

# MOUNT ANNAN HIGH SCHOOL 'WELLBEING HUB' ON GOOGLE CLASSROOM

**zu2znmj**

Dear All,

The MAHS 'Wellbeing Hub' is a safe online space for all students. The Google Classroom will include a range of activities which aim to enhance student wellbeing.

Over the coming weeks, the Google Classroom will be led and monitored by the Head Teacher Wellbeing and will include links to daily planners, links to external support agencies, mindfulness/meditation opportunities, videos, brain break activities, positive affirmations and further online learning opportunities.

We encourage ALL MAHS students to stay connected during this time and to access this space.

Kind regards,

Miss Alexander

*"Be The Best You Can – Positive Mind, Positive Vibes, Positive Life"*