE CLUB***