



MARYBOROUGH

STATE HIGH SCHOOL

An Independent Public School – Est 1881

Robyn Downling
Secretary
Sunrise Rotary Club
Maryborough

19th August, 2020

Dear Robyn,

Can you please convey my personal thanks to your members for their generous support to our school community? We are very grateful for the provision of Trevor and Annie Boulton's book **'How to Stay Sane in a Crazy World'**. This resource is a great overview of aspects that contribute to and help sustain good mental health. It is a very timely additional tool for our student welfare team during these challenging times when we are seeing a marked increase in anxiety.

The language and structure of the book is easy to follow and provides a good discussion starter for parents and students. It also complements our other school initiatives aimed at building resilience and self-awareness. It allows readers to understand the key factors contributing to optimum mental health.

I am particularly appreciative of your community spirit by investing in our youth in a proactive way. Thank you again for this provision to value, develop, and empower our students.

Yours sincerely,

Simon Done
Principal

We Value, Develop and Empower Our Students