

Wellbeing Day

Join us for Open Access College Wellbeing Day in Term 3! This term, we'll focus on **Resilience: The Power Within**. Connect with peers, engage in workshops, and learn how to foster an inclusive environment.

**Wednesday
20 August 2025**

Open Access College
Marden Campus


9.00 am - 3.00 pm

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

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

Parents/Carers Registration: <https://www.trybooking.com/DDZCV>

Online Sessions Registration: <https://www.trybooking.com/DECYP>



**RESILIENCE
THE POWER
WITHIN**

RESPECT • RESILIENCE • RESPONSIBILITY • INCLUSION

Wellbeing Day

RESILIENCE: THE POWER WITHIN

Wednesday 20 August 9.00am - 3.00pm

9:00 AM - 9.30 AM

Welcome

Cookie Decorating | **R - 12**


9.30 AM - 10.50 AM

Session 1

Create & Connect: hosted by Student Leaders | **7 - 12**

 Cyber Safety Workshop | **Parents/Carers**

Morning Yoga | **R - 12**

 Story Time, Reading by Nell Harris | **R - 12**

10.50 AM - 11.20 AM

Recess


Cooking Session | **7 - 12**

Marra Dreaming: Art & Culture | **R - 12**

Library Book Week Adventure | **R - 12**

11.20 AM - 1.10 PM

Session 2

 Illustrating the Art of Resilience | **R - 12**

Shield Making | **R - 12**

Strength & Fitness Training | **7 - 12**

1.10 PM - 1.40 PM

Lunch

Book Week + Bake Sale

Board Game Lounge | **R - 12**

1.40 PM - 3.00 PM

Session 3


 Neurodivergent Learners | **Parents/Carers**

Resilience Quest | **R - 12**

 Self Defence | **R - 12**

3.00 PM

Farewell

 **Online Sessions** - For students/families unable to attend in person (incl. SOTA). Register via [Online](#) link.

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