CHAPEL HILL STATE SCHOOL

PARENTS AND CITIZENS' ASSOCIATION

HEALTH AND WELLBEING REPORT – OCTOBER 2025

STRIVING FOR EXCELLENCE

Date of meeting: 14 October 2025
Subcommittee Convenor: Eve Jenkins
Subcommittee Members: Amber O'Neill and Georgia O'Malley

ITEM	NOTES
P&C Family Fun Day 2026	• **P&C Family Fun Day 2026** – Early planning underway – event to be held on **March 7th**, 2026. The inflatables and popcorn machine are booked!
Yoga with Jo	• **Yoga with Jo** / Twilight Stretch - continues at CHSS in term 4, with half the space but double the energy - Thursday nights in the Arts Room, 7:30pm until 8:30pm. Highly recommended, five stars. Tickets on QKR.
The Wellbeing Wagon Project – a Double Strength Wellbeing Team joint project – with the **PE4L Parents** / School Wellbeing Parent Team.	• We're creating a new **Wellbeing Wagon**; a rolling bundle of games, crafts, and fun activities, ready to brighten break times. A space where kids can gather, feel safe, and have fun, especially those who feel lonely or a bit overwhelmed in the busy playground. • The Wagon will roll out at set break times, run with the help of our **PE4L parents and the Grade 5 Flock of Friends!** • To be unveiled at our last P&C meeting of the year in November.
Future Plans	**Active Travel to School Plans:** • The team is planning events that promotes students and families walking to school together, to combine an incentive to participate in physical activity with forming community connections and friendships. • The P&C Health and Wellbeing subcommittee is happy to work with Mr Mitchell on student wellbeing initiatives such as Walk to School Days. • In order to encourage active travel to school, our ideas include having: rewards and incentives, maps with active travel routes, bike skills programs, road safety sessions, bus orientation sessions for senior students, walk to school days with families greeted with a healthy breakfast at the Senior Tuckshop. **Other ideas** from the Health and Wellbeing Subcommittee, that we plan to consider for the coming year/s. • Partnering with the School Wellbeing PBL Parents to run more Friendship Workshops, including sessions that include our older students and actively teach them options for coping with difficult friendship situations. • Continue to consider options for a 2026 Mental Health Week funding application, in order to be prepared for next year's application process, e.g. activities, workshops, guest speakers. • Encourage health eating at school, with various ideas for how this would work, to be discussed at future meetings.

	• Health education programs with themes including topics such as puberty, preventing kids from vaping, and healthy lifestyle choices. • Library display - a dedicated table in the library for books on appropriate health and wellbeing topics for kids. • Support social programs for parents, e.g. group entries into Brisbane fun runs. • Find improves ways to distribute information regarding local social support programs and local health services. • PLUS ideas generated from the Parent Survey.