



**SOUTH GIPPSLAND  
SPECIALIST SCHOOL**  
*Together we Grow*

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3rd September 2020

Dear Parents and Carers

R U OK? Day is our national day of action when we remind Australians that every day is the day to ask, "Are you OK?" if someone in your world is struggling with life's ups and downs.

Staff and students willing to participate are asked to pledge their support by reading a script to raise awareness, sharing a photo of themselves wearing yellow or doing something that enhances their wellbeing.

The collage of photos and videos will be creatively put together by students and shared across the Precincts social medial platforms on Thursday the 10<sup>th</sup> of September.

If you are happy for your child to participate in this project please let the office know.

Regards

*Heather Braden*

Principal

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