



ST AUGUSTINE'S COLLEGE - SYDNEY

A Catholic Congregational school for boys in Years 5 to 12, teaching the Augustinian values of
'Truth, Love & Community'

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MULLET MADNESS FOR MENTAL HEALTH

COVID-19 times has challenged the resilience of the young and the old, families, carers, work and our social lives through the importance of mental health and wellbeing. St Augustine's College established a wellbeing program aligned with the PERMA model (*Positive emotion, Engagement, Relationships, Meaning, Accomplishments*) created by Martin Seligman, one of the founders of positive psychology. The model ensures their graduates are equipped with an understanding of their strengths and how to access help and offer support to those around them, including how cope with what is currently at hand.

St Augustine's College students have resonated with Mullet for Mental Health initiative, with Year 11 students Jasper Zanon and Toby West wishing to represent the student voice and join in on raising awareness and funds. Kicking off a 'mullet haircut lunch break' yesterday, they are now positioned second place as the highest fundraiser in Australia with over \$32,000 raised.

Jasper said *"I felt strongly about the cause but did wonder if my mates and other students would actually commit to the unusual hair styles. But in a matter of days it became very apparent. So many students came along at lunchtime for their mullet cut. We're both happy and grateful and look forward to the end tally by September 30. It is such an important message to get out among the boys to look out for and after each other"*.

Kate Earle, Deputy Principal – Students said *"When out in public and wearing their school uniform, our boys will proudly walk the walk, in mullet style with a badge to show they have officially signed up to raise funds for mental health. The College community is cheering the boys on and we invite the public to support this initiative as well."*

The College put on a 'mullet hair cutting lunch time session' for the boys today. Many Old Boys, who are local hairdressers, came along to donate their time to cut well over 150 boys' hair. Hairdresser Anton Ferry and owner of Bar x Bar, a barber shop in Manly said *"hair salons are quite a common place for people to share their mental health issues, we felt it a natural alignment to connect with the College and help support this great cause"*.

The Mullets For Mental Health website suggests various mullet styles such as 'glam rock', '80's footballer', 'local bartender' and 'Aussie Cricketer'. The students are having fun with their new styles, along with gaining more knowledge on mental health programs. Aligned with the Black Dog Institute for the month of September, monies raised will help continue to provide support communities around Australia, including education programs.

To support St Augustine's campaign and the Mullets for Mental Health fundraiser, go to www.teamblackdog.org.au/fundraisers/StAugustinesMulletsForMentalHealth

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**Anyone wishing to have a mullet style hair cut in the month of September, can go to Bar x Bar in Manly. Anton will donate 25% of the cost to Mullet for Mental Health.*

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