**Things to keep in mind:**

* Community development principles.
* Levels of empowerment (empowerment/participation).
* Social marketing.
* Does it promote mental health awareness?

**College values:**

1. Faith (doing something like Jesus would do (helping people)).
2. Integrity.
3. Boldness.
4. Growth (promoting mental health).
5. Service.

**Name:**

Walkathon.

**Goal/aim:**

Raise money.

Promote physical activity.

Raise awareness.

**Subject/topic:**

Mental health.

Physical activity.

**Planning:**

One in the afternoon and one in the morning.

2 different tracks/ovals to not get years mixed up too much.

2 different tracks/ovals for slow and fast groups.

Assembly before the run to ensure the message is present.

Speakers talk with lower and senior years.

Keep students watching the video with worksheets/rewards.

1000 people spread around a 1km track.

Stamps per lap run.

Spread out tables to prevent congestion.

Gold coin donation at the beginning of the event.

Bring change of clothes so that you can return home with clean clothes.

Guest speakers with heartfelt stories to keep the message present.

Have therapists present after assembly for those who want to talk.

Give people a sheet and notices to ensure they know what’s happening.

Money per lap and/or fixed amount of money.

Person who raises the most money/runs the most laps gets prizes.

Let the sponsors know how long a lap is.

A minimum of 5 laps to gain a reward.

Athletic speaker speaking about exercise and mental health.

Not a house event to create a more positive environment.

Acknowledging the number of points.

Find a local sponsor through personal connections.

Bigger sponsor would be better because people with few don’t feel bad.

Get everyone to get a sponsor(s) / get a big sponsor - 2 options.

Make a “cap limit” regarding donations.

Business sponsorships.

Bargain a deal with sponsors to match money given by individual sponsors.

Individual fundraising > business sponsorship.

Efficient way of counting the number of laps.

Get head of years to count the laps to prevent forging.

Fixed prices, 10 laps = something, 15 laps = something else.

Rewards from the school e.g., sausage sizzles, chocolate, house points, etc.

One entry per 5 laps for a raffle.

Sausage sizzle a few days after the run.

Every quarter is a different house to break up/spread out people.

Pamphlet with Kids Helpline / stamps with Headspace logo.

Information, brochures, posters, etc.

End it with a note to ensure the message isn’t forgotten.

Different days of the week dedicated to different aspects of mental health e.g., protective behaviours, etc.

Video gives further inclination to pay attention than a speaker.

Get teachers involved to speak to connect/engage students.

Present facts and statistics to Mr Batley.

Keep the event run by the students and only assisted by the teachers.

Keep the plan clear and concise.

Have an esky with cold drinks.

Colours won’t work because of difficulties involved.

Make online transfer possible.

Each student sets up a Go Fund Me page / each year group donates.

Sausage sizzle and bake sales? to raise money for speaker(s).

Have it all on one day rather than over a period of time so people don’t forget.

Looking at the curriculum to see where they match.

Time:

R U OK day.

Wednesday.

Period 6/7.

Cross Country.

Sport periods.

Event:

Approval:

We lost a day for cross country anyway so we can substitute that.

Get students (and parents) to sign a petition to get a larger voice for change.

Make a survey - anonymous, during form time, short, maybe spread out over time, “do you think physical activity can impact health?”.

Get councillors on board.

Donations:

Each student sets up a Go Fund Me page / each year group donates.

Cash or Go Fund Me website > online transfer.

Systems:

Costs/resources:

Guest speaker.

Classes.

Esky/food.

Cones.

Table.

Stamps.

Recording system.

Water station.

Sickbay station.

Gazebo.

Ambulance.

Sunscreen.

First aid.

Student/staff involvement:

Alignment with college values:

**Flaws/holes:**

One in the afternoon and one in the morning - doesn’t promote a community spirit and means form teachers/heads of years will have to sacrifice more time. Both will be done during period 6 and 7 (okay but how will we get the lower years to lose class time?) We can argue that the school needs to begin focusing more on mental health as they don’t do it enough. It will be beneficial to the school.

thats the whole reason we area bringing this plan to admin?

2 different tracks/ovals to not get years mixed up too much - might take too much time and people probably will just get back to their friends anyway.

I don’t really think it will take a lot of time to divide the year groups into two ovals - nor will their friends be an issue. I don’t feel that many have close friends outside of their year. Having two tracks would be the most effective way to stop overcrowding.

2 different tracks/ovals for slow and fast groups - same thing as above.

Assembly before the run to ensure the message is present - we’ll need a representative to introduce the event in the assembly, meaning we’ll need to convince a councillor assuming none of us want to do it. Not necessarily a councillor, though it could still be effective - I feel that a figure like Mr Ashby could still get the point across, while establishing the importance/formality of the assembly.

Speakers talk with lower and senior years - twice the speakers means twice the cost. We will do a wednesday assembly with a speaker so there is the whole school in an extended form activities (good idea but we’ll need to ensure that the school doesn’t have anything important planned for that day, and if we’re making it on R U OK day it **might** be a problem)

lets reiterate that this plan is for NEXT YEAR and i highly doubt that that assembly is booked off already. that’s the whole point of planning now, so we can put it into action and confirm it ASAP

(good point, although we’ll need to do this thing quickly, then) We will and it's a good idea because it does go into the whole R U OK day message so if we plan it quickly, then we should be able to.

Keep students watching the video with worksheets/rewards - personally I think only lower school years will actually do the worksheets for a lolly. Bribing the students with lollies may make them feel like they have to do it almost like a task, we want to encourage them to be able to make a change in their awareness for mental health and ensure that they are willing to contribute to doing the worksheets and or surveys if we decide to do that

(not sure how doing a worksheet will make them feel they’re contributing to change; we’ll need a speaker; all I’m saying is that bribing will only work somewhat effectively with lower years, not senior years)

again, the goal is participation and awareness, so regardless or not if we ‘bribe’ them, the underlying message of promoting and supporting mental health should be the central focus of the day

the idea i was trying to get across is that bribing isnt a good idea and worksheets will not work so i agree with you that the bribing wont work because it will make it seem like its a task not a thing that they want to do

1000 people spread around a 1km track - much easier said than done; people aren’t so easy to organise and it will probably turn to one big mess. Do one circle with lower school and one circle with upper school so it’s organising the kids. (good idea but we’ll need quite a lot of cones)

the athletics department has more than enough, and they aren't expressive. we also have flags, ropes and poles that we use for cross country so i can't see why this would be a problem

(not saying it’s a problem; merely raising a point)

Stamps per lap run - athletic people may run out of room on their arm; falling over may mean erasing stamp marks; how do you even count stamps if there’s quite a few? we could find other ways to record the laps, such as  paper or if you insist on using stamps we could punch the stamps on their paper note,which every participant should have one ( what we can do to ensure that the stamp is real is to add a  signature beside it.)

(I don’t insist on stamps; this was just an idea raised and I thought it would be problematic)

 (yes, a tally system would be effective, which is something I mentioned further down this document)

Gold coin donation at the beginning of the event - there’s no incentive; in free dress day the incentive is free dress day, a tangible reward, but in a walkathon the reward is running to fund an organisation. Being able to wear sports uniform the whole day is an incentive. They will change to old clothes before the event. I agree (I wasn’t aware of the sports uniform idea, but it’s good) thanks :)

Bring change of clothes so that you can return home with clean clothes - school won’t want students getting their uniforms dirty.

Guest speakers with heartfelt stories to keep the message present - we’ll need to get the speakers to advertise the business that’s sponsoring us and say something like “this organisation helped me” to motivate people more since the walk and run are actually connected (more).

Have therapists present after assembly for those who want to talk - probably too costly; idk if anyone is actually going to go despite having legitimate problems. The school therapists can just give a quick message at the end introducing themselves and telling the students that they can always book an appointment with them and they are always there if they need to talk. This wouldn't be costly as the school therapists are already at school so no money needs to be spent

i think that's a really good idea - brings back the underlying message of support for those who are struggling

this idea of having therapists will also help bring awareness to people in the school that they are here and are provided by the school for you and to help you through your circumstances, people will break the hesitation of not going to a therapist and be open to the idea if they know about it

(another issue is that if students do go to the therapist(s), if they spend too much time, they’ll miss out on class time, a point that will likely be raised by Miss Lamet; I also only think a small handful of people will go)

If we do it all in the 50 minutes the therapists can just give a quick message that won’t take that much time. It's  fine if it goes 5 minutes into the next period. Even if not many kids use it, its good if its helping out even one kid, because all kids are important

Even if we start the assembly with the guest speaker early, like 8:20 am then we could have a few extra minutes at the end for the school psychologists.

i disagree, the whole point is teaching individuals that its OK to ask for help, and if that isnt addressed then the whole point of that event is missed. its about mental health awareness and promotion, and showing individuals that there are multiple ways they can reach out for support, including support from the school I agree

(I understand that this is the point, but Miss Lamet has priorities and I’m not quite sure if she’ll prioritise it over education)

If she prioritizes education and missing another 5 minutes of the next class, then that is an issue in itself. But if we organise the assembly properly, then it shouldny go into the next period. What about Kennedy day? we miss 10 minutes of period 6 and that's not even for a good reason so mental health reasoning wouldn't be a problem - exactly - the message is for mental health and reaching out for adequate support

I think Miss Lamet won’t literally deny students to find help if they need to.im sure she understands mental health is important to students too.

IF the curriculum is that important why are therapists there in the first place?

(it isn’t the fact that the school doesn’t want therapists; it’s just that the appointments weren’t booked beforehand and that it may eat into class time, presenting an issue; probably accidentally came up with a solution)

(okay, but if Miss Lamet is under an assumption that only a handful of students will seek out help (I mean, they already didn’t ask for quite some time) then I’m not sure if she’ll think it’s worth getting professional therapists)

We already have professional therapists and even if it doesn't help many kids, and just one. Then that is good because all of the kids matter and if we manage to help even just one from mental health issues, then that should be a victory in itself

Give people a sheet and notices to ensure they know what’s happening - it’s literally listening to an assembly and running in circles; surely we can explain this in the assembly?

being organised and helping lay out the plan to those who don't understand is beneficial to all

(okay, I just don’t think it’s quite necessary; SEQTA notices + making sure form teachers read the notices to the class is sufficient imo) well its just a method to increase student’s understanding of the event. We can save costs of printing if we could like notify students during the assembly

why not give extra information to those who are interested?

It’s good for the therapists to talk to them so they can see them and hear them talk to see if they are someone that they would want to go through

Fixed amount of money - we’ll need to bargain with a business (I may be understanding this idea wrong) which we’ll need to plan a lot for.

Person who raises the most money/runs the most laps gets prizes - personally, even if I was athletic, I wouldn’t run 20 laps for a box of chocolates; is the reward actually good? Also, if they run, say, 20 laps, how will they properly count stamps on their arms?

running more laps is a good thing, we earn more money - how is that a bad thing. even if they forge it, all in all we earn more money - win win

How about we could design a fake gold medal , like a souvenir for their event and every participants could have one if they finish the walk . i think thats more better than food. My dad owns a trophy shop so maybe I could get him to help create fake medals for participants. I think we should consider just how many we’d have to make - and any additional cost. Having a medal for all participants seems a bit unreasonable. How about for a select few - like the 10 or so that donated the most. I feel that people donating may be a reward in itself - most people feel good after contributing towards a cause.

A minimum of 5 laps to gain a reward - same as above.

by giving out reasons to participate and work harder, the end result will be to earn as much money as possible. the central focus inst on pleasing people with rewards, it's about fundraising got mental health

Not a house event to create a more positive environment - we’ll need to convince the school to not make it a house event, which they see as a source of competition, motivation and perhaps tradition (I think).

the idea is about helping fundraise for mental health, not a competition, so the central focus needs to be around helping fundraise for mental health. It's also about the school coming together as a community instead of being separated into their houses, this will create bad vibes and we want good vibes

Acknowledging the number of points - I think the school would be likely to not see the point in making the number of points available if it isn’t a house event; the school values friendly rivalry among houses. Have forms the following day to count up how many points their form got in total- then have a total for each house, which could contribute to the house competition. This way there could still be some form of rivalry, while the sense of wholeness and community takes centre stage. This would still incorporate the houses which the school loves so much and students don't need to be in their houses on the day

Bigger sponsor would be better because people with few sponsors don’t feel bad - bigger sponsor = more argument; is the arguing worth the mild disappointment of a portion of students?

Get everyone to get a sponsor(s) / get a big sponsor - same as above.

HOW many Sponsors we need?

Make a “cap limit” regarding donations - don’t make the cap limit too large.

Bargain a deal with sponsors to match money given by individual sponsors - easier said than done; **if** the school doesn’t help with that, who’s experienced enough to do that?

Efficient way of counting the number of laps - I suggest a tally but even so, we’d need quite large pieces of papers. Have a table with multiple columns for tallys or ticks to get the most out of A4 or A5 slips of paper.

Get heads of years to count the laps to prevent forging - The heads of Year 7 probably won’t know many people in their year; what will happen if they aren’t present? If we’re going to make this on R U OK day, we’re going to need a backup if one decides to, say, take long-service leave. Have form teachers count the laps - that way, there is less of a line to get a [stamp, tally, whatever we’re using] and more people can return to the event.

Fixed prices, 10 laps = something, 15 laps = something else - what’s the prize? Make sure to get each prize worth running an extra 5 or so laps for.

like mentioned above ,a medal for every participating student. ( you can find cheap batches on amazon )

End it with a note to ensure the message isn’t forgotten - who will make the speech? The speaker in the assembly? I doubt he/she would stick around from the morning assembly all the way until after the run, and asking him/her to drive back and forth would either (1) be too much to ask or (2) add costs. we could just have someone it even could be a teacher to recap what the day was about to ensure the message is given and like remind students of the sponsor as well as the organisation all the money is going to.

Different days of the week dedicated to different aspects of mental health e.g., protective behaviours, etc - what’s the cost of having speakers for each day of the week? Do we even have the time to do it on days other than Wednesdays? We don’t necessarily need public speakers each day, rather only for the wednesday of the event. There can just be activities in form relating to mental health (e.g videos, discussions, worksheet, helpful pamphlets etc) which don’t have to be very long for the sake of time. Small activities throughout the week can build up to the main event, while raising awareness of mental health.

Video gives further inclination to pay attention than a speaker - video also makes it less heartfelt.

getting a guest speaker will impact the students and make them remember the emotional story, yes it is confronting but getting a guest speaker that has a story and experience will open the eyes of year 7-12, with a video students are less likely to listen than someone in person engaging them with their story

Get teachers involved to speak to connect/engage students - I doubt many teachers would say anything that’s really personal, and if we need more than one to fill the time and add more emotion, I don’t think we’ll have enough. (if we are getting a guest speaker they will be payed to talk for the whole of extended form so they will prepare a speech for the whole of extended form so it wouldnt be an issue as they will speak for the whole time

Each student sets up a Go Fund Me page / each year group donates - I doubt many people would actually remember to bring donations and personally I think getting over a third of students to set up a website is a little much to ask for. Having the option for an online page for those who want it may be convenient to some (especially those who would like to donate a large amount) while others can bring their donations in cash the following day.

How about mentioning the rules and message of the run to students after the guest speaker in the assembly, i think the students would at least know what they re doing instead of roaring at them with speakers during the event.

**Solutions for flaws/holes:**

“Please come up with solutions because I can only come up with potential problems” - Ian

JUST GODDAMN DEAL WITH IT

Others:

<https://holipowder.com.au/collections/holi-powder>

