

# **Student Voice presents...**

**“Elim Christian College Golflands Campus has 5 minutes to change ourselves!”**

## **TERM 2 WELLBEING PROJECT**

In Week 10, July 3-7th at 8.45-9am, Student Voice Reps will be leading us in activities to change our bodies, souls and spirits.

### **Monday July 3rd:**

In our Worship Assembly we will take 5 minutes to show you how to change your spirit using the Wordless Book.

### **Tuesday July 4th:**

Student Voice Reps will come to your learning spaces during the morning devotions 8.45-9am to lead you in a 5 minute Christian Meditation – this will change your souls and spirits.

### **Wednesday July 5th:**

Student Voice Reps will lead our JUMP JAM fitness session in the GC hall. 5 minutes to change our bodies through regular exercise.

### **Thursday July 6th:**

Today everyone will be asked to bring a healthy superfood lunch box. The Student Voice Reps and House Leaders will be checking your lunch boxes for healthy food like fruit, vegetables, yoghurt, sandwiches. No chips, snackbars, sweets or chocolate. If we eat healthily, we change our bodies. The class with the most number of healthy lunchboxes will

receive a class reward. Please have your lunchboxes ready between 8.45-9am for checking.

### **Friday July 7th:**

Student Voice Reps will come to your classrooms for 5 minutes during morning devotions 8.45-9am to hand out paper/card hearts. Please write a message of love/gratitude/blessing for someone you love e.g. Mum/Dad/brother or sister/ friend/ grandparents/ coach/ pastor/ teacher - whoever you want to bless! Decorate the heart and then give it to that person. Do this to bless your relationships with them. Blessing others changes your soul.

See your Student Voice Rep if you have any questions or queries:

Y3 Rm 1: Jack Kotze Rm 2: Rachel Wagener

Y4 Rm 11: Abigail Browne Rm 12: Jayden Chandra  
Rm 13: Bayly Dransfield

Y5 Rm 3: Oscar Wong Rm 4: Alayna Finlay

Y6 Rm 5: Caleb Palmer Rm 6: Noah Willis.

