



## Media Release

Tuesday 7 May 2019

### Stand with Us

Ryan Catholic College will celebrate their third annual Stand With Us event at Ryan Catholic College this week. Stand With Us Day was established in 2017 by a group of seniors at Ryan Catholic College who banded together and started the Stand With Us committee in a response to concerns about societal trends suggesting a decline in mental health within the community.

The original group advocated for the Stand With Us day and committee to continue for future students, as part of their legacy. This legacy continues with new members joining the Stand With Us committee each year. This year the student leaders of 2019 have worked closely with the Stand With Us committee to combine forces and this student-led initiative combines the common goal of Stand With Us and Together We Care.

“The ‘Stand with Us’ student-led initiative is a time our students really look forward to. This year is our third year with more activities than ever included in the week,” said Mr David McNeale, Principal of Ryan Catholic College.

“It has been fantastic to see students in different groups within the school combine forces to work towards such a fantastic common goal. Building connections and relationships is vital in maintaining good mental health, and ‘Stand with Us’ promotes ways to strengthen mental health and be connected through a more positive platform.”

Some of the activities that will be held this week include:

#### **Tuesday:**

A range of activities will be offered to staff and students, including students vs teachers dodgeball, art and games, and karaoke. The variety of activities have been planned to cater for the diversity of interests across the school community while promoting positive ways to build relationships with staff and students while exposing them to ways of managing stress.

**Wednesday:** Ryan Catholic College will welcome guest speakers at their assembly who will discuss a range of topics including the importance of nutrition and exercise in promoting good mental health, as well as resilience in the face of adversity. Frank Moravick, one of the speakers will talk about his journey following a workplace accident resulting in the amputation of one of his legs and how he has found his passion in heavy weight lifting. He has recently been in the UK competing in Britain’s Disabled Strong Man Competition.

A Mental Health Expo will occur at lunch showcasing a range of local support services within the community including, Headspace, Relationships Australia, Open Arms, BeyondBlue, Police, to name a few. This is a great way to expose students of available supports within their community.

**Thursday: 'Soak Day'**

Students will have the opportunity to throw water balloons at selected staff members, including the Principal and other leadership members along with student leaders, in an effort to raise money to continue to support student - led initiatives in the future. This is a wonderful example of how teachers and students can come together and have fun while strengthening the relationships across the school community.

Mental Health is extremely important at Ryan Catholic College and the 'Stand with Us' committee is very passionate for students to have a good understanding of how to care for their mental health, and how and where to access support during difficult times.

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