

## BIG BLUE BASH Trivia Night



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As American author Napoleon Hill once said "If you can't do great things, do small things in a great way". Two students at Northholm Grammar School started with a small idea to raise awareness of the wonderful work of beyondblue and, as part of a Year Eleven Leadership program, Melinda Kryger and Zoe Megarry have taken on the role of raising not only awareness but funds for a very worthwhile charity.

Both students personally know of people who have been affected by anxiety and depression. The statistics are simply alarming with 1 in 5 women and 1 in 8 men experiencing depression during their lifetime. Anxiety is just as widespread with 1 in 3 women and 1 in 5 men suffering. *beyondblue* is a not-for-profit organisation who work to increase awareness and understanding of depression, anxiety and suicide prevention in Australia and reduce associated stigma.

As part of their efforts, Melinda and Zoe have been running Milo Mornings with the focus on being social, grabbing a friend and purchasing a hot Milo together. These Milo Mornings have been running every recess throughout Term Two. The school was very supportive when the girls suggested a blue-themed Mufti Day. Melinda and Zoe encouraged everyone to purchase blue shoelaces they were selling and to wear something blue for a gold coin donation. In conjunction with the Mufti Day, a blue-themed cake stall was held with everything from blueberry muffins to blue iced cakes on sale. This successful initiative helped raise over \$1,000.

The culmination of Melinda and Zoe's efforts will be a BIG BLUE BASH Trivia Night to be held at school on Friday, 17th July. The theme of course is BLUE! Raffle tickets are currently on sale with six fantastic prizes to be won including two nights aboard the Seaway 33' Flybridge Cruiser (courtesy of Holidays Afloat at Brooklyn), 18 holes of golf for 4 people at Oatlands Golf Club, a make-up workshop for 8 with Camp Beauty and a \$500 travel voucher from Compass Travel & Cruising at Galston and Bendigo Bank. There will also be a silent auction on the night auctioning off jewellery, sporting memorabilia and assorted gift vouchers.

The girls wish to thank the individuals and businesses in the local community who donated the prizes for the night. They definitely could not have done it without your very generous support.

It would be great to see some blue Smurfs or perhaps a Superman or two so, if you are interested in coming along to the BIG BLUE BASH Trivia Night or purchasing a raffle ticket, please use the online link <http://www.trybooking.com/IAAN>

If you would like to help the girls by donating directly to *beyondblue*, please visit their Everyday Hero site <https://bigbluebash.everydayhero.com/au/big-blue-bash-trivia-night>

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