



R U OK? Day

YELLOW Mufti Day – Thursday 10 September

Dear Parents/Carers,

R U OK? Day is an Australia-wide, national campaign that inspires and empowers everyone to meaningfully connect with people around them and support anyone struggling with life. This year has been a challenging year for everyone and current circumstances have made it even more important for us all to stay connected with one another. Lending support is a key life skill for any age group. By knowing what to say, we are able to help someone feel supported to access the appropriate help they need.

On support of this day, North Kellyville Public School will facilitate a YELLOW Mufti Day on Thursday 10 September, where students will be asked to wear suitable YELLOW mufti clothing in exchange for a gold coin donation to be collected by their home class teacher. This money will be used to purchase a hamper for 'The Hills Clinic' health professionals in recognition for the support that they provide to both young teenagers and adults with mental illness disorders. This hamper will be a symbol of the community's appreciation and value for the work that they do. This activity has the approval of the principal.

Places students can go to for help include:

In-school supports:

- Home class/ Swap Teacher
- Teachers Aide/Support
- Aboriginal Education Officer
- School Counsellor
- Executive Staff Including Principal
- Student Leaders / Buddies

Out-of-school supports:

- Parent/carer/extended family member
- Friends
- Community/cultural groups
- Sports coach
- Online services, such as Kids Helpline (1800 55 1800)
- Counsellors/Psychologists/GPs

Thank you in advance for your support.

Sincerely,

Sandra Tawil
On behalf of the RUOK Day Committee
31 August 2020

Tom Moth
Principal





A CONVERSATION COULD CHANGE A LIFE

Remember these 4 steps to starting a conversation



1. Ask R U OK?



2. Listen



3. Encourage action



4. Check in

#IBelongAtNK 

For more information and tips
ruok.org.au

RUOK?[™]
A conversation could change a life.

RUOK?[™]



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