

# Yr 11 Charity Committee Term 3 Report

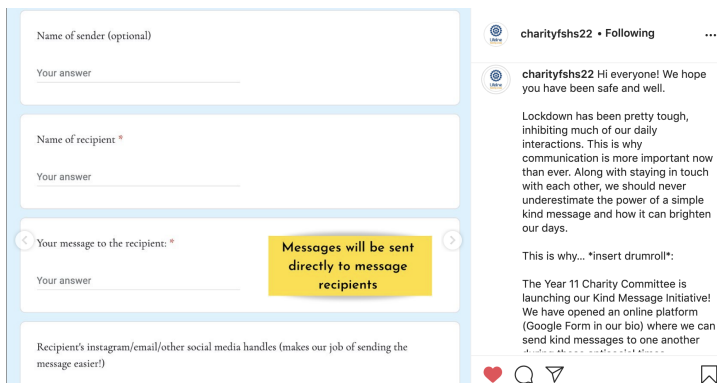
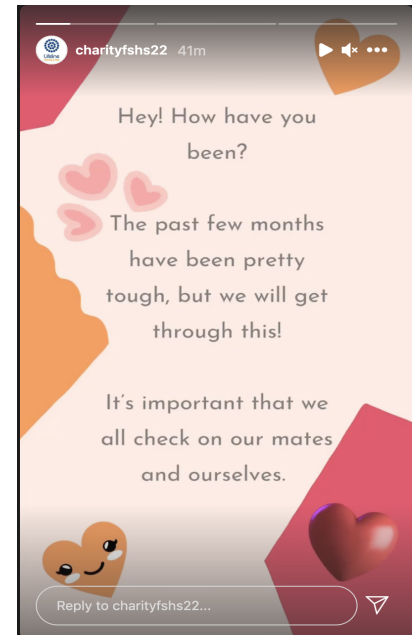
Last term, the Year 11 Charity Committee ran two initiatives to encourage wellbeing and checking in with each other during lockdown. Communication and keeping track of our wellbeing is more important now than ever and it is important that we all take breaks from work and stay in touch with each other.

As part of our mental health campaign, the committee launched the Kind Message Initiative and the Origami Campaign.

## Kind Message Initiative

We opened an online platform using Google Forms where students could send kind messages to one another anonymously or non-anonymously. By encouraging each other to send kind messages, we aimed to create a chain reaction, supporting each other as we push through these difficult times together. We received over 100 amazing kind messages which we passed onto their recipients.

A little kindness goes a long way :)



## Origami Campaign

We also ran an Origami-filled week on our Instagram page (which can be found at @charityfshs22) alongside our Kind Message Initiative, to encourage mindfulness and provide some fun ways to relax during lockdown.

Origami is a Japanese form of paper crafting which helps stabilise the mind and promote calmness. Crafting and making something tangible is not only meditative, but is also linked with improved mood, wellbeing and a sense of achievement. We shared designs for crane, butterfly, dinosaur, lotus flower, and frog origami creations, receiving positive responses from the student body.

