



PARLIAMENT OF NEW SOUTH WALES  
LEGISLATIVE ASSEMBLY

**FIRST SESSION OF THE FIFTY-SEVENTH PARLIAMENT**

**Community Recognition Statement**

16 June 2020

**GLENDALE TECHNOLOGY HIGH SCHOOL PUSH UP  
CHALLENGE**

**Ms SONIA HORNERY ( Wallsend ) :**

Last month, students and teachers from Glendale Technology High School completed the Push-Up Challenge to increase mental health awareness and to raise funds for Headspace, National Youth Mental Health Organisation.

The Push-Up Challenge is a unique project that engages people in learning about mental health. Challenge participants are offered mental health tips and facts daily. The Challenge started in 2018 and runs for 21 days in May, with the target amount of 3046 push-ups. It represents the number of lives lost in 2018 in Australia to suicide.

The Glendale Technology High School team consisted of Gavin Wilson, Ellie Singleton, Craig Clinton, Peter Henson, Chad Mayo, Charlene Nash, Principal Anthony Angel, Matt Erich, Dylan Morgan, Leigh Whitehead and Dylan Booth.

A combined effort saw the team raise \$562, and complete 24,979 push-ups in the 21 days. The team of teachers found motivation and camaraderie in completing push-ups together while at school during COVID-19. The team advises that they plan to sign up again next year and get students involved in the Push-up Challenge.

Congratulations to all participants of the Push-Up Challenge on a successful challenge for 2020.