PPHS

WELLBEING DAY
FRIDAY 13TH AUGUST

WHAT TO DO

Friday

FRIENDS SHOP FIRST!

See https://sites.google.com/education.nsw.gov.au/pphs-wellbeing

1. Go to the website and choose an activity: https://sites.google.com/education.nsw.gov.au/pphs-wellbeing
2. Record or take photos of yourself completing each activity
3. Choose another activity and try to get the most points!
4. At the end of the day, submit your entries into the submission form on the website
5. Your score will be added up and entered for consideration to win a prize
6. The top TWO point scorers in each year group (and staff category) will win an exciting prize!