

4 December 2024

**Re: Week 9: Year 7-9 Students – Embrace Activities and Challenges**

Dear Families

In celebrating the end of the school year, our Year 7-9 students will participate in a range of 'Embrace' activities and challenges.

Embrace Kids is an uplifting film by Taryn Brumfitt that brings together a vibrant collection of stories from young people and famous friends alike, who share their experiences of body image, bullying, representation and more. The film aims to improve the body image of young people.

The four central themes include

- Celebrating diversity in ability, cultural background and size.
- Appreciate functionality of what our bodies can do more than what they look like.
- Being kind to ourselves and others.
- Focusing on real role models.

After watching the film on Monday morning, students have selected their activities for our 'Embrace Choice' sessions ranging from macrame, print and paint to jeopardy and junkyard arcade games.

Following on from Monday's 'Embrace Choice', students have selected their 'Embrace Challenge' activity for Tuesday afternoon aiming to push themselves to try something new including escape rooms and boot camp.

Students are permitted to wear their sports uniform for both days. School and break times remain the same.

If you have any questions, please contact your young person's home class teacher on 8648 9700.

Yours sincerely



Alanah Rowe  
Assistant Principal – Learning & Wellbeing



Damian Smith  
Principal