



Tahni Bouhadana and Jessica Bloom doing yoga at Bialik College's health and wellbeing day.

Health and wellbeing at Bialik College

YEARS 6 and 7 at Bialik College recently partook in a health and wellbeing day to learn the value of caring for the body and mind.

The yoga class was particularly inspiring as the instructor focused on strengthening limbs while discussing the importance of accepting change and remaining calm.

The students also made delicious and healthy rice paper rolls before watching a video on the value of communication where they discussed body language, nonverbal communication and the internet.

The annual health and wellbeing day was part of Bialik's ongoing program that nurtures and prepares students for the real world by helping them develop resilience, emotional intelligence and physical wellbeing.