



open access
COLLEGE

Wellbeing Day

Join us for Open Access College Wellbeing Day in Term 2! This term, we'll focus on **Respect: Strength in Kindness**. Connect with peers, engage in workshops, and learn how to foster an inclusive environment.

**Wednesday
28 May 2025**

Open Access College
Marden Campus

8.45 am - 3.00 pm

Primary Years Registration: <https://www.trybooking.com/DBMY>

Secondary Years Registration: <https://www.trybooking.com/DBNM>

RESPECT:



STRENGTH IN KINDNESS

RESPECT • RESILIENCE • RESPONSIBILITY • INCLUSION

Wellbeing Day

RESPECT: STRENGTH IN KINDNESS

Wednesday 28 May 9.00am - 3.00pm

9:00 AM - 9.15 AM

Welcome

9.15 AM - 10.50 AM

Session 1

Junior Cooking | **R - 6**

Clay Art and Talking Sticks | **R - 6**

Student Leaders Workshops | **7 - 12**

10.50 AM - 11.20 AM

Recess

11.20 AM - 1.10 PM

Session 2

Bush Tucker Tales | **All Ages**

Cook & Connect | **7 - 12**

Music without Borders | **All Ages**

Kind Creations | **All Ages**

Power Up: Gym Sesh | **7 - 12**

Totally Tie Dye | **All Ages**

1.10 PM - 1.40 PM

Lunch

1.40 PM - 3.00 PM

Session 3

Board Games Bonanza | **All Ages**

Respect through Sport | **All Ages**

Marvellous Mandalas | **All Ages**

Paint and Sip | **All Ages**

Respect Scavenger Hunt | **7 - 12**

3.00 PM

Farewell

Wellbeing Day Workshops

RESPECT: STRENGTH IN KINDNESS

Primary Years: R - 6

Secondary Years: 7 - 12

All Ages: R - 12

Parents/Carers

Boardgames Bonanza | R - 12

Play Fair, Laugh Loud:
Challenge your friends to a fun game and build bonds through teamwork, laughter, and friendly competition. Games are better when we play with kindness and respect!

Bush Tucker Tales | R - 12

Culture, Cooking & Connection:
Discover powerful bush food stories and connect through kindness, respect for Country, and the shared experience of traditional tastes and knowledge.

Clay Art & Talking Sticks | R - 6

Art of Kindness: Get creative with clay as you craft your own talking stick—a symbol of respect, listening, and sharing. Explore culture and self-expression through hands-on art.

Cook & Connect | 7 - 12

Respect in Every Recipe:
Get hands-on in the kitchen and see how sharing food builds community and kindness. No matter your skills, everyone's welcome—because respect is better when shared.

Junior Masterchefs | R - 6

Cooking Up Kindness: Whip up something tasty and explore how food shows love. Taste-test your treats before selling them at a lunchtime bake sale. Proceeds go to a charity of your choice.

Kind Creations | R - 12

Poster Making + Badge Crafting:
Unleash your inner artist! Design posters and badges that show what respect, pride, and kindness mean to you—and help spread positive vibes across our school.

Marvellous Mandalas | R - 12

Find Peace in Pattern:
Mandalas aren't just beautiful—they symbolize balance and harmony. In this calming session, discover how drawing patterns can help you focus, relax, and care for your wellbeing.

Music Without Borders | R - 12

A Global Language of Kindness
Discover global music that celebrates respect, identity, and joy. Move, play, and explore cultures through sound—no talent needed, just good vibes!

Neurodivergent Learners | Parents/Carers

Join us for a session on supporting neurodivergent learners with practical strategies, resources, and insights to foster understanding and success.

Paint & Sip | R - 12

Sips of Juice + Strokes of Kindness:
Relax and reflect as you paint and sip (juice, of course!). Create art inspired by kindness and respect—a chill, colourful way to wind down your day.

Power Up: Gym Sesh | 7 - 12

Strength Through Support:
Get moving and boost your confidence in this inclusive gym session—whether you're a newbie or a pro, we lift each other up, literally and figuratively!

Respect Through Sport | R - 12

Team Up, Play Fair:
Get moving in this active session that shows how sport builds trust, teamwork, and respect. Whether you're a star or just here for fun, kindness is the name of the game!

Student Leaders Workshops | 7 - 12

The Student Leadership Team are excited to run some small workshops to launch the day and help their fellow students settle in.

The Great Respect Scavenger Hunt | 7 - 12

Kindness is the Clue:
Solve clues, find symbols of kindness, and unlock the mystery of respect. Use teamwork, your brain, and heart to win this fun, fast-paced challenge!

Totally Tie-Dye | R - 12

Colour Your World with Kindness:
Create a bold tie-dye masterpiece to wear or hang. Each swirl celebrates individuality and respect. Leave with something as unique as you!